Career Day at S.H.C.S.

On May 11 Sacred Heart Community School held a special Career Day for elementary students. The Career Day was the highlight of a week-long exploration into various occupations and careers. The following are stories written by S.H.C.S. elementary students about the impressions they received on Career Day.

It was unbelievable

Career day was very interesting. The people that were there explained their jobs very well. Some of the jobs were very exciting and new to me. They really encouraged me about what I'm going to do when I graduate. Although I haven't made a decision yet. The career day program, I think, helped a lot of kids. Now the kids know about more jobs. One of the speakers I really enjoyed was the nurse, she was very interesting.

There was also a scientist, he was very nice, I think one of my career choices would be being a scientist. He said if you were curious and wanted to look into things, it would be a very good job for you and that would be a very interesting job if you ask me. Another job that was neat was the cartoonist, he showed us how he first began and other things. There were a whole bunch of people with such different jobs, it was unbelievable.

by Nelle Paim

decision is yours

I really felt good to be at Career Day because they show you what jobs you might have when you grow up. The cartoonist was my favourite because I wanted to be one when I grow up.

Career Day was very exciting and I never thought of being a carpenter when I grew up. Next is the typist just think 70 words a minute that must be difficult. The taxi driver is the most dangerous job around. Then there's the musician he brought along with him a few posters and he said that if your good at any instrument well play it and teach younger people how to play it. The soccer player brought a few soccer balls, a whistle and he talked about certain passes in soccer. The mail carrier was really neat because you've got to watch out for the dogs and you get sore feet, well you can be what ever you want to be it's not our decision it's yours.

by Ann Moran

Youth "Silent Victims" of Alberta's Downturn

Alberta youth age 15 to 24 are experiencing an unemployment rate double that of other groups, and they are becoming alienated, demoralized and dependent, according to a report on unemployment released by the Canadian Mental Health Association (CMHA).

The report's author, Dr. Sharon Kirsh of Toronto, is convinced the impact on youth is downplayed by an adult population who see young people as "buffered" because they do not have dependents and have yet to establish their identity through work.

Kirsh predicts short and long term consequences. "What interest have these young people in perpetuating the values and aspirations of a society that they feel has failed them?" warns Kirsh's report.

Work is important to young people and the CMHA report has countered a number of myths about youth. For example:

-Young people are not abusers of the unemployment insurance program; they underuse the system—less than half of those eligible actually claim UI benefits.

-Younger than older workers quit jobs on their own volition.

-Youth would rather work than accept welfare.

-

Youth want intrinsically satisfying jobs.

from a news release by CMHC
BSM NEWS
10545 – 92 Street

The BSM News is a non-profit community service publication distributed free-of-charge to residents of Boyle Street and McCauley. Readers are encouraged to contribute letters, announcements, articles and photographs, or to help with the production or distribution of the BSM News.

COPY DEADLINE for the BSM News is usually the last Friday of the previous month. Submissions, containing the name of the contributor, should be sent by mail or delivered to the BSM News at the main office at St. Michael School.

Editor: Wally van de Kleet

BSM News Phone: 424-8472 or 424-8795

COPY DEADLINE
July: June 29

SHARED YOUR POINT
OF VIEW ....

Write a letter

The Boyle Street McCauley Community News wants your input, feedback and assistance. Anyone wishing to give feedback, either written or verbal, please contact the Boyle Street McCauley News at 424-8472, 10545-92 Street.

Your Attention Please

Do you have garden equipment which you don't need anymore? Consider donating it for the use of new immigrants and low income families so that they can plant a garden. It would be very appreciated. Call Wally at 421-8795.

Latitude 53

Renovations Underway

Volunteers and staff of Latitude 53, Edmonton's artist-run gallery, prepare for the move to their new location at 10920 – 88 Ave. Latitude 53 will be housed in a 1,500 square-foot space specifically renovated to serve as an alternative art gallery.

The move will be completed by the end of June. The public is invited to the first reception at the new location at 7:30 p.m., Friday, June 29. For more information call Gallery Manager, much appreciated, Bernie Bloom, at 488-6007 or 439-1985.

VIEWS

Summer Programs '84

Come and play with Edmonton Parks and Recreation! Summer is here, and playgrounds will be opening on July 3.

Giovanni Gaboto Park will be open:
Monday 1:00-5:30 p.m.
Tuesday-Friday 10:30 a.m.-5:30 p.m.

Boyle Street Wading Pool:
Monday-Friday 12:30 p.m.-5:30 p.m.

There will be activities for all! Games, arts and crafts, and special events for children of all ages. So come, one and all, and join us for another hot, fun-filled summer.

Dear Friends of Boyle Street/Mccauley

It's been a pleasure working with you for the past 26 years. I have seen many changes in the area—new buildings, new faces, and new programs.

As of July 1, I will be moving to Area 2 West and working with these communities. My replacement has not been named yet, but I trust that you will extend to him or her the cooperation, friendship, and support that you have provided me for over two years.

My new office is located at Kenndale Yards (1230-58 Street), stop in for a cup of coffee if you are in the area.

by Toni Ireland

Moonlight Bay Summer Camp '84

With summer just around the corner, we at Bissell Centre are directing our energies to Moonlight Bay Summer Camps.

The success of our camp program depends on two factors. The first, and most important is the camara who take advantage of our beautiful camp environment. The other factor is the volunteers, whose efforts and energies make it possible for us to enjoy a summer holiday away from the city.

With this in mind we urge inner city residents who have not tried this unique experience to make it a point to consider this summer adventure.

We are also appealing to the teens to consider helping the camp co-ordinator in the planning and programming of this camp. We believe it's your camp, so get up and put your identity into it.

This year, Bissell Centre is operating a Senior Adults Camp. Bissell and Operation Friendship are urging the senior adults of this community to strongly support this program by participating and volunteering their services. We urge seniors to take advantage of this opportunity.

Camp Dates '84

July 16 - 20: 6 - 8 years
July 23 - 27: Family
July 30 - Aug. 3: 8 - 9 years
Aug. 6 - 10: Family
Aug. 13 - 17: Youth
Aug. 20 - 24: Senior Adults

Take your pick, and join us. Don't wait until it's too late.

Have a good summer, eh!

by Tim Daru

Bissell Camp Co-ordinator

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Missing Ingredients in Food Team

Members of the Edmonton Food Bank at a general meeting passed a resolution to publicly refute claims made in the Legislative by Dr. Neil Webber, the Minister of Social Services and Community Health, that "a co-operative effort exists between our department and the agencies operating food banks in the city."

In a letter to Dr. Webber, member agencies point out two ingredients missing from what Webber called a team approach: "there has been no direct communication by the government with us, nor have we been included in the decision-making processes that has led to our increased involvement." The letter states clearly that "it is not our view that 'things are working well in terms of a team'."

In a survey of 1/3 of the agencies in Edmonton who distribute hampers from the Food Bank, over 50% of hamper recipients were Social Assistance recipients. The survey covered a one-week mid-month period, and dealt with 472 cases feeding 1774 people.

The survey did not include such agencies as Bissell Centre, which receives bulk food from the Food Bank and distributes as many as 140 hampers per week.

The letter to Dr. Webber further states: "Over the last ten months we have been responding to the increasing number of persons calling on us for food. For us it appears that a good portion of these people in need are social assistance recipients, and many are coming to us on the informal referral of social workers. Thus it appears that our increasing involvement in feeding the hungry is a large part (due) to government decisions."

Hungry Caught in Shuffle

Why is there much increase in the demand for food? The economy is a common reason cited, but even more clear is the effect of Shelter Allowance cutbacks by the provincial government.

One Food Bank member organization experienced an 800% increase in requests for food between June and July of 1983, the month when shelter allowances were cut back. The demand has not decreased since.

All agencies distributing food have witnessed similar increases. One agency worker reflects that when the government cut back Shelter Allowances people spent their food money on rent and ended up on agency doorstep for food.

Sheranne Johnston, spokesperson for the Food Bank member agencies, is concerned with what having to beg for food does to one's sense of dignity, "where are enough pressures on a family experiencing hard times without them having to sacrifice even more of their dignity and go out to beg for food."

"A second problem," she adds, "is that the Food Bank relies on surplus and donated food such as stale bread and pastry, aged fruits and vegetables, and damaged goods. There is little promise of a balanced diet with these foods as the mainstay."

Another consequence of relying on surplus and donated goods is having a shortage of supply. A temporary worker from one agency explains his frustration: "One day we had one government social worker send five people over to the centre when we had no food to hand out. It's bad enough to have someone walk in with their eyes full of shame and rumble that they are out of food, but when I have to tell them that we have no food and they say, 'but my social worker sent me here,' well then, I'm ready to blow up too."

"Folks are becoming broken and frustrated. They have to chase around and beg for food because the government isn't giving enough assistance to pay the real costs of basic needs."

Volunteers Burning Out

"A third problem area is the strain on volunteers," adds Sheranne. "Many of the organizations utilize volunteers in the distribution of food. At the beginning the local need was small, but now it has mushroomed. The drastic shift in people's personal fortunes has caused numerous interpersonal problems that require the attention of trained social workers. The untrained volunteer can only supply food, but the people need so much more. Yet social services keeps passing those folks on to the parishes and other volunteer agencies."

The letter to Dr. Webber concludes: "We would be pleased to meet with you to discuss our concerns, and to find the best means to ensure that the people of Edmonton have their needs for food met in a manner fully in keeping with their dignity as human persons."

by Larry Brockman

Shell Donates Microwave Oven

The Alex Taylor Senior Citizens Drop-In Centre recently received the generous donation of a microwave oven from Shell Canada Ltd. The microwave is a welcome addition, and will be well used in the daily activities of all who use the Centre.

The microwave was presented to the Centre by Mrs. Vivian Marsh and Mr. Chuck Frayag, representatives of Shell Canada Ltd., during a Wednesday Hot Lunch get-together at the Centre.

Shell Canada Ltd., the seniors at Alex Taylor thank you!

by Marlene Poloway

L to R: Mr. Steve Ramamurthi, Principal; Mr. Chuck Frayag, Shell Canada Ltd.; Mrs. Terry Pasula, Seniors Co-ordinator; Mrs. Vivian Marsh, Shell Canada Ltd.
Fillip Tries to Find a New Home

a short story by Jadine R. Higgins

Fillip woke up, yawned, stretched, and looked around. There was no one left in the mud-hole. Where were they all? Suddenly he knew what had happened. Spring had come! In the spring Froggertown became a ghost town. Every frog moved on then. What Fillip couldn't remember was where he was supposed to go, and now.

"Oh, fiddleheads," muttered Fillip. "My aching, sleepy head. How's a frog supposed to remember for so long!"

Actually Fillip hadn't paid attention to Papa and Mama Frog's instructions because he couldn't sit still long enough to listen. Now he was in a terrible pickle. He couldn't stay in the mud-hole because the spring rains would drown him out. Fillip remembered that much. But what now?

Tears started to pour out and Fillip could think of nothing to do to stop them. "Woe is me," he sighed. "I have to make a plan." After all, he was one year old now, and should be crying so much anymore, he decided.

Several hours later Fillip was trudging up the grassy slope away from the marsh which had always been his home. His few belongings, consisting of a bit of food he had scrounged up, his new necktie and a few odds and ends he kept under his pillow, were tied into a handkerchief. This he had tied to a stick and slung over his shoulder. He didn't know where he was going. All he knew was that he'd have to find a new home.

"Hello Big Eyes!" shouted a fat, brown hedgehog. "Where are you off to in these rainy parts?"

"Oh, kind sir, I'm looking for my family. I have 30 brothers and sisters and a Mama and Papa and they're all gone."

"Sorry Froggie, Ah didn't see them. But Ah'd suggest you head out that-way. Maybe you'll find some water anyway. Ha, Ha!" Away he ambled, laughing to himself.

"What a rude creature," muttered Fillip. "I'm glad I'm not related to him."

A little later Fillip met a red squirrel who appeared to be a little more friendly.

"Mind if I rent my weary feet here a minute?" asked the exhausted little frog.

"Sure buddy, go ahead. What brings you here?" asked the squirrel kindly, as he bustled about looking for some food to give Fillip.

Fillip told his sad tale once more. The kind squirrel could not think of any helpful suggestions for Fillip, but did offer him some dried spiders and seeds.

"No child! Don't be so ridiculous," shouted the red-faced lady as she rushed across the street. While the lady was looking for cars, the excited girl scooped up the trembling frog just as another one of those terrible monsters headed for him. She stuffed the poor creature into her pocket and dashed after her mother.

"Shhhhhhh!" she whispered to the frightened frog. "I'll take care of you. But don't let Mom hear you croaking. She'll fry you alive."

Fillip shuddered. This wasn't what he had bargained for. It would have been better to have drowned in the mud hole than to be fried by her! The girl was still trying to reassure Fillip.

"I'll take care of you, Crooky. Don't worry."

This made Fillip furious. "My name is Fillip, not Crooky. And if you don't put me down, I'll... I'll bite you and give you warps."

Hearing the frog talk surprised the girl, but she kept her hand firmly on him. She had wanted a pet of her own for so long, that now she was determined to keep this spunky, talking frog.

"I beg your pardon, Fillip. I didn't know you could talk," said the girl politely. "You must be an amazing frog."

This change in attitude made Fillip decide he'd be better off staying her friend. Even if he got away now, he wouldn't be able to find his way out of this horrible town. Oh, how he longed for the peace and joy of mud and marshlands. And where, oh where, were Mama and Papa Frog? Would he ever see his family again? Fillip sighed and shed a few more tears. By now he was even too exhausted to cry, so finally he curled up and fell asleep, dreaming of his home that was no more.

After eating his fill, Fillip trudged on sadly. The big world sure seemed a lonely place today for the lost frog.

Much later Fillip noticed that, strangely enough, he was no longer walking on grass and sand, but on some strange, hard ground.

Errrrrrrrr! A terrible noise surrounded him and he leapt aside just in time. He didn't know it, but he was now in a human town.

"Oh mommy," cried a little girl. "Look at the sweet, little froggie. Can I have it?"

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Housing Society on the Move

A recent generous donation from the Sisters of Charity of Providence means that the Society has now built up enough of a capital fund to begin a serious search for its first house in the inner city. The house will provide shared living for five former mental health patients.

Society volunteers will provide back-up support in lifeskills, simply being there to listen, and helping residents organize social, recreational and household management activities for themselves.

Committees have been busy estimating operating budgets, drawing up volunteer program descriptions, searching the market for the range of quality and price in housing, and brainstorming on longterm fund raising strategies.

The User Group Committee is hard at work completing the referral and application criteria and procedures for future residents of the house.

We hope to open the doors to the house in mid-October. More help is always needed! If you are interested in the Inner City Housing Society's goal of developing housing for the disadvantaged of Edmonton's inner city, please give us a call at 423-1399 to find out more!

New Staff

The Society welcomes four new staff people who will be working on a six-month Canada Works' project. The project aims to clearly document housing needs in Edmonton's inner city. The group hopes to work with agencies and organizations in the inner city, helping them to come up with hard statistics on who really needs the housing in the inner city, and what kind of housing they need.

The Society believes it will be mutually beneficial to agencies and the Society to document the client needs. Participating organizations will receive copies of the research.

The project will then research housing models and projects that have been developed elsewhere in Canada and beyond, to see what could best be adapted to work in an Edmonton inner city situation.

Welcome to Bert Cheong, Project Coordinator; Liz Beardy, Office Manager and Researcher; Mary Hickmore, Researcher; and Michelle Lipka, Researcher.

The team brings with them a varied and complimentary background with social work, community work, research and organizational skills.

The Society will use the information documented on housing needs and models as a basis for its future projects in the inner city.

by Ann Harvey

Are you bored?

Do you feel and think you are bored during the summer?

Well, you can have a tan and still have fun.

Bissell Centre, Moonlight Bay Summer Camp '84 needs a camp team:

-- Program Directors
-- Nurses
-- Counsellors
-- Games Instructors
-- Craft Persons
-- Any Special Skills

For more information, phone Bissell Centre at 423-2025 and ask for Tim.

P.S. You will never know how good you are till you try it.

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Bargains Galore

Whew! That's over! Another garage sale bit the dust! Here's a glimpse of what happened:

"Look at this dress! It's perfect!"

"Yummm! What a delicious chocolate cake. I'm having another piece!"

" Couldn't I have this vase for 10 cents. Look, there is a chip missing."

"Chairs for 4 dollars! Go for it Sam!"

"Nothing like a good cup of coffee on a busy Saturday."

"Oh, I'm buying one more raffle ticket. I have to win once in my life."

That was the second, annual Boyle Street McCauley News Garage Sale which just happened May 26. It was a day of fun; and hard work for some. Thank you all you dedicated souls for pitching in and giving all those hours of your time. Thank you people for contributing articles and for coming out and buying our bargains. With our combined efforts we raised a grand total of $1400. I'd say, a rip-roaring success! If you missed it, you missed a grand time. SEE YOU ALL NEXT SPRING!

by Jane Hoogendam
Raffle
a Modest Success

This year's Boyle McCauley News Raffle, despite straining budgets and high unemployment, was a modest success.

The newspaper realized earnings of $390.00 on the Raffle, funds very much needed for the continued operation of the BSM News.

Once again the newspaper thanks the prize sponsors for their invaluable help: The Brick, Abby Alarm Co., City Centre Meats, Vinton Centre, North-West Color Lab, Sceppa's Trattoria & Delicatessen, and Edmonton Cash Register.

The 1st prize $350.00 Food Hamper was made up entirely by donations from the following people and businesses, whom we wholeheartedly thank:

Mary Amerongen & Bob McKeon
Esther Baarda
Larry & Bettie Brockman
Canada Safeway & Mr. Rod Goplin
Larry & Tammy Derkach
Steve & Margaret Ebbers
Mr. & Mrs. Evans
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Kate Quinn & John Kolkman
Mrs. E. Rea
Ruth & Robert Robinson
Glenna Roper
Sacred Heart Community School
Sister Stark
Stadium Food & Drug Mart
Wally & Ger van de Kleut

The winners of the ten Raffle prizes, from 1st prize to 10th respectively, were: Ged Poitras, Mrs. Connie Morin, Ann Harvey, Dany Perentis, Susan Nicholoson, S. Johnston, Hari Ghana, Tam Mah, Brenda Hanson, and Teresa Pawliu.

If any prize-winner has not yet been contacted, he or she may call Larry Brockman at 429-5045 or Wally van de Kleut at 421-8795.

The BSM News also thanks all those who either by selling or buying raffle tickets helped make the newspaper that much more financially solvent for another year.

In conclusion, the newspaper wishes to thank Olga Loga for all the work she did in organizing this year's raffle.

Oh, and if you didn't win a prize, well, better luck next year!
Suicides
Linked to Unemployment

Alberta’s rising suicide rate may be associated with the province’s increase in unemployment. Internationally acclaimed researcher, Harvey Brenner of Johns Hopkins University in Baltimore reports that a 14.6% rise in unemployment in the USA was associated with 1940 additional suicides.

Brenner is convinced results of his European and American research have validity for Canada.

A recent report on unemployment by the CMHA noted that “unemployment rates were the most important stable predictor of short and long term suicide rates”

According to CMHA officials, work has a “protective nature”, and at least one study has shown that people who kill themselves:
- shared more unemployment
- had more frequent job changes
- held their jobs for shorter periods

from a news release by CMHC

Reverend Perron Now at Inner City Ministry

Reverend Odette Perron has begun her work as pastor with the Inner City Pastoral Ministry, holding services every Sunday morning in the Bissell Gym.

Her office is in the Bissell store, 10922 - 97 Street, and she is meeting people there every day. She has come to Edmonton from Timmins, Ontario, where she was a priest in the Anglican cathedral.

Her experiences working and living in downtown Montreal and on an Indian reservation in Quebec have been invaluable preparation for her work in Edmonton.

Everyone has given Odette a warm welcome. We’re so glad she’s here to stay.

by Ann Lightfoot

Option for the Poor

In the “big book” of the alcoholics called “Alcoholics Anonymous” there is a description of the effects of alcoholism on the lives of those close to the alcoholic. It reads: “It brings misunderstanding, fierce resentment, financial insecurity, exploited friends and employers, warped lives of blameless children, wives and parents—anyone can increase the list.” There is nothing new here. The experience is well known and recognized.

Many of these suffering from alcoholism and other addictions have come to the Boyle Street/McCauley area. No wonder they come! Who wants them at home with all the hurt, the shame and resentment an alcoholic would cause? Anything else or he says or does becomes meaningless. No one pays attention anymore. Yes, at times, even the cry for help goes unheard.

That is why alcoholics belong to the definition of “poor” that is found in the policy statement of the Roman Catholic Bishops’ pastoral conference at Puebla, Mexico. “Option for the poor,” they said. It means that their concern must be for those who are rejected, exploited, weak, and helpless. All the Churches’ efforts will be guided by the needs of these little ones.

It seems incredible, but these little ones, these poor, can be found among nations. They are called “third world” nations. They, indeed, travel third class in all areas of international life: trade, technology, capital, you name it. They are third class indeed.

Nicaragua is one of these so-called third rate countries. It has been an international “child”, or “little one”, since its beginning as a political nation; that is, since foreigners first arrived there. They were the Spanish and then the English. After them, the next international power, or “imperialist” power, to impose itself on Nicaragua was the USA.

In 1855 the president of the USA, Monroe by name, declared all of the American hemisphere to be the exclusive area of influence of the USA. This is called the Monroe Doctrine.

Nicaragua felt the effects of this imperialist attitude in a very cruel and harsh way throughout this century. It was occupied by the USA in 1909, and this lasted off and on until 1934, when the USA put a dictator in its place of power whose name was Somosa. This was done to make peace with the guerilla leader, Sandino.

Somosa later murdered Sandino, a Nicaraguan that the whole U.S. marines could not defeat. In a fit of anger, Theodore Roosevelt called the Nicaraguans “Degus”, meaning, a worthless race of people.

To me, this "worthlessness" is better spelled "little", or "resented". From our little ones here in Edmonton, I have preferred to go to the little ones in Nicaragua. This preference has finally concretized. I will be leaving soon.

The U.S. marines, thousands of them, are waiting to invade Nicaragua as need Grenada. Nicaragua is only little and very poor. They want to keep their revolution; that is, their credit unions, cooperatives, churches, schools, health centres, labour unions, and even their government. For them these are the fruits of their Christian faith and sacrifices.

I know, I have been there. If I were a poet, I could express more clearly what I experienced.

Perhaps my return there will help you, somehow, to try to stop the U.S. marines and their allies from invading and killing us, from resenting us and hating us, as though we were international alcoholics.

by Father Joe Curcio
Health Centre Annual Meeting Report

About 40 people braved the elements on a cool, rainy evening to attend the annual meeting of the Boyle McCauley Health Centre Society. The meeting was held at the Rissell Annex on Wednesday, May 25.

Reports were given by the various committees of the Health Centre Board. A highlight was the Fundraising Committee's report that in 1983-84 we surpassed our fundraising goal. Moreover, only a month into our 1984-85 drive, we have already collected one-third of our $53,000 goal.

In the staff report, Dr. Hari Ghana said that there had been a number of staff changes during the past year at the Health Centre. He commented that the staff have worked extremely hard at becoming a more effective team. He feels the staff has come through the changes stronger than before.

One impending change is that Dr. Don Jansen has notified the Board that he wishes to leave the Health Centre by mid-July, after serving with us for three years. On behalf of the Society, John Kolkman thanked Don for his valuable contribution to the Centre.

Society members approved a number of changes to the Health Centre's By-laws. The major change was stipulating some general policies of conduct for Board members, as well as developing a procedure for dealing with Board members who violate these policies.

Other changes included: restricting the terms of Board members to three consecutive two year terms; stipulating a minimum (ten) and maximum (twenty) number of members who can serve on the Board at any one time; and providing a nominations' procedure for the election of prospective Board members.

Elections for the 1984-85 Board of Directors were then held. Several Board members are continuing into the second year of their terms. They are Helen Ready, Irma Kerr, Tim Choy, Mary Burlie, John Kolkman, and Betti Brockman.

Board members who resigned, or whose terms expired during the past year, are Joanne Koogman, Grace Elliot, Arnold Clausen, George Kelly, and Neil Hanon. Interim Board members (appointed to replace people who resigned) who were elected at the meeting are Jasper Hoogendam (a McCauley resident) and Dr. Ross Lindskoog.

Finally, new Board members elected at the meeting are Carmen Loiselle (a Rissell staff member), Paul Matteson (a McCauley resident) and Marlene Fowley (community school coordinator at Alex Taylor).

After the business portion of the meeting adjourned, refreshments were served and entertainment was provided by a "home-brew" McCauley band.

Farrell for Don Jansen

As mentioned above, Dr Don Jansen will soon be leaving the Health Centre. As a thank you to Don for three years of valuable service, an open house will be held on Wednesday, July 18 at 4:30 p.m. at the Health Centre. All friends of the Centre are invited to come to say farewell to Don and his family. Refreshments will be served.

by John Kolkman

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The Single Men's Hostel

The Single Men's Hostel, situated at 10014-105A Avenue, is a unique unit of the Alberta Social Services and Community Health Department. It is not only a hostel providing short-term accommodation for single men, but a multi-purpose Social service resource for the inner city community.

The Hostel consists of several independent departments which seek to work cooperatively.

The Welfare Hostel Workers Department maintains the general running and security of the Hostel, which is open 24 hours each day. The Welfare Hostel Workers work directly with the clients, providing information and direction, and form part of a valuable support staff to all departments of the Hostel.

The Housekeeping and Janitorial Departments, working directly with the residents, maintain a clean and orderly environment. The Housekeeping Staff also maintains a Laundry service, and works with the Nursing Unit to give special assistance and guidance to certain residents needing additional care to maintain normal living skills.

The Food Services Department provides meals to residents of both the Hostel and the Women's Emergency Accommodation Centre.

The Social Services Department is staffed by eight social workers, and provides social allowance assistance, counselling and referral services. An employment assessment and counselling service has recently been incorporated into its busy routine.

The hard-working Clerical Staff, helpful and friendly, greet clientele and staff alike.

The Nursing Department, which promotes preventative health care, provides full medical, mental health, and rehabilitative information and referrals as well as physical assessment with primary care and treatment.

This unit works co-operatively with community agencies, hospitals, doctors, and related medical and social service facilities. The Nursing unit also carries out and participates in medical surveys.

At present the Hostel is running a short-term housing program aimed at offering safe and secure accommodation to single men having difficulty in maintaining themselves in private or group housing situations.

Fred and Wayne chat with Welfare Hostel Workers

This program is also for men who have been displaced due to re-urbanization, discharged from hospital pending suitable re-location, or on waiting lists for rehabilitative programs, group housing or lodges. The program is intended to allow the responsible private or government agency adequate unpressured time to find other suitable accommodation.

The Hostel also makes space available for A.A. meetings, which are held every Wednesday evening at 7 p.m.

Mr. Ed. Deering, the Administrator of the Single Men's Hostel, openly supports involvement within the community. The Hostel helped establish and remains an active member of SAADA (Service Agencies Associated with the Downtown Area).

For more information call 427-5974.

by Shirley M. Babad, R.N.
Single Men's Hostel, Health Unit

Nurses (L to R): Shirley, Mary & Rea

Sacred Heart Parish
welcomes you to the Boyle McCauley community

Eucharistic Celebrations
Every Sunday
10:00 a.m.
7:00 p.m.

10821 - 96 Street
Phone 422-3052

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Friendly Staff
Mon to Sat 9:30 - 4:30 p.m.
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McCauley Day Care Centre

9425 - 109A Avenue
424-3735

Full Day Program
Monday to Friday, 6:30 a.m. to 5:30 p.m.
Part-time Spaces Available
For Children Age 2 ½ - 6 Years Old
Fee Varies According to Family Income, Size, etc.
Nutritious Hot Lunch and Snacks
Staffed by Qualified Childcare Workers
Meat Ideas for the Barbecue

With the summer weather and outdoor fun comes the joy of barbecue cooking. Contrary to popular belief, top quality steaks are not the only foods that can be used for cooking outdoors. As well, barbecuing doesn’t have to drain your pocket book.

When buying beef for the barbecue keep in mind the cuts available. For example, tender cuts from the sirloin (which include T-Bone, New York and Filet Mignon), sirloin and rib sections are expensive. In contrast, less tender cuts such as the round (pump roast or round steak), chuck or blade cuts, and flank steaks are available in larger quantity and provide greater money saving potential.

Let’s not forget an old stand-by: ground beef. To find your best buy with this product multiply the cost per kilogram by 100 and divide that by the percentage of lean meat contained in the ground product. The percentage of lean meat is as follows: regular 70%, medium 77%, and lean 83%. As well, beef sausages are also very tasty when barbecued.

A marinade is used on meats to increase tenderness as well as to add flavour. Marinades contain some form of an acid such as wine, vinegar, lemon juice and/or a tomato-based sauce which soften the connective tissue of the meat. Herbs and spices are often added as a flavour component. The fat (oil or melted butter) in the marinade adds moisture to very lean meats.

To prepare meat for marinating trim off excess fat (fat drippings cause flames from the coals resulting in burning) and poke holes through both sides using a two prong cooking fork to aid absorption of the marinade. Combine ingredients for the marinade and place the sauce in a heavy plastic bag that is large enough to accommodate the meat. Then put the prepared meat into the bag and seal the product with a twist tie.

In this way you will need less marinade to work into the meat in comparison to using a bowl. For effectiveness, massage the liquid into the meat and turn the product over frequently. By starting this procedure the day before and storing the "bagged" product on a plate in the refrigerator, you promote absorption of the sauce by the meat. If desired, the marinade can be used for another piece of meat. (Use within one to two days.)

When ready to cook, pat the meat dry with a paper towel to take off excess sauce to enhance browning and crisping of the exterior. When turning use tongs; you don't want to puncture the protective coating or the juices will be lost.

Selecting less tender cuts to marinade can also be done with pork, lamb or wild meats. Some of the cuts among these varieties can be less expensive than beef while at the same time providing a change in diet.

Marinades

Zippy Barbecue Marinade
2/3 cup catsup
1/4 cup water or tomato juice
1/3 cup onion
1/3 cup diced celery
1 1/2 Tbsp. brown sugar
2 Tbsp. Worchester shire sauce
Combine ingredients and simmer gently for 10 - 15 minutes.

Beef Marinade
Source: Blue Flame Kitchen
1/4 cup Worchester shire sauce
1/2 cup vinegar
2 Tbsp. dry mustard
1 clove garlic crushed
2 1/2 tsp. salt
1/3 cup lemon juice
3/4 cup soy sauce
1 Tbsp. pepper
1 1/2 cups salad oil
1 1/2 tsp. parley flakes
Combine ingredients and begin marinating.

Easy Lamb Marinade
1/2 cup dry sherry or apple juice
1/4 cup salad oil
2 tsp. salt
2 tsp. oregano leaves
1/2 tsp. pepper
1 large sliced onion
Combine ingredients, pour over meat and marinade.

by Wendy Payne
Consumer Education Project
Grant MacEwan Community College
Cromdale Campus; 474-8321, ext 222
Dear Editor,

I wish to support the Boyle McCauley News by:

() Contributing to the garage sale
() Working for the garage sale
() Selling Raffle tickets
() Being a block volunteer
() Purchasing a Volunteer Subscription—$8.00
() Purchasing a mail-out Subscription—$11.00
() Making a contribution of
   (we are not a registered charity)

Name (print) __________________________
Address __________________________ Phone _______________

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Sprucewood Library
11555 - 95 Street
Phone - 477-6752
PROGRAMS - JUNE, 1984

SATURDAY PROGRAMS
Every Saturday at 2:30 pm
June 16 - SUMMER READING CLUB KICK OFF!! A grand opening of our Summer Reading Club '84. Register today for the Summer Reading Club, Puppet Show and other Goodies to celebrate the Big Event!
June 23 - FILMS
June 30 - CRAFT

TOY LENDING LIBRARY
Thursdays from 2:30 pm - 5:30 pm.
For further information regarding the Toy Lending Service at the Sprucewood Branch Library during the Summer months, please telephone us at 477-6752.

Summer Programs
Alex Taylor Community School
9321 Jasper Avenue

9:00 a.m. - 11:30 a.m.
(1) E.S.L.—Students (Grade 1 - 6)
(2) Upgrading—Students (Grade 1 - 6)
   Reading and Mathematics
(3) E.S.L.—Adults
(4) Playgroup—(Ages 6 mos. - 5 yrs.)

11:30 a.m. - 12:00 noon
LUNCH - Students from Grades 1 - 6 attending morning classes are asked to bring a bag lunch and eat at the school.

12:00 noon - 2:30 p.m.
(1) Sports, Games, Arts & Crafts
   Summer Activities (Grade 1 - 6)
(2) E.S.L.—Adults
(3) Playgroup—(Ages 6 mos. - 5 yrs.)

All students in the area are welcome to attend our summer programs. Please call the school to register (422-2920 or 422-6240)

BOYLE McCaULEY HEALTH CENTRE
10604-96 Street Ph. 422-7333
WALK-IN

"It's yours — make use of it."

Hours: MON. - FRI. 10:00 a.m. - 4:30 p.m.

A non-profit community Health Centre developed by residents of Boyle Street and McCauley to respond to the health needs of the two communities.