

# BOYLE STREET McCAULEY NEWS

Vol. IV No. 1

your inner city newspaper

January 1982 Free

## THE BM NEWS NEEDS VOLUNTEERS & SUBSCRIPTIONS

### THE FACTS

To continue its present quality the Boyle McCauley News needs:

- 1) to raise money for one part-time coordinator
- 2) to generate 20 more volunteer workers (contributing 4 hours/month)

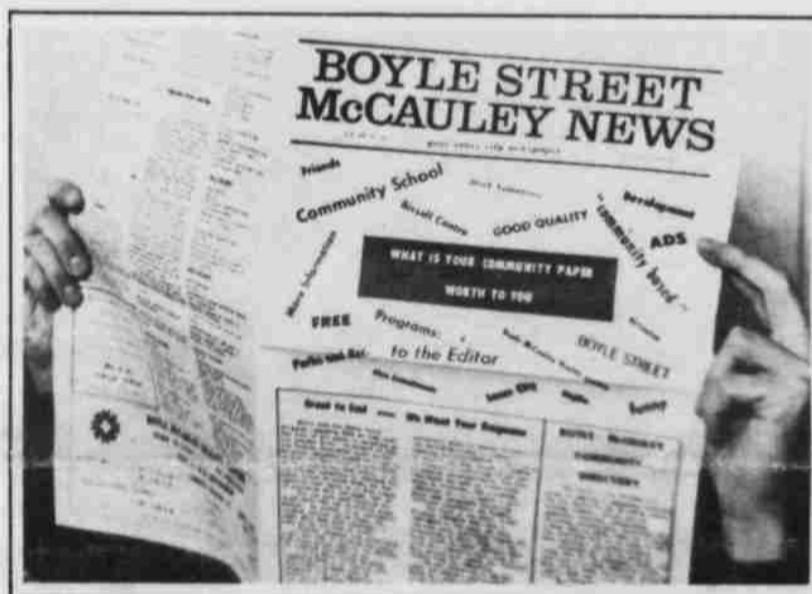
To do this the Boyle McCauley News will:

- I. Go on a voluntary subscription basis of \$6.00 per year, to support a budget of \$13,800 for 1982.

Breakdown of Proposed Revenues:

- \$3,600 from community leagues; McCauley has pledged \$1,800.
- \$2,400 from organizations outside the Boyle McCauley communities.
- \$3,000 in subscriptions from area residents.
- \$4,800 advertising revenues to cover printing and supplies.

- II. Request community residents to contribute their talents and time to the production of the paper.



### SUBSCRIPTION DRIVE

The Newspaper Committee asks readers in Boyle Street and McCauley to support the Boyle McCauley News by purchasing a \$6.00 yearly subscription to the newspaper. Here are the relevant facts:

-- A six dollar subscription will entitle the individual to delivery under the present Block Volunteer distribution system. Mailed out subscription is also available. (See subscription form below).

-- Delivery to all residents will continue. Those who purchase a yearly subscription will be actively giving their financial support to the community newspaper. This financial support is key to the ongoing production of a community-based paper in Boyle Street and McCauley.

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

#### BM NEWS SUBSCRIPTION FORM

Name (print) \_\_\_\_\_

Address \_\_\_\_\_ phone \_\_\_\_\_

- \$6.00 one year subscription (block volunteer distribution system)
- \$11.00 one year subscription (mail delivery)
- \_\_\_\_\_ contribution up to \$25.00 (the Boyle Street McCauley Community News is not a registered charity and cannot give receipts for tax purposes)

#### VOLUNTEER FORM

I would like to help with:

- layout and graphics                       soliciting advertisements
- writing news articles                       distribution
- writing a monthly column                       photography
- a column every two months                       newspaper committee

Name \_\_\_\_\_ phone \_\_\_\_\_

# It's a Matter of Health

by Pat Arnold

Doloris Kozak

Theresa Arac

For many people this will be their first winter in Canada. Many of these people will have come from warm climates and be unsure of what to expect. Having talked to several such persons recently at the Health Centre, we decided to write a column on Winter Care.

There are two things to beware of in the winter - COLD and WET.

To enjoy winter one must stay warm and dry. To stay warm one requires extra clothes, but these needn't be expensive to be warm. Layers of clothing are better than one large thick garment. Using natural fibres, especially wool, in the layers will help to keep you warmer.

A warm, windproof coat that comes to knee length (or at least parka length) is a good investment. Many people find a parka which has an attached hood a comfortable coat which also shields them from the wind.

A warm hat or toque is a necessity as you can lose 40% of your body heat from your head if it is not covered. A wool knit hat is probably one of the warmest available and is easy and inexpensive to make. A pair of warm woolen mittens with windproof over-mittens or else ski mittens are good to keep your hands warm. A scarf which can be pulled up over the face is also useful.

For your feet you need something to keep them warm and dry. A good versatile boot is the snowmobile boot which has a wool felt liner inside a water-proof rubber outer boot. But any boot that is waterproof and large enough to allow you to wear 2-3 pairs of socks in it, and still have room to wriggle your toes, will be fine.

It is important that not only your boots, but also all your clothing be large enough to allow you to move freely. If boots or clothing are too tight your blood circulation will be slowed down and you will get cold, no matter how many layers you have on.

Living in the city one tends to forget that man is at the mercy of the weather. Don't fight the weather! When it is cold or stormy - STAY HOME! Always have a supply of food on hand so that you won't have to go out in a blizzard to buy food or other supplies. Remember that the weather is stronger than you are!

Frostbite occurs when part of the skin freezes. It usually occurs when there is a wind or when it is very cold. The skin first becomes yellowish-white or blue and numbness is noticed. If it is not treated right away the freezing goes deeper and causes more damage. The areas most often frost-bitten are the cheeks, ears, feet and fingers.

When you are out in the cold or

wind you should be dressed warmly and use a scarf to protect your face. If you notice small spots of frostbite on someone, you should try to get them into shelter to let the area warm up at room temperature. If you can't get inside, warm the area by holding your hand on it. DO NOT RUB and DO NOT RUB SNOW ON A FROST BITTEN AREA! Many people used to believe that rubbing with snow was a good treatment for frostbite, but it keeps the area frozen and the rubbing damages the skin so it actually makes it worse.

Prevention of frostbite is better than treating it - so dress warmly in the cold weather and stay home when the weather is really bad.

The season of colds, sore throats and flu has arrived.

The best way to avoid the cold and flu is to stay healthy so your body can ward off the diseases by itself. By making sure you get enough sleep, by eating nutritious foods and by avoiding crowds where people have colds, you can help keep your body healthy.

But if you should get the cold or flu there are several things you can do:

1. Get plenty of rest. Stay home if you can and sleep or nap often. Don't do heavy or exhausting work.
2. Drink plenty of fluids - especially soup, fruit juices, milk and water. Weak tea is also good as is rice water.
3. Keep warm. Dress so you are comfortable, and if you have to go out in the cold, make sure you are warmly dressed and have a warm Cap or Toque on.
4. Eat foods that are easily digested and not too spicy.
5. If you have aches from the flu, take some aspirin or tylenol according to the directions on the package.
6. Use a humidifier or a pot of water on the stove (turned on low) to add steam to the air.

Since colds and flu are usually caused by a virus, an antibiotic isn't much good in treating them. They last about ten days, although you'll usually feel better after the first few days. But if you have a sore throat that isn't relieved by gargling with a glass of warm water with  $\frac{1}{2}$  teaspoon of salt in it, or you're having trouble eating or swallowing, you should see your doctor or nurse about it. You may have a bacterial infection of your throat.

If a cold or the flu is caught early it responds much quicker to the treatments listed above than if you keep working and let it become a serious illness.

# Mental Health in Inner City

by Larry Brockman

On a recent Friday afternoon the Boyle Street Co-op closed its doors with 14 discharged mental health patients among its list of persons still seeking housing in the inner-city. Such is the welcome that awaits mental health patients upon their discharge from mental health institutions. Such is the state of community-based programs to receive Mental Health patients upon their release.

With no family or friends for support, the Single Men's Hostel and the Women's Emergency Accomodation Centre becomes the staging grounds for discharged mental health patients in the inner-city. For those struggling to re-enter the mainstream of society this is hardly a nurturing supportive environment.

In the face of budgetary restraint what promise is there for the person who moves from Alberta Hospital to the Single Men's Hostel to the street of the inner-city. With limited part success at establishing group homes or other specialized housing in the city to facilitate the re-establishing of life skills of mental health patients, re-institutionalization seems inevitable for these people.

Programs in Vancouver and Toronto presently operated by mental health patients themselves illustrate that where resources and people can be focused on self help projects, success can be realized.

No where is the need for community-based mental health programs more evident than in the inner-city. Support, both financial and in terms of personal energy investment, must be made to make community-based mental health programs accessible for all.

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## GERRY WRIGHT—A YEAR IN OFFICE

It is now one year since the civic election. For me it has been a year of difficult but exciting learning. A new Alderman has to find out what has been decided before he arrived, what things the community is most anxious about now, and then how to get them done through the whole range of committees, boards, and ultimately Council.

To help bring me up to date on all the personal telephone calls, Carolyn Mossman has devoted three days each week since mid-September. And I now can say it is a great comfort to feel in control of the detailed items and more in touch with the hundreds of people who call me their Alderman.

In the past few months neighbourhood plans have been passed by Council covering Oliver, Boyle, McCauley and Strathcona. McDougall is now in the works at Council and Alderman Reimer's motion to initiate a plan for West Ingle is now at City Hall.

Traffic is the universal "bad guy" in every neighbourhood: it won't go away; and it won't get any more sufferable as the city grows. Our inner city is especially vulnerable because of our 'convenient' grid streets.

Different traffic control projects are being tried in various districts - Lendrum, Eastwood, McKernan and McDougall are some of them. None of them are working wonders, but the principle is being reinforced that the inner city is not a sinkhole for the automobile.

Some changes in the city administration may affect engineering, planning, transit, snow removal and parks. Review of the LRT planning may lead to some new LRT solutions; the Clareview extension is in operation; the Old Strathcona Plan is passed; the 5th Street Bridge proposal will be compared with a Dawson widening, as was done with the Low Level Bridge.

I can say that I have supported each trial of auto constraint techniques. The Alberta Avenue/Eastwood, the Belgravia McKernan one-ways, and the restriction of 115th Street (I preferred one-ways to bumps).

I do not favour the inner city ring of 'one-way pairs' through Oliver, Boyle, McCauley and Riverdale. Those questions are rising again with the coming Transportation System Plan—watch for it in November through to February. You may want to attend hearings on the subject in the winter.

My next ambition is to be out making calls and visits to clubs and groups in my ward to keep in touch with you all. When items are coming before Council which affect your community directly, I would like to have your input on them. In addition, when appropriate, I want to attend meetings in your area, or have a representative there on my behalf. This kind of communication is important.

Thank you for your interest in civic affairs.

Gerry Wright  
Your Alderman in Ward 4



Constables Bender and Polanski,  
and Mr. W Alan Bell

## NOON HOUR BOYS CUB

by Wally van de Kleut

The progressively-minded people at Alex Taylor elementary school are sponsoring another good idea.

Beginning January, 1982, a Boys Cub noon-hour program will be held every Wednesday at the school for 23 boys from grades three to six.

The boys, as part of Scouts Canada, will learn crafts and first aid, play games, engage in outdoor activities such as weekend hikes, and work for badges.

Mr. W. Alan Bell, a teacher at Alex Taylor, will be the Cubmaster. Having over twenty years of experience as a leader in Scouts Canada, Mr. Bell brings a great deal of knowledge and excitement to this new venture.

The cubmaster will be assisted by Constables Larry Barteski, Bender and Polansky, all of whom are with the Youth Department of the Edmonton Police Force.

The boys will sport a special uniform bearing the Boys Cub Crest, and the words, Alex Taylor School.

As an operating theme for the program, Mr. Bell says the Cubs will be encouraged to "do a good turn every day."

Says Mr. Steve Ramsankar, the Principal of Alex Taylor: "We're very excited about this constructive development. This program is the first in Canada being held during the school day."

The Boys Cub Program, the result of many discussions over a two year period, owes its present existence as well to the efforts of Mr. Earl Sharam, the District Commissioner of Scouts Canada.

Mr. Ramsankar and Mr. Bell emphasize that their future intent is to begin a Brownies Program at Alex Taylor. They heartily encourage other schools to begin Boys Cub Programs, and will gladly give advice and support to others who are so inclined. As concerns the Boys Cub Program at Alex Taylor, Mr. Bell, who can be reached at 422-6240, encourages anyone who's interested in being an assistant to contact him.

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## CASH & CARRY FOODS

by Cindy Whitfield

Wholesale food stores are stores where the price of food is lower than the prices at larger and smaller grocery stores. Some are set up like warehouses, though they are not as large. Most of the items are in boxes instead of put nicely on shelves.

There are five wholesale food stores in and around the Boyle Street and McCauley area. There is Horne and Pitfield Foods Ltd., which is located at 9309-106A Avenue. The Independent Wholesale Ltd. located at 10326-107 Street, Omonia Foods located at 10605-101 Street, South Asian Food Store Ltd. located at 10418A-107 Ave., and Western Grocers Division of Westfair Foods located at 9017-111 Avenue.

If you have never shopped at a wholesale food store then it is certainly something to look into. In most of these stores there aren't many staff members. This means that the company is saving money, which makes the price of food lower.

You may have to bag your own groceries because of lack of staff, but that's a small price to pay for the money you are saving, and your eggs won't get broken either.

These stores may not have all the items you are looking for because they don't always have coolers for meat and produce. In this way they are saving on electricity.

When it comes right down to it the whole idea of a wholesale food store is to help take the pinch out of inflation. Because wholesale food stores save money you can save money as well.

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## DOCTORS GET INCREASE— PUBLIC HEALTH FACES CUTS

by Larry Brockman

1982 is witnessing a major confrontation within the health care system in Alberta.

Friends of Medicare, FOM, a group organized in support of public health care, predicts a two tier health care system could result from Alberta doctors, opting out of Medicare, direct billing and extra billing. The health care system will have one system for the rich and one for the poor.

Referring to briefs presented to the Hall commission during its study of the national health care system, FOM stated that accessibility to health care is limited by income in a user pay system. Any charge, even a low \$2.50 charge used in Saskatchewan during the Thatcher era in Saskatchewan, deterred use by low income groups. The poor with serious health problems stay away from medical treatment when there is a cost directly associated with the service.

In a FOM presentation at the Boyle McCauley Health Centre, members of FOM made the observation the Health Care is really a system for illness, and as such there are significant consequences in how money is made in the health care field. There is no money in keeping people healthy. Money is made only when individuals are sick or when they think they are sick. Huge sums of money are spent on treating people who are sick, but little is spent on keeping people healthy. While doctors receive fantastic pay increases, public health (whose job it is to attempt to keep folks healthy) is told to tighten up.

FOM quoted Hall commission briefs showing a relationship between income and life expectancy. Persons on low incomes have higher rates of all illnesses except stress related conditions and allergies.

Nancy Kotani pointed out that presently Albertains pay four times for health care: 1) training for health care professionals is highly subsidized through taxes 2) Provincial and Federal taxes are used to fund public health care insurance 3) Alberta health care insurance premiums and 4) Alberta doctors extra bill. Statements released by the Federal Minister of Health and Welfare threaten the withdrawal of Federal monies from provinces that allow doctors to extra bill. The Alberta Government has given its approval to extra billing by doctors. This makes inevitable a confrontation between Alberta and Ottawa.

The present confrontation tactics being employed by doctors may threaten the revenues of the Boyle McCauley Health Centre. In the face of potential restructuring of health care

funding in Alberta, health care facilities such as the Health Centre, who do community-based medicine, may find themselves in a very tenuous position.

Bob McKeon of the Health Centre Board expressed concern that in a "confrontation between doctors and government the (Boyle McCauley) Health Centre doesn't have a lot of political clout compared to the Alberta Medical Association."

In Alberta the Friends of Medicare are requesting that the provincial government:

- (1) Stop the practice of extra-billing by Alberta physicians, and repeal Bill 94 which legalizes extra-billing.
- (2) Remove blocks to universal access to health care services by eliminating all premiums and user fees.
- (3) Provide adequate compensation to all health care professionals through adequate funding by the provincial and federal governments. The Hall recommendation on binding arbitration for physicians should be followed up. For doctors opting out, the Quebec model should be followed where such doctors remove themselves totally from medicare funds.
- (4) Move to a more comprehensive health care system funded through medicare. Such a system would include:
  - (a) greater emphasis on preventative health care. Such an emphasis would include development of community health centres, lifestyle programs, and occupational health and safety priorities.
  - (b) More efficient use of all health care personnel, including a greater use of nurses as a first point of contact.
  - (c) Expand medicare-funded programs including dental and drug services.

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# NATIVE DANCE CLUB

by George Nolan

George Nolan is the president of the Edmonton Native Square Dance Club. He has many extensive years of experience as a performer, teacher, organizer and co-ordinator. A very valued member of the club, George Nolan has numerous trophies and accomplishments attesting to his expertise in old time traditional dancing.

The Edmonton Native Square Dance Club, registered under the Societies Act of Alberta, is dedicated to the following:

- (A) Preserving, a part of our Native cultural heritage.
- (B) Providing dance workshops.
- (C) Sponsoring social functions.
- (D) Being a proud cultural representative of the province of Alberta.

### CULTURAL HERITAGE

A very important part of our Native Cultural Heritage is that of the dances. The dances being referred to are the Traditional old time square dances, Reel of Eight, Reel of Four, Drops of Brandy, Duck Dance, Waltz, Quadrille, and Red River Jig. These historical dances originated in the Red River Valley and are a combination of such cultures as the Metis, French, Scottish and Irish.

The comprising dance members of the Edmonton Native Square Dance Club go through many hours of practice in perfecting the dance patterns and intricate footwork that go into making these dances, not only very enjoyable to watch, but also very satisfying to perform.

### WORKSHOPS

The Edmonton Native Square Dance Club sponsors and hosts weekly dance workshops. These workshops are opened to the general public at large. They are open to any race, creed, or colour. They are open to all ages, young and old alike. Anybody who shows a desire to learn old time dance is very welcome to attend these workshops. Families are encouraged to bring their children to learn the basics in dance and rhythm. Older people come to polish up their steps, and just for the pure enjoyment of it.

Dances that are taught are the waltz, polka, fox trot, schottise heel and the polka, french minuet, and traditional square dances, to name a few. A very important aspect of these workshops is to teach the double step, which is the basis for the old time traditional dances.

### SOCIAL DANCES

The Edmonton Native Square Dance Club sponsors weekly social dances. These dances are non-alcoholic, that is, there is no alcohol sold or

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permitted on the premises and any person found to be intoxicated will not be permitted to attend these functions.

The purposes of the social dances are: -- to give people with a drinking problem somewhere to go and have an enjoyable evening out without the influence of alcohol. They can really get into and enjoy dancing and be shown that you don't have to drink alcohol to have a good time.

-- Keep up old time dances for those people who thoroughly enjoy old time dancing.

-- For those who attend the dance workshops, they can come to these social functions and put to practical use what they have learned.

### REPRESENTING ALBERTA NATIVES

The Edmonton Native Square Dance Club is a performing dance troupe, who through hard work, lively dances, intricate footwork and beautiful costumes give their audiences a very enjoyable and memorable performance.

In the past the Edmonton Native Square Dance Club has performed before Queen Elizabeth II and the Royal Family at the 1978 Commonwealth games. They have put on concerts at the Centennial Library Theatre and the Northern Alberta Jubilee Auditorium.

This past summer they have travelled to such places as Regina and Prince George, B.C. to put on shows. In 1980, they travelled extensively throughout Northern and central Alberta to put on shows at country fairs, rodeos, and exhibitions as part of Albertas 75th Anniversary celebration.

Throughout the Edmonton area they also bring enjoyment to many by performing at senior citizens homes and such places as the ACT Recreation Centre for the disabled.

The Club's future hopes and objectives are to travel more extensively throughout Canada as proud cultural representatives of the province of Alberta.

Beyond this, they hope to travel throughout the world showing people world wide their contribution to continuing culture and goodwill by sharing a part of Alberta's Native Heritage.

## YOUNG AND OLD CELEBRATE TOGETHER

by Larry Brockman

The fourth annual Christmas party for grades three and four from St. Michaels School and the residents of Pioneer Place was an event to warm hearts on a cool winter's day. About thirty seniors joined the students to exchange cards and Christmas greetings. A lunch of oranges, cookies and juice was shared by all.

A man and a young girl sat in silence for several minutes, each person being unsure of how to begin. When he was told that she was a new Canadian, recently arrived from Poland, conversation flowed freely. His own roots were in the Russian Ukraine. He and the girl conversed to some length in Polish, a language common to them both.

The party ended with gifts being given under the Christmas tree. Thank-you's were exchanged and a hope expressed that the party would lead to more interaction between the school children and the residents of Pioneer Place.



Pioneer  
Place  
Christmas  
Party

by Query van de Plume



Cathy Smey, After-School Care Director

## AFTER SCHOOL CARE OPENS FEBRUARY

by Larry Brockman

As of January 4, 1982, Cathy Smey is on staff as director of the McCauley After-School Care. February 1, the facility will be open and programs will be under way at Sacred Heart Community School.

Operating hours will be Monday to Friday from 7.00a.m. to 9.00a.m., 11.00a.m. to 1.00p.m., and 3.00p.m. to 6.00p.m. on school days. The facility will be open during the Easter, Christmas and Summer holidays as well as teacher in-service days. The After-School Care will not be open statutory holidays.

Monies used in the capital expenditures were allocated six years ago by City Council. In June of 1980 the money was delivered to the McCauley After-School Care Society.

After one and one half years of struggling through city and provincial government policy hurdles in the area of daycare, after-school care will be a reality in McCauley.

The out of school care will have a number of active programs. Cathy Smey emphasizes "it is not simply a baby sitting service." A variety of programs will be provided. Activities will be oriented toward individual and group needs."

The after-school care will give priority to single parent families and families on low incomes. Subsidies are available through Kingsway Social Services. For information on how to apply, call Cathy Smey at Sacred Heart Community School. (422-3652)

Part-time and possibly a full-time position for child care workers are available. Part-time positions will be filled with persons that have experience or training in child care. Full time applicants will require a two year diploma in childcare.

Cathy Smey (above) the director of the McCauley After School Care is a native Edmontonian, with a degree in Recreational Administration from the University of Alberta. She has experience in directing programs for

children for age 6 into the teens. She has worked for the Parks and Recreation Departments of the Cities of Calgary and Edmonton.

Earlier this week, I was asked "What's it like being a student?" My immediate answer was "fine... fine..." not an expansive reply. Well, here I will make an attempt to more thoroughly explain what I feel the essence of being a student is at The King's College.

Right now, my attitude is not too positive. With three papers and five exams to go, I am definitely not enthused. I have come to the conclusion that being a student is learning to cope with the great load of work which you've put off till the last moment. For the majority of us it is inconceivable to have written a paper five days before it is due. However, there are those whom the rest envy. These impressive few are unbelievably organized and grin unbearably when the majority is sweating over what to write, how to write and whether it's all worth it. I suppose you could say student life is learning to cope with life in general. Being away from home for the first time, it is impossible to ask mom "do my socks clash" or of dad "can I use the car?" I know of two "gentlemen" who went grocery shopping for the first time and bought yeast because "I saw it in my mom's cupboard once, but I sure don't know what to do with it." Yeah, student life is eight people in the cab of a pick-up meant for three. It's agonizing over whether to go visit that friend or do the paper that's due to-morrow. It's being scared of the unknown, but it's also happiness at conquering what was considered the unconquerable. It's also a feeling of excitement when you hold a type-written paper in your hand - your very own production - and you think how official-looking it is. College is growing up and growing out as a person. It's testing your faith and being assured when you stand the test. It's saying "hi!" to the stranger you meet in the halls, and getting to know those strangers. It's most of all learning; learning facts, learning preposterous words to impress the prof, (and knowing he's not impressed because they were used out of context) learning mathematical equations and so on. But most of all it's learning about life because you're experiencing life, growing in Christ through that experience. It's sharing that growth with a friend. In simple words, being a student is great! I wouldn't trade a moment of all the frustrations, happiness and growth I've experienced in my two years as a student here at the College.

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## Consumer Aware

by Wally Van de Kleut

### CLOTHING AND FIRE

When the snow flies and the temperature hangs around minus 30 celsius, the last thing that's needed is to be burned out of one's house or apartment. Terrible at anytime, a home fire is worst in the winter.

Most fire and burn accidents in Canada are due to carelessness involving clothing and textiles. All clothing will burn to a greater or lesser degree.

Even though regulations under the Hazardous Products Act bans dangerously flammable cloth articles from the market, as consumers we still have to be very careful when near sources of high heat or open flames. All flammable clothing can, of course, not be banned.

A first guideline is to choose clothing for the young and the elderly with special care because accidents from clothing fires affect them the most.

Secondly, as a general rule remember that lighter weight, raised fibre or open weave fabrics burn faster than heavier weight, smooth surface or tightly woven fabrics. Naturally loose fitting garments with flared skirts or sleeves, ruffles and trimmings ignite more easily and burn faster than close fitting, plain style garments.

Consider as well that the following types of cloth burn the most readily: Cotton, Rayon, Linen, Acetate and Triacetate.

Nylon, Polyester, Acrylic, Spandex and Polypropylene do not ignite readily. Once ignited, these fabrics tend to drip extremely hot drops, which, though they usually carry the flame away from the fabric, can burn the skin very severely.

Modacrylic, Saran, Wool and Silk do not ignite easily, burn slowly, and tend to self-extinguish.

Some Fire Safety Guidelines:

1. Don't let children play with matches and lighters.
2. Don't let children play unsupervised near open fires and near stoves.
3. Don't let the sleeve of a housecoat or other loose garment drag over the element of a hot stove.
4. Don't smoke in bed.
5. Leave a recently used ashtray on the counter before bedtime, and dump it in the waste basket in the morning.
6. Make sure everyone in your household knows the quickest and safest way out of your dwelling in the event of a fire. Do not go back for personal belongings. Pre-determine a place outdoors where everyone will meet should there be a fire, thereby lessening the risk of someone going back into a dwelling to rescue someone who has already escaped. Know the fire department number, and have it written down next to your telephone.



## The Pet Corner

by Cindy Whitfield

Your Inner

City Pet

### HAMSTERS

Many people don't want or can't have dogs or cats in their families because of allergies or because they think that it is cruel to keep a dog or cat in the city.

If you want a pet, but don't want a dog or cat, then a rodent can make an excellent pet.

Hamsters seem to be the most popular rodent because they are cuter than gerbils or mice and smaller than guinea pigs or rabbits.

Hamsters are easy to maintain and enjoyable to keep especially if you live in the city. They are inexpensive to purchase and their cages take up little room. Hamsters require no grooming and have no odour of their own which attract fleas. They also don't contract any ailments which can be passed on to humans.

A hamster, once tamed, can be a delightfully amusing companion who likes to be held and petted.

A hamster is a charming little animal who has a twinkling little face and alert black eyes. He resembles a cross between a large mouse and a small guinea pig.

When fully grown, the Golden Hamster is about six inches long with only a stub of a tail. His most amazing feature is the fact that he can store food in the pouches of his cheeks, which then swell up like balloons when the food is stored.

The hamster's name comes from the German work "Hamstern" which means hoarder.

The hamster comes in six popular colors. There are the albino's which have white fur with pink or red eyes and dark ears. The panda or prebald is a golden color with white spotting.

The aber gold or Cinnamon have amber or fawn-colored fur and light colored ears. The Cream have light cream fur with black ears and eyes. The golden hamster is the hamster's original color. He is red-gold in color with greyish white on his underside, black markings on his head and cheeks and black eyes.

A hamster will breed throughout the year and most litters will be born between May and November. The gestation period is 16 days. The males and females should be separated when they are 35 days old to prevent more litters. The first possible time for mating is when the hamster is 43 days old.

When purchasing a hamster go to a pet shop or a breeder. Hamsters are not very expensive but it is better to get one that might be tamed, and is in good health. Try and get a young one so that it will be easier to tame and to add other hamsters to it's cage without a lot of fighting.

## A Nice Light Snack

by Bonnie Austen

Winter is known as a time for special baking treats. The students at Sacred Heart Community School enjoyed this Cranberry Orange bread for a snack in December.

Perhaps you would like to make this bread for the winter season. It is a real winner.

2 cups Sifted all-purpose flour  
 2/3 cup sugar  
 1 1/2 teaspoon baking powder  
 1/2 teaspoon soda  
 1 teaspoon salt  
 1 cup coarsely cut cranberries  
 1 teaspoon grated orange peel  
 1/2 cup chopped walnuts  
 1 egg  
 2 tablespoons cooking oil  
 3/4 cup orange juice

Sift flour, sugar, baking powder, soda and salt together. Mix cranberries, orange peel and walnuts and add to the flour mixture.

Beat egg, oil and orange juice together and add to the flour cranberry mixture, stir until just mixed.

Bake in a 9" by 5" by 3" loaf pan in a 350 degree F oven for 60 minutes or until it springs back when pressed down with a finger. Remove from the pan, cool and wrap. Best the following day.

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Situated just a few blocks north of Theatre 3. Sceppa Italian Market offers the authentic exciting taste of Italy featuring: Pizza in the original style, bought by the pound.

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Perfect for Business Luncheons or a pre show treat.

**Community Calendar**  
 A Regular Feature sponsored by  
**Northwest Color Lab**  
 10245-95 St.

The Parkdale Playschool; 11648-85 St.

The Parkdale playschool, 11648-85 Street, Room 20 Basement, Edmonton has 11 vacancies.

Playschool takes place on Mondays and Thursdays from 1.00 - 3.00p.m. (ages 3 - 5 years from September, 1981 to May 1982)

For more information phone Donna at 474-6841 regarding Fees.

Gail Duiker  
 Editor of the Parkdale Pride  
 Parkdale Community League

The Central Edmonton Parks and Recreation Inner City Sports League, wishes to announce the next Saturday morning sports program - Ringho. The Ringho program will be aimed at all boys and girls between grades one to grade six level.

Ringho games will be played at Westwood Arena, 12040-97 Street, starting January 30th, 1982. This program will happen every Saturday until April 3, 1982. The playing time will be between 10.30a.m. and 12.30p.m.

Toni Ireland 429-3215 or 428-5119  
 9425-109A Avenue

Registration will take place the first day of the programme unless otherwise stated.

WINTER PROGRAMS - SACRED HEART SCHOOL

Winter Programs at Sacred Heart Community School will begin the week of January 25th. Evening classes this winter include: Italian cooking, Chinese cooking, Cake decorating, Ceramics, Native Crafts and Aerobic Dancing.

Children's Programs include Ballet and Jazz, Arts and Crafts and Native Crafts.

For more information about the following courses, phone the Community School Office week-days at 424-3291.

There's No Business Like Snow Business

A Snowshovelling Registry is in operation for Boyle Street/McCauley. Students at Sacred Heart Community School will shovel snow for fun and profit. The rate of pay can be decided between the student and employer.

For more information phone the Community School Office week-days at 424-3291.

Bissell Programs  
 Open to all kids in the area

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

Tuesday  
 3.30 - 4.30  
 for 6 12 year olds  
 Creative Crafts at Sacred Heart School, room 4.  
 Gourmet Cooking at Sacred Heart School, staff room.

Wednesday  
 2.00 - 5.00  
 Teen Drop-in for 12 and up at Bissell  
 3.30 - 5.00  
 Good Sport  
 Gym program at St. Mikes 6 - 8 years

Thursday  
 3.30 - 5.00  
 9 - 12 years Floor Hockey At Sacred Heart School  
 7.00 - 10.00  
 Teen Activity Night for 12 and up  
 Meet at Bissell at 7.00

Friday  
 3.30 - 4.30  
 Cooking 6 - 12 years - See program sheets for location  
 2.00 - 5.00  
 Teen Drop-in at Bissell  
 Water Rat Swim all ages meet at St. Michael's School at 6.30 to go to Y.M.C.A.  
 Thursday - December 17th

NATIVE SPIRITUAL DAYS

with  
 Fr. John Hascall, Capucian Priest and Medicine Man.

March 9 at Enoc Reserve (Winterburn) Kitaskinow School.  
 1:30 p.m.: Talk  
 4:30: Mass and Healing Ceremony  
 8:00: Feast

March 10 at Hobbema.  
 11:00 a.m. Indian Feast at the old residential school  
 1:00 p.m. Talk at Ermineskin Jr. High School.  
 6:00 Mass and Healing Ceremony in Tee Pee Church.


March 11 at Sacred Heart Community School Gymnasium.  
 2:00 p.m. Talk and Questions  
 7:30 p.m. Mass and Healing

For more information contact the NATIVE PASTORAL CENTRE.

*Marian*

A dedicated social worker whose favorite saying is, "Why are you guys bums?"





## BOYLE McCAULEY HEALTH CENTRE

10604 - 96 Street PH. 429-7333

**WALK-IN OR BY APPOINTMENT**

<p><b>HOURS: Mon - Fri 10:00 - 11:45 a.m.</b>  <b>1:00 - 4:45 p.m.</b></p> <p><b>Foot Care Clinics Tuesdays</b>  <b>-1:00 - 3:00 p.m.</b></p>	<p><b>COMMUNITY RESIDENTS AS:</b></p> <ul style="list-style-type: none"> <li>- Society Members</li> <li>- Volunteers</li> <li>- Board of Directors</li> </ul>
<p><b>WHOLE FAMILY CARE</b></p> <p><b>Home Visits by:</b></p> <ul style="list-style-type: none"> <li>- Family Physician and Nurse</li> <li>- Nurse Practitioners</li> <li>- Community Outreach Worker</li> <li>- Receptionist</li> <li>- Volunteer Staff</li> </ul>	

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