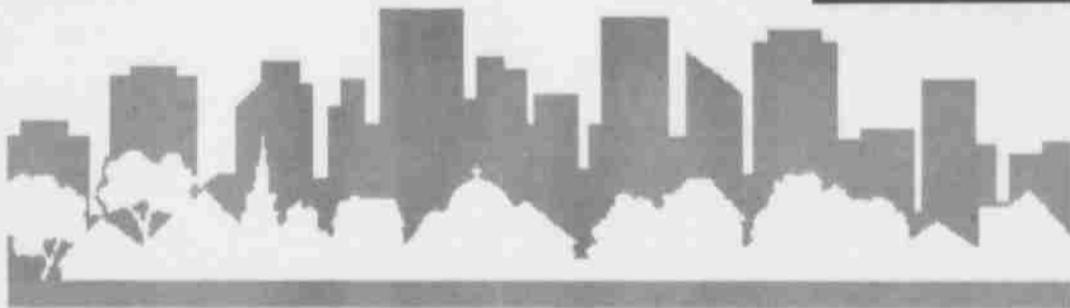


School's in for another year

The school year began the week before Labour Day this year. Hundred's of excited youngsters are now well into another school year at our neighborhood schools. Good luck to all students and teachers at Alex Taylor, St. Michael's (pictured here), McCauley, Sacred Heart, Norwood, and Inner City High.



Boyle McCauley News

FREE (in Boyle Street & McCauley)

September 1998

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Oh Canada Solvent Abuse

Community concerns about World Track Meet legacy

by Phil O'Hara

Support in McCauley for the Edmonton bid for the 2001 World Track and Field Championships is tempered by concerns about the long-term impact on the community of more amateur sports groups using an upgraded Clarke Stadium.

At a community meeting on August 12 attended by about 25 residents, concerns were raised

that the installation of an artificial playing surface would lead to more use of Clarke Stadium.

"We already have to contend with the noise and traffic from Commonwealth Stadium," says Larry Brockman. "An upgraded Clarke Stadium would be used even more days of the year, so the noise and traffic would be a real nuisance."

City officials anticipate that amateur sports groups would use an upgraded Clarke Stadium with

artificial turf over 200 days of the year. The artificial turf is not required for the championship event but is seen as a positive legacy for the local sports community.

Kate Quinn, whose family lives a stones throw from Clarke Stadium, supports the bid, but has concerns about noise, traffic and safety. She also wonders who is asking for the artificial turf and who will benefit.

Like many people at the meet-

ing, Quinn is annoyed that the community wasn't approached about the bid proposal sooner.

"Why weren't we involved several months ago?"

After the community meeting, Don McLennan, director of Commonwealth Stadium, said "The message from the community was loud and clear, especially about the artificial playing surface. Over the next few months the city and the foundation will be taking a very close

look at the playing surface issue."

Community concerns about the legacy of the event appeared to have little impact on city council. On September 1, council voted unanimously to support the bid with \$3.4 million in financing and a guarantee on any capital cost over-runs.

The host city for the championship is expected to be chosen in November. Edmonton faces competition from Paris and Stanford, California.

Housing Ups and Downs



New house being built on a lot that has been vacant since 1993.

by Kate Quinn

Boarded up houses. Burned buildings. Run-down rooming houses. Vacant lots. There are many of these eyesores in our neighbourhoods. McCauley and Norwood residents are working on a committee with Safer Cities members and City department staff to come up with solutions to some of the housing problems.

There are other encouraging developments, too. New stucco is sprucing up two rooming houses. One is on 95 Street and 103 Avenue while the other is on 107A Avenue and 96 Street. Let's hope that the insides are fixed up, too.

A new house is rising on a lot that has been vacant for over four years at 10718 93 Street. When

Boris Rijavec bought the lot in 1991, there was a house on it. He knocked the house down in 1993 after it had been used as a drug house. Neighbours had organized and worked with the police to get the drug operations shut down.

Boris is building an 1100 square foot house with three bedrooms. "It's a good time to build in McCauley," Boris says, "It's right in town and you have everything nearby."

Some of the boarded-up houses need to come down. Others can be renovated. New housing needs to be built on the many vacant lots. Decent, affordable housing will help make our neighbourhoods safer and stronger.

Canadian, and proud of it



by Linda Dumont

I went to Montreal for the North American Street Newspaper Association conference where I met people from street newspapers in cities across the United States and Canada. While street newspapers are a relatively new phenomena, with most hitting the streets since 1992, poverty and homelessness are age-old problems yet to be solved. We've made some progress in some areas only to have regressed in others.

Because the conference was in Montreal, the Americans who had never been outside the States before really felt that they were visiting a foreign country. One man was thrilled at getting a fifty cent pop from a machine until I explained that the coin he had used was a toonie not a loonie. Come to think of it, our money

sounds a bit strange with loonies and toonies. I wound up trying to explain how the two dollar coin came by its name.

"Well, you see, we already had a loonie because of the loon on it, and then when we got a two dollar coin..." "You don't sound like a Canadian," I was told, "You sound more like an American."

At first I was puzzled by that statement, then, listening to the Francophones struggling to express themselves in English, I realized that what they really meant was I didn't have a French accent. I explained that I was a western Canadian, and we spoke English in Edmonton.

Our medicare system stacked up very favorably when compared to the American style health care in spite of the erosion during the past five years. Even with hospital closures, transfer systems, and cutbacks, we are still privileged to have a safety net when it comes to serious illness. In the States, health care insurance can run to thousands of dollars per month and may provide only limited coverage. One serious illness can cost you your house and your life savings. Parents make television appeals to secure funding for bone marrow transplants for their children.

We could lose what we have, though, if we don't take steps to protect it. Ralph Nadar, in his talks last spring at

the Jubilee Auditorium, gave dire warnings of what is in store if we accept privatization of health care, a trend already begun with the introduction of the idea of private hospitals, and a two-tiered medical system where those with more money can buy better health care.

The George Spady Centre impressed our American counterparts. Homelessness was one of the main topics of conversation. When telling about shelters for the homeless, I mentioned that we had a shelter specifically for people who were drunk or high. It was a new idea for my listeners, since in Denver, Miami and most other cities people passed out on the street end up in jail cells till morning.

When it came to discussions on fund-raising and I mentioned casinos and bingos as big money makers for non profits, I heard, "Oh, you have legalized gambling in Alberta."

I took along several copies of the Boyle

McCauley News which I gave out on request. Although it is a community newspaper, we are concerned about some of the same problems as the street newspapers. The Boyle McCauley community is heavily saturated with group homes and agencies to help the poor, drop-ins and missions as well as the Women's Emergency Shelter and the Herb Jameison Centre for men. The McCauley area also boasts the highest rate of unemployment in the city. All that side by side with new houses, home owners, hard working people raising families, and a large immigrant population makes an interesting mix.

Telling the American representatives about our community, I realized just what it means to live in a country built on multi-culturalism rather than a melting pot society.

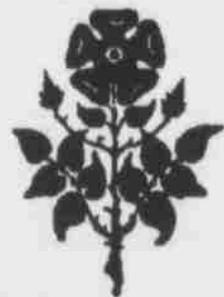
I live two blocks from Little Italy and one block east of the East Asian community.



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Inner city agencies seek positive ways to deal with solvent abuse

by Linda Dumont

A working group from inner city agencies has been sniffing out ways to deal with the problem of glue sniffing. The group met on Wednesday, June 25 at the Bissell Centre to share ideas on positive steps that can be taken towards finding a solution.

Sniffing chemicals is not a new problem. It has been around since the 1800's. Solvents are sniffed or inhaled to produce a mood altering effect. People can use almost any solvent based substance: gasoline, kerosene, lighter fluid, paints, lacquers, model engine glue, airplane glue, cleaning fluids, antifreeze, non stick cooking spray. None of these products are legally classified as drugs.

The effects of sniffing are felt quickly. The user may become dizzy, uncoordinated, restless or confused. Although the actual high only lasts a few seconds, the person may still smell of solvents after several days because they are stored in body fat. Detox takes much longer than with alcohol consumption.

Constant use of inhalants can cause nosebleeds, bloodshot eyes, bad breath and thirst. Long term use causes permanent memory loss, brain damage, and personality changes, muscular weakness, fatigue, nausea and vomiting. Solvents can damage the liver, kidneys, eyes, bone marrow, heart and blood.

There are also problems associated with the lifestyle; diseases including hepatitis C, HIV, sexually transmitted diseases, head and body lice, and injuries.

Sergeant Bonn of the Edmonton City Police said, "There is a certain core group

that use glue. A lot of the sniffers are hard core, so most of their brains are so badly damaged it's difficult to do anything with them."

Solvent abusers create problems through thefts and disturbances similar to the intoxicated group, but there are fewer solvent users.

Pastor Faith Brace, from the Inner City Pastoral Ministry said, "This is an issue of poverty. People are using solvents because they can't buy alcohol. Users often have no income. We are seeing an increase in the public behavior."

Since sniffing is often a group activity with a number of people sharing a can, the public behavior can be intimidating.

Lorette Garrick, Director of the George Spady Centre, said, "Stay calm and be non-judgemental. Treat the sol-

vent users with dignity and respect and acceptance until your boundaries are reached. Then call the police if necessary. Everything depends on your attitude.

"We need to educate the community on how they can help, and to get the support and help of community residents. We have to have the solvent users involved and looked at as a community asset by encouraging them to use their skills such as art and music when not using. Survival skills, too, can be positive as well as negative. Ask them for help when they come in, and believe that they can and will change."

Pastor Brace said, "The community plays a role in harm reduction. They can lock up their gas tanks and not leave extra solvents in the yard or unlocked sheds."

The group emphasized seeing solvent users as contributing members of the community instead of a problem.

Brace said, "We don't want to make

these people go away. They are people that live here."

Harm reduction for solvent users includes not smoking while using, and using paper bags rather than plastic to prevent suffocation. They also need to be educated on the effects of solvent use through handouts with basic information.

Evelyn Coleman from AADAC Recovery, said, "What makes people healthy is having someone believe in them. This can be done by encouraging basic personal hygiene and health care. We can start with the small stuff and demonstrate acceptance and respect for them as human beings."

If people are interested in getting involved with the Working Group on Solvent Abuse, they can call Lorette Garrick at the George Spady Centre, 424-8335.

A song of the street - *The Man in the Glass*

by Mary Ann Falk



Mary Ann Falk read from *Songs of the Street*, Volume III at the poetry book launch, July 27 at Grounds for Coffee. This is her first time published. Falk is an addictions worker and housekeeper at George Spady Centre.

When you think you're in touch
With the world, my friend
And both charm and wealth you possess,
When you figure you have
Everything you need,
Just look at the man in the glass.

When you think all your nightmares
And fears have gone
And you're sure that your problems have
passed,
When you think you can handle
What's out there yourself,
Just look at the man in the glass.

When you carry your burdens
Without asking for help,
And when you think you are honest and
true to yourself,
Just look at the man in the glass.

When you think you have conquered
The demons within
And you've laid all your worries to rest,
Then you have nothing at all
To fear, my friend,
Just ask the man in the glass.

When you think you can make it
Alone without help
Just look in the mirror and ask,
For there is the one you'll be answering
to
The one staring back in the glass.

When you can do all these things
With God's help you'll succeed
But if you're lying to yourself,
It's my guess that the one
You'll be cheating, my friend,
Is the man looking back in the glass.

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Inuit students from Eastern Arctic visit McCauley



Students from the Canadian Arctic, Priscilla Allurut (left) and Roxanne Baker, spent five weeks at the home of John and Sharon McLean with a student exchange program.

Eastern arctic students from Nunavut spent five weeks living in McCauley. Roxanne Baker is an 19 year old, Grade 11 student from Arviat (on the Hudson's Bay coast) and Priscilla Allurut is an eighteen-year-old, Grade 12 student from Arctic Bay (at the northern end of Baffin Island). They stayed with host parents John and Sharon McLean.

The two students were participating in the Nunavut Youth Abroad Program, a combined effort of several Inuit organizations and Canadian Crossroads International, an overseas exchange program.

Although Roxanne has travelled before, for Priscilla, this was her first trip south. "I've never seen trees and stuff," she said, "I've never been below the tree line. I've seen them on T.V. but not in real life. It's completely different."

The trip began with a four day orientation in Ottawa where the students selected from four different options for job shadowing.

These were Business Administration and Management, Journalism, Computers and Communication, and Environment. They worked in their chosen field for five weeks, then travelled back to Ottawa for a four day wrap-up.

Priscilla worked in Journalism at the Aboriginal Multi Media Society of Alberta (AMMSA). AMMSA has four newspapers, and an Alberta wide Aboriginal radio station. She found the experience disappointing.

"I had not decided on the other options," she said, "But Journalism was my last choice."

Priscilla plans to go to Trent University in Peterborough, Ontario and become a Baffin Regional Youth co-ordinator.

Roxanne worked at CKUA radio on fund development.

"I want to become an archeologist," she said, "I want to try Ottawa."

During their stay in Edmonton, the students did more than just work. They went to Klond-

ike Days, and travelled to Jasper, Red Deer and Sylvan Lake.

"I've been camping out. I had the greatest time meeting new people" said Roxanne.

"I find it really weird. People ask if we're still living in igloos," said Priscilla.

Both experienced the culture shock of coming from a small isolated village to the city. Arctic Bay is a community of 650 people with about 20 cars. Arviak has a population of about 2000.

Host parent Sharon McLean has opened her home to students from around the world for a number of years.

"We've had students from Thailand, Korea, and Japan. This is my first time with students from the High Arctic. I love it. I like the kids. It's a real exposure for the family to learn about other cultures."

McLean added that she thought the students should have had more orientation when they arrived in Edmonton. They had trouble with getting lost while taking buses, and finding their way around.

Charter of Rights Cases Registry

by Alan Blanes

When a person in Canada has experienced a violation of their right to freedom of speech, or their right to attend a meeting (freedom of assembly) or the right to represent persons who have elected a member of a group to a board (freedom of association), and to present their grievances to that board (freedom of conscience), the case may be a matter for invoking the Charter of Rights and Freedoms. This is especially true when law enforcement has been misused to deprive people of their basic right to these freedoms, and "security of the person" under the Federal Constitution.

Instances over the past few months have directly involved the Auxiliary Group of the Protection

of Persons in Care Act, and the facilitative groups such as the Personal Care Association of Alberta. These events have shown that the public needs a way of sharing information between complainants who have been forced to invoke the Charter of Rights. Therefore, in order to share information on this kind of cases, the Personal Care Association of Alberta will register and share case information with all plaintiffs who have had their rights negated. The registry will enable these victims to be able to cite whatever patterns of conduct are identifiable, and will thereby aid in prosecution of their cases.

In a legal dispute that involves the Charter of Rights and Freedoms, the following government representatives must be written to with at least

two weeks notice before making a motion in the Court of Queen's Bench: Mr. David Gates, Director, Department of Justice Canada, or Mr. Nolan D. Steed, Director of Constitutional and Aboriginal Law, Department of Justice of Alberta.

The Personal Care Association of Alberta may be contacted at readmin@shaw.wave.ca or by mail c/o 11319 - 93 Street, Edmonton, Alberta T5G 1C3, or call 496-7423. It will be a requirement of this registry that anyone who wishes to lodge a case will have their case made available for information to other plaintiffs. A registrant may specify that their case may be restricted in circulation and this will be honored by the registry provided this request accompanies the registration.



Boyle McCauley News
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Board of Directors: Harvey Voogd, Ah Mui Cheong, Larry Brockman, John Pater, Erwin Seeger

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Alberta Youth Focus begins martial arts program



by Tom Hind

On July 17 a new program was started in the community. The program is geared towards helping youth gain a measure of discipline in their lives and to teach them a martial art. It is run by Alberta Youth Focus and operates out of the basement of Sacred Heart Church twice a week.

Youth co-ordinator Rick Caparelli said he thinks the program is a good tool to help inner city youth not only learn a martial art with attendant disciplines, but to

give them a place in which to vent frustrations in a creative and guided way.

"When the program was first suggested," said Rick, "There was some fear in the community that the kids taking part in the Focus group would use the martial art to bully others with it, but it's not like that. The format of the program is designed to teach kids respect for each other and adults in their lives."

Martial arts instructor Terry Haughian was a social worker for the past six and a half years

before combining martial arts with social work to teach martial arts from a life skills social work perspective.

"The art that I teach is called Sikaran which is a combination of all martial arts taught in the Philippines," said the black belt instructor. "It is designed to teach kids self control, respect for others, and how to deal with potentially dangerous situations, how to diffuse and walk away from them uninjured. The program is not here to teach kids how to beat up

Martial Arts instructor Terry Haughian blocks as Jesse McAvena kicks during practice at Sacred Heart Church.

others.

"Right now 17 kids are registered between the ages of six and 18. We meet twice a week at Sacred Heart. After only a few weeks instruction I am noting the changes in the way the students carry themselves. Self confidence and good self esteem are a direct by-product of practicing Sikaran."

The pilot Alberta Youth Foundations project will initially run

for six months and then it will be evaluated.

The current mandate of the Alberta Youth Focus is: "to initiate youth programs designed specifically to counteract and prevent the detrimental and devastating change a poverty stricken life on the street will cause".

For more information call Gary Sumner, consultant to the program at 944-2990.

Arts and Culture = \$\$ and Sense

by Councillor Michael Phair



Do you know that besides great entertainment value, arts and cultural activities in Edmonton create a phenomenal economic impact? Yes, arts and culture makes us money! The arts and cultural sector in Edmonton creates jobs, increases retail sales, and attracts thousands of businesses and tourists to our city every year.

In 1996, Economic Development Edmonton, in partnership with the Edmonton Arts Council, completed a study that demonstrated the benefits of 78 local arts and festival organizations. During the 1996 season, an estimated 2.7 million people attended arts or cultural activities and spent a whopping \$42 million. Earner wages and salaries from this sector amounted to \$52 million. The resulting economic benefits to Edmonton added up to a total of \$94 million.

The same survey proved that a well-developed arts and cultural community is a great source of Edmonton pride and promotional value. Business professionals, when asked to rate our local business attributes, rated personal and

family quality of life at 88% - stating that the quality of life in Edmonton is very good.

So, the next time you attend a play, festival, performance, or exhibit in Edmonton, remember you'll not only be having a great experience, but you'll be investing in the future of our grand city!

If you would like more information about the economic impact of the arts and culture, please phone the Edmonton Arts Council at 424-2787. Or you can reach me at 496-8146 or e-mail michael.phair@gov.edmonton.ab.ca.

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COMMUNITY CALENDAR

by Gail Campos



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Immunization Clinic for Children: Mon. 1-3pm
Foot Clinic: Wed. 1-3pm
Dental Clinic and Streetworks: open during clinic hours

Boyle McCauley Health Centre
Women's Health Clinic
Thursday evenings. Supper at 5:00 p.m. and guest speakers.

Edmonton Women's Health Network
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Operation Friendship
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McCauley Seniors Drop-in: Mon. To Fri.: 9am to 6:30pm
Sat. & Sun.: 10:30am to 6:30pm

Edmonton Family Worship Centre
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Sunday Worship 10:30am & 6:30pm
Intercessory Prayer Tues. & Fri. 7 to 9am
Cell Groups: Tues., Wed., and Thurs.
Various locations please call office for further info.
Noon Prayer at the office Wed. & Thurs.

McCauley LETSystem
A neighbourhood barter society. Meets last Monday of the month, 7:00 p.m.
McCauley Community Hall.

The Rock St. Peter Lutheran Church
9606-110 Avenue 426-1122
Community Breakfast Tues. & Thurs. 7:30 to 9am (Porridge, toast, juice, and coffee)
Kids Club: Mon. 6 to 7:15pm
Martial Arts Jeet Kune Do 15 yrs.+ Sun. 6:30 to 8pm

Bissell Centre
Woman's Self-Defense: Thurs. 1:30 to 3pm
Native Circle: Wed. 7pm
Movie Night: Thurs. 7pm
Woman's Lunch: Fri. 12 to 12:30

Salvation Army
9611-102 Avenue
Men's Residence
Anchorage Addiction and Rehab Program
Chapel Service: Wed. 1pm and Sun. 6:15pm
Community Food Services: Wed. & Fri. 3-4pm
Men's Clothing: Mon. to Fri. 11am
Phone 429-4274

Boyle Street Community League
9515-104 Avenue
Bingo: Sat. & Sun.
Doors open at 11am; Starts 1pm

Circle of Friends
Friday evenings: October 23 and November 20 and breaks again for December and January.
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Wecan (City Centre) Food Co-op. This is NOT a food bank, it is a co-operative which provides food at mid month for a fee of \$15.00. The co-op is people helping people by buying food in bulk, thus saving on their grocery bill. It also provides a place where supporters can help each other out. To get involved, place an order and to pay please contact Gail at 424-2870.
Monthly schedule for 1998: Sept.17, Oct.22: Pick-up days at St. Peter Lutheran Church, 9606-110 Avenue

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GROUNDS ESPRESSO BAR

Healthy neighborhood builders to meet in McCauley

On October 2 and 3 folks from neighborhoods in Edmonton, Swan Hills, and possibly other places will be gathering in McCauley. They are coming to the "Community Building Gathering #3" hosted by Action for Healthy Communities (AHC), to learn together by sharing ideas, challenges and successes that will spark more community based action in their neighborhoods.

Action for Healthy Communities is active in 9 central Edmonton communities promoting area residents to work together to make their neighborhood a healthier place to live. Areas of action can include anything that will improve the well being of people in the neighborhood — food security, recreation, social opportunities, skill development, etc. Over the past three years over 60 community health initiatives have been developed and carried out by area residents with support of resources and small grants through AHC.

A highlight of the upcoming Gathering will be visiting some of the wonderful gathering places that contribute to McCauley being such a vibrant, great place

to live.

"Community Building Gatherings" were initiated by the Community Development Office of Capital Health Authority and made possible by the financial support of the Muttart Foundations' Edmonton 2005 Project. The 1st gathering was in November '97 in the Jasper Place community. The 2nd was hosted by the 'Rolling Thunder Team' in Swan Hills Alberta.

"Action for Healthy Communities is proud to host this event which will provide a wonderful opportunity for people involved in AHC to meet one another and others doing similar work in different communities," says AHC Coordinator Mary Gallivan. "My experience of attending the Community Building Gatherings #1, #2 was meeting interesting people, getting many great ideas, resources, and contacts from others doing similar work in neighborhoods. It was an idea and networking heaven!"

If you would like more information about AHC or are interested in attending the "Community Building Gathering #3" call Mary Gallivan at 944-4687.

The Senate – Sometimes important, particularly if elected

by Peter Goldring,
Member of Parliament,
Edmonton East

When it comes to opinions about the Senate, it often seems like we are looking at the bad news hockey team at the bottom of the league; it never folds, but isn't taken seriously. We all know that appearances can deceive. I had my doubts about the Senate; after one year as an MP, I must tell you that we should admire some Senate work.

I have been a member of joint committees composed of MPs and Senators. One committee studied the constitutional amendment permitting the Quebec school realignment based on language rather than religion. Another committee studied the constitutional amendment permitting a public, rather than religious-based educational system in Newfoundland. These were important hearings.



I wear an additional "hat" through my appointment as Official Opposition Critic for Veterans Affairs – a Minister-in-Waiting in the Cabinet of a Government-In-Waiting. Earlier this year, there was a great controversy over whether a large Holocaust exhibit should be part of the planned expansion of the Canadian war Museum. Many veterans groups objected to this since there are some 400,000 military pieces in storage, rather than displayed, due to space constraints.

The Senate was one voice

among several (including my own) causing the Government to rethink matters here. The government is now talking about a separate museum dedicated to examining the Holocaust and, perhaps, other global genocides. These hearings were spearheaded by Senator Orville Phillips, an R.C.A.F. war veteran. Recent hearings, chaired by Senator Anne Cools, are examining custody and access issues in divorce – bringing a "sober second thought" to an emotionally-charged area.

I can confidently tell you that there is more to the Senate that we give it credit for. The problem as I see it, is that the Senate is empowered by the Party in power and votes mostly with the Party, not with the constituents they are appointed to represent. In short, no accountability to the electorate. Now, imagine how much more good work the Senate could do if Senators were elected and accountable?

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Scoop This!!! Stories by young writers II!

Exchange student visits Edmonton

by Miriam Gallivan-Smith

Priscilla Allurut is an 18-year-old exchange student from Baffin Island. She arrived in Edmonton on Tuesday, July 7.

Allurut was selected to come to Edmonton by the Nunavut Youth Abroad Program. She works in journalism for the Aboriginal MultiMedia Society of Alberta.

Allurut wanted to come to Edmonton because she wanted to learn more about Canada.

"It's not what I expected, but it's alright," said Allurut, who needed more time to adjust to the busy traffic and the weather. "It is a whole lot different (than home)."

Allurut was excited to take advantage of the experience an exchange program would give her. Her future plans are to go to university and study to be an RCMP officer.

Although the exchange student is enjoying her time in Edmonton, she is not planning to stay here permanently. She would like to settle in Ottawa, "but Edmonton is a great place."

The China Gate

by Huiy Tang

In 1987 the China Gate was built by the Chinese and Canadian communities. The gate marks the friendships between Edmonton and Harbin, sometimes referred to as twin cities. Harbin is a city in China that is a lot like Edmonton.

To build the gate itself took almost half a million dollars. The materials were sent in a ship with a crew of mechanics to help build the great gate.

"It took almost a year to build," said Phyllis Becker of the Chinese Multicultural Centre.

The gate was built with funding from the Chinese community and the City of Edmonton.

The reason the China Gate is called the China Gate is because it is a gate to Chinatown, the lively bustling downtown community.

"Chinese are like a big family. The Chinese community here is like another big family," said Becker. "The gate brings a lot of luck to the area. It's supposed to protect the community from evil."

The China Gate has many symbols; for example, the dragon, the drum and the bell. The dragon has a pearl and symbolizes the legend of the dragon and a young boy. The dragon chases the boy for the pearl because the poor boy had stolen it from the sleeping dragon. The pearl brought the boy great

riches. The lions symbolize strength and are believed to ward off evil and guard the community. One lion steps on evil things, and the other on a lucky ball to bring

luck. The drum and the bell were used for communication with the gods.

The people who decided to build the gate were pretty cool because it is a great area to visit.

Thanks to the Sponsors of Scoop This!!

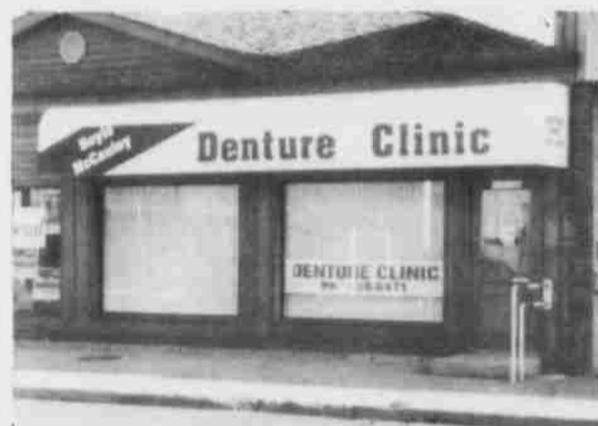
By Carey Toane

As with any grassroots program, Scoop This!! would never become more than a pipe dream without the help of our many sponsors, as well as a little luck. Many thanks go out to all the members of the Boyle McCauley community who gave their time, space and advice to make our workshops a success: Father Jim Holland and the staff of Sacred Heart Church of the First Peoples, Sebastien Cerra and the staff of Traamici Cafe and Bar, Harvey Voogd, John Pater, Mary Gallivan, Kate Quinn, Linda Dumont, and the youth support staff at the Bissell Centre, the local elementary and junior high schools were very co-operative in letting us advertise in their halls and giving us the time to speak to their children about Scoop This!! Many thanks to the staff of the Edmonton Journal who made a special exception by giving Scoop This!! participants free tours of their facilities during the summer months. Also, thank you to the Edmonton Food Bank for providing snack food for lunches and Edmonton Transit for free transit vouchers. And we acknowledge the support of the Summer Career Placements Program of Human Resources Development Canada, which provided a grant to hire the student coordinator of the workshops.

Above all, however, the students themselves deserve a big thank you and a pat on the back for their hard work and dedication during the workshops. The fruits of your labours are evident in the fabulous articles you wrote! If any of the students are interested in writing more for the Boyle McCauley News, please contact the editor. Have a great year!

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Boyle-McCauley

Health Circle

Food is a social thing

“My income fluctuates,” says Karen, who works as a family support worker. “And I wanted to experiment and learn how to cook meat alternatives. If you have grown up with just meat and potatoes, meat alternatives give you variety.”

Once a month—the first Saturday of the month—Karen joins the collective kitchen in the Atonement Home. Marita Dyrbye, who together with Trish Downing, helped start the kitchen, says, “Food is a social thing. If you are living on your own, it is a lot easier to make a sandwich than a hot meal.”

In Boyle-McCauley, the data shows that most people (60 per cent) are single, living alone. Collective kitchens and hot lunch programs become a lifesaver, especially when you don’t have a proper kitchen and money to buy fresh food.

At the Atonement kitchen, members pay \$2 for each Saturday session. That pays for lunch and two take-home meals. “I really enjoy cooking and baking,” says Derek, who has lived on his own since January when his wife passed away. “I wanted to get some good ideas, share ideas with other people.”

Derek says the Saturday morning recipes are low-cost and nutritious—good ways to

make a Food Bank hamper more appealing. He says many people can’t eat all the food from the Food Bank because they are not familiar with the food and don’t know how to cook it. Zucchini and lentils are examples. The Atonement Home kitchen teaches members how to cook new and different foods they may not be familiar with.

“I may not cook the exact recipe we get but I might put the two things together and try that instead. I am not afraid to experiment but sometimes you don’t get exactly what you expected, and I can’t afford to waste good food.”

The kitchen officially opened after the Franciscan Sisters of the Atonement donated their kitchen. “We originally didn’t have money,” says Marita, who was working directly with several people who found cooking very hard because their jobs were demanding all their energy. “Then the Food Bank said they would support us for a full year. Anything they had in bulk, we would get. We tried to plan our meals around what we were given.”

Originally, the kitchen was just for mental health patients. When you’re working hard, living alone and living on a



Karen and Derek at the Saturday morning kitchen

small budget, it is hard to plan and prepare the right foods. Preparing food becomes doubly hard when you are fighting depression or other illnesses.

“The social part is really important,” says Fred, a charter member who lives with depression. Fred explains that new people, new places and new recipes can be hard to face. Getting together regularly in the comfort of the Atonement Home kitchen makes those challenges less frightening.

“You get to know the people,” he says, adding that it feels good to get the phone call the night before, reminding him of the upcoming Saturday event. “You miss them too if they stop coming,” he says, speculating about past members who no longer join in.

Today, the group isn’t just mental health patients. It also includes members like Karen who simply want to learn how to stretch the food budget. As a home support worker, Karen does everyone else’s cooking. “I have funny shifts. I am on call. On the run. Two hours here, then you have a two-hour bus ride, then I work two hours here, then come home.” Karen says she has learned how to make lentils into a complete meal. She has also learned that lentils aren’t just for soup and stew. Low-cost and nutritious, lentils also make great casseroles.

For information on the Saturday kitchen, call Marita Dyrbye at 492-7560 or Trish Downing at 428-1776.



Victor Fithen, Operation Friendship

Inner city healing through healthcare

The Boyle-McCauley Health Circle is a place to talk about health in our community. At the Boyle-McCauley Health Centre, we call our newsletter Health Circle because circles say a lot about the way we understand health.

Health circles are much more than doctors or nurses treating patients. Health circles are people coming together to make the community a healthier place. Everyone—patients and healers—are part of the circle and part of the healing.

Health Circle shares information about the Health Centre and the life and health of this community.

Food

This issue of *Health Circle* talks about food. Mustard Seed Street Church, Operation Friendship, the Native Friendship Centre—all these organizations provide food daily. Churches, agencies and community centres also act as depots, distributing Food Bank hampers. Behind the soup kitchens and depots is the central warehouse, the Edmonton Food Bank, which collects and distributes food. In 1997, volunteers donated 53,000 hours to the Food Bank.

Despite the donations and the effort, many of us go hungry. Last summer, the Edmonton Food Bank and the Edmonton Social Planning Council interviewed 207 families that use the Food Bank. The organizations wanted to know if anything had changed since 1996 when they interviewed 816 families and published the 78-page study, *Two Paycheques Away*.

The original study, uncovered some important facts:

- One in 20 Edmontonians uses the Food Bank at some time during the year.

- Food Bank use has climbed since 1993 when Alberta Family and Social Services refocused Supports for Independence (SFI), also known as welfare. From March 1993 to September 1996, the welfare caseload dropped from 94,000 to 41,000. In 1992, before the refocusing, the Food Bank served 8,757 families every month. By 1994, it was serving 14,025 families a month. Today, it serves an average of 16,006 families a month, almost twice as many as 1992.

- Sixty per cent of families using the Food Bank receive or are waiting for SFI.

Little changed from 1996 to 1997. In 1996, 17 per cent said their children had gone without meals about six times during the month. By 1997, that number had climbed to 26 per cent. In 1997, most of the families who turned to the Food Bank still relied on SFI. Half had been referred to the Food Bank by their welfare worker.



Photo courtesy Edmonton Journal

Brenda Dye and Graeme Smith in the WELOWS collective garden. The Inner City Housing Society owns the plot of land, and WELOWS (Weekend and Evening Local Occupational Workshops) tends it. WELOWS is a group of people who can't work, mostly for medical reasons. The WELOWS garden gives its members meaningful work and healthy, delicious produce.

Alcoholics go hungry

Most alcoholics don't eat enough. Alcohol makes us forget about hunger. When we're drinking, it's also easy to miss meals and use food money for drinks. Over time, the drinking leads to malnutrition, not getting enough of the right foods.

That's the simple part. According to Christy Keillor, a dietician who works for AADAC, the simple part is "primary malnutrition." The next stage is secondary malnutrition, when the body cannot use the food you eat. This happens when alcohol damages the stomach and intestines.

"Alcohol can also compete with nutrients for absorption," writes Keillor in the February-March

issue of the AADAC newsletter, *Developments*. Your gastrointestinal track has sites or passageways that absorb nutrients into your bloodstream. The site that absorbs Vitamin B1 (thiamine) also absorbs alcohol. So if you're drinking, your body will absorb the alcohol and leave the Vitamin B1.

AADAC counsellors are also finding that nutrition is a necessary part of recovery. To recover from alcoholism, you need to learn how to eat healthily again. For that reason, many treatment centres are including information about nutrition in their programs.

Where to eat in Boyle-McCauley

Bissel Centre

10527 96 Street
Monday to Friday 10:30 AM Sandwiches
Tuesday to Friday 12:00 to 12:30 PM Hot Lunches
(Women only)

Marian Centre

10528 98 Street
Monday, Tuesday, Thursday, Friday and Saturday
1:00 to 1:30 PM Stew and bread (Marian Centre closes around the 27th of each month when cheques are out re-opens the first of each month.)

Operation Friendship

9526 106 Avenue
Monday to Friday 9:30 AM Breakfast
Monday to Sunday 12:00 Noon Lunch
Monday to Sunday 5:50 PM Supper
Holidays: One meal at noon
(For seniors 55 and over)

Herb Jamieson Centre

10014 105 A Avenue
Monday to Sunday 6:45 to 7:45 AM Breakfast
Monday to Sunday 12:00 to 12:45 PM Lunch
Monday to Friday 5:00 to 6:00 PM Supper
(Meals are normally for men staying in the shelter. The men in the med-dorm eat 15 minutes earlier)

WEAC

9611 101 A Avenue
Monday to Friday (except holidays)
8:00 to 9:00 AM Breakfast
Monday to Friday (except holidays)
12:00 to 1:00 PM Lunch
Monday to Friday (except holidays)
4:30 to 5:30 PM Supper
Saturday, Sunday and Holidays
No Breakfast
Saturday, Sunday and Holidays
11:30 to 12:30 PM Brunch
Saturday, Sunday and Holidays
4:30 to 5:30 Supper (Meals are for women and children)

Mustard Seed Church

10635 96 Street
Monday to Sunday 12:00 Noon Lunch
Sunday meal: 3:30 PM, three weeks after paycheques are out.

St. Peter's Lutheran Church

9606 110 Avenue Tuesday to Thursday 7:30 to 9:00 AM Breakfast

Victory Cafe and Soup Bar

Victory Church (1 1/2 blocks east of Belvedere LRT station)
Monday 6:30 to 8:15 PM Supper

The Mission

10304 96 Street
Tuesday to Thursday 7:00 to 8:00 PM and
8:45 to 10:00 PM Soup and Sandwich
(Service inbetween)

Saturday 5:30 to 7:00 PM Soup and Sandwich
Sunday 6:00 to 8:00 PM Soup and Sandwich

Food is a health necessity

by Sharon Thurston and Terese Brasen

At the Health Centre, we know the importance of food. We also know the short- and long-term problems that come with not enough of the right foods.

Every month, 16,000 Edmonton families turn to the Edmonton Food Bank. How many of those families live here in Boyle-McCauley? In the long run, how much will our poor nutrition and consequent health problems cost the healthcare system?

Here in Boyle-McCauley, healthy food has become a luxury. Even if we can afford groceries, how do you eat healthily when you don't have a place to cook or a way to get your groceries home?

How do you turn a bag of lentils into a healthy meal when you live alone and are fighting depression?

Despite the lack of nutritional food, food brings people together. When food, kitchens, fridges and stoves are scarce, togetherness becomes essential.

Every Thursday night, the Health Centre provides a Women's Health Clinic, where women and their children join us for supper. There is lots of discussion around health as well as an opportunity to visit with a women's health specialist.

In this issue of *Health Circle*, we see the difference food makes to our health. Lucy Alderman shares her recipe for macaroni and describes the time and energy it takes to get by on her budget. Everyday she makes budget choices, turning down opportunities because she doesn't have the required Loonie.

"No I can't take that work experience project because it requires a bus pass and that comes out of employment-related expenses. And employment-related expenses only has so much per year and that doesn't give me enough for a bus pass."

It is these kind of dilemmas that many inner city residents find themselves faced with weekly. When you don't have enough money to begin with — budgeting and planning become second nature.



Ken MacCrimmon

Children need to eat

"There is this wonderful, beautiful Canada Food Guide," says Reny Clerichuzio, principal of St. Michael Catholic Elementary School. "But seeing the guide through the eyes of a family on a fixed income is very difficult."

Reny believes education is the key to ending the cycle of poverty. "In the meantime," he says, "children need to eat. Teaching and learning are our main function, but we help out as much as we possibly can."

St. Michael School is home away from home to 150 Boyle-McCauley children. To help out, St. Michael serves breakfast, lunch and snack to its students. Two years ago, on October 1, 1996, St. Michael became part of the Edmonton Hot Lunch Board. Until then, there was no hot lunch program at the school.

Reny says the hot lunch program has made a wonderful difference. "Everyone wants statistics in terms of achievement and that is very difficult to put together. But there are attendance statistics. Children are coming to school because they are being fed."

Adds Reny, "Many of our children, even if they had a lunch, it was not a quality lunch. A package of oriental noodles is not sufficient nutrition for a child."

The breakfast program has no formal funding. Private donations and energetic teachers make the breakfast possible. Staff go to the Food Bank, see what is available and make very good use of it.

St. Michael also sponsors a Young Chefs program, an after-school program that teaches children how to cook. "Some of our children are caregivers to younger children," says Shirley Domatas, executive coordinator of the Children in Community project which offers after-school and lunch-hour programs at Sacred Heart, St. Michael and McCauley. "I was hoping to find a program that would help children learn how to cook with things they would find in their kitchen." Shirley approached the Edmonton School Lunch program, which then developed Young Chefs. St. Michael's Young Chefs program takes place twice a month in the staff kitchen.

While helping to keep hungry children fed, St. Michael also teaches nutrition through Health—Christian Family Life in the Catholic school system. "We look at nutrition—taking good care of your body, exercise, physical fitness and wellness," says Reny. Now, the Young Chefs program adds to that nutrition component. "Nutrition plays a very, very big role in health. You have choices to make, and a bag of chips is not a positive choice for breakfast."

“Some people

can think of six delightful ways to prepare a potato...

Lucy Alderman spends about 20 hours a month budgeting. Getting by on her budget takes that much planning. “If I get this amount of bread will that be enough? If I buy this, will someone share it with me? Will it be enough?”

To stretch her food budget, Lucy has joined the WECAN food co-operative, a citywide co-op that came to Boyle-McCauley about two years ago. For \$15 a month, members receive fresh groceries. In the bag are three pounds of meat, three kinds of fresh vegetables, two kinds of fruit and two kinds of starch—potato, rice, pasta.

Members pay their \$15 at the beginning of the month then receive their groceries on the third Thursday of the month.

“It is always right on time,” says Gail Campos who works at McCauley Apartments and helped bring the co-op to the inner city. “People are at the end. The money is gone. We are all broke and it is at least four days before cheques come out. Because we paid in advance, we can go home with two or three grocery bags.”

Lucy was lying in bed one day listening to the radio when she heard the word WECAN. “I sat right up and took down the phone number. I had read an article in the *Examiner* but couldn’t find a phone number.” At that time, WECAN didn’t have a depot in the inner city, so Lucy travelled out to Abbotsfield district. There she helped co-op members sort and distribute the food.

WECAN buyers go directly to wholesalers then pass savings on to members. Members also volunteer their time. Lucy helps sort and distribute. Others help drive or deliver. “It is people helping people,” explains Lucy. “It is being able to develop a trust with people. One person works till 5 o’clock so she can’t contribute much. I contribute time by waiting until 5 when she can be there. If I have a problem, say I can’t cook or store a chicken, she might say, ‘I can do that for you.’”

Lucy has other examples of people helping people. “One person who is disabled can’t get out of his suite to get down to the co-op. He doesn’t pay for his delivery because the other person who does the delivery doesn’t have a lot of volunteer time.”

Across Edmonton, WECAN has about 600 members. The co-op started four years with support from the City of Edmonton’s Community Services. The Boyle-McCauley depot started with Kindred House placing three orders. “Within two months,” recalls Gail, “we were picking up eight orders. We would drive to Abbotsfield, pack the orders into the van and drive them back.”

Today, the Boyle-McCauley WECAN has about 20 members. According to Gail, it could use a lot more but many inner city people don’t have the stability to take advantage of WECAN. “The members I know are already living in subsidized housing. They are able to take that grocery bag home, put it in their fridge and cook it up. You have to have a good fridge and a pretty good stove or else there is not a lot you can do with it.”

Lucy says she doesn’t have much of a stove or fridge but she manages. “When I get chicken and other large pieces of meat, I have to farm them out to a freezer and an oven. I might ask Gail to take my chicken to the freezer in McCauley Apartments. Then I offer to cook hers on the day I cook mine. A lot of people have those basic problems. They are not earth shattering problems.”

When you know people with similar problems, solutions become easier. The Italian bakery sells 10 loaves of fresh bread for \$7.50. Where and how to store it is a problem. Get together with other members and divide up the loaves. Or ketchup. Save your ketchup bottles. Buy a four-litre can of ketchup. Divide it to get equal amounts. “It is not really a great issue to have ketchup until you find you can’t afford this simple little commodity.”



Kitchen skills are life skills

At WECAN, Lucy Alderman volunteers her time and her food preparation and planning skills. "My parents thought I had a learning disability," explains Lucy, "so they sent me to food services at Wagner." Listening to Lucy, it is clear she has learned a lot about and nutrition. At WECAN, she says, "I am putting my knowledge to use and that makes me feel relevant and important."

The WECAN grocery bags follow the Canada Food Guide. Members find something from each of the four food groups. "The luxury is meat," says Gail Campos. "This is a society where we still think protein is meat. People often don't know what to do with the protein from the Food Bank. They get a lot of lentils and legumes. At WECAN, probably half our order goes to meat. It is an expensive thing. We would probably get a lot more volume if we spent it all on fruits and things like that. But people picking up their orders say it's great to have meat."

Many people don't know how to turn lentils and legumes into a meal. Lucy says other food groups can also pose a problem. "Most of the members really need cooking lessons. At Christmas, we had yams. The majority of people had not cooked yams before. Out of 35 orders, about five people knew what to do with yams. This week, we got turnips and Roma tomatoes. Turnips are one of those vegetables people don't want to eat. But turnips are quite nutritious—a little more nutritious than a potato."

Lucy passes out her food skills as she sorts and distributes the co-op groceries. Not knowing how to cook is a bit like not knowing how to read, she says. "It is easy to be intimidated by something you don't understand." Lucy adds that the more food skills and food budgeting skills people have, the better off they are. "I don't think half the people on assistance have the skills. A lot of places are willing to offer life skills but the kind of life skills we really need are kitchen skills."

"Food is a necessity," Lucy reminds us. Enough calories is one thing. Enough nutrients is another. Calories without nutrients should worry us. "A doctor doing amputations in a war torn region found all kinds of infection delays. He started administering multi-vitamins to several patients and found the infection stopped and the healing started. It is things like that we are going to start finding in the lower income areas where people don't have the proper nutrients. There are already bacteria resistant to antibiotics. If we add the problem of poor nutrition, it can produce situations where injuries, like a scrape on the forehead or a skinned knee, don't heal fast enough and are more prone to infection."



Lucy Alderman
Photo: Leo Campos

Many WECAN members also use the Food Bank. "With WECAN, they need less but they also turn to the Food Bank, if they need it, especially if they're on social assistance," says Gail. Everything from WECAN is fresh. No cans. No dried foods. Those fresh vegetables and protein are good sources of vitamins—important because many Food Bank users suffer from poor health.

If you're on assistance, your prescriptions (including some vitamins) are probably covered. "If you could get a prescription for vitamins or a \$15 prescription for a food co-op order, what would be more cost effective for the government?" asks Gail. "If your co-op membership was covered, you could go home and make stew."

In the meantime, Gail is looking for ways to make it easier to join WECAN. "Give me the first \$5 this month. I will hold it in trust. Give me \$10 more next month and then you will get your food. In Abbotsfield where people are on a minimum wage, they are looking at letting people put their money in, a little bit this week, then a little bit the next week, twice in a month. It is up to us to be quite innovative."

For more information, call Gail Campos at 424-2870

Mock Spaghetti

- 1 Slice cabbage into very thin strips so it looks like spaghetti.
- 2 Cook like spaghetti by itself or with spaghetti.
- 3 Top with your favourite spaghetti sauce.

Lucy's Stove Top Macaroni

- 1 Measure and cook one cup of macaroni.
- 2 Add one or two slices of cheese (depending on the amount of cheese you want)
- 3 Mix and eat.

Waldorf salad

- 1 Chop cabbage into small pieces.
- 2 Mix it with chopped up apple and raisins.

Knowledge & equipment

Nutrition is the number one health issue at the Boyle-McCauley Health Centre. Dr. Terry Heisler, who practises medicine at the Health Centre, says it's "multifaceted." Patients may have several health problems. Poor nutrition is often part of a larger poor health picture.

"We have an astonishing number of patients with high blood pressure," says Dr. Heisler, adding that she's not sure why but believes it is nutritional. Obesity and osteoporosis (the softening of the bones due to a lack of calcium) are almost epidemic in the inner city.

Lois Jack, a nurse practitioner at the Health Centre, says good nutrition depends on knowledge and equipment. "A lot of the people will eat out and eat the same thing everyday. The only variety in their diet is Kentucky Fried chicken on the weekend. Everyday through the week, it's bacon and eggs in the morning because that is what the little restaurant serves. For lunch, it's teriyaki chicken. They skip supper. That is the total sum of the diet."

Lois explains that the teriyaki chicken "isn't so bad" because the restaurant adds a little bit of vegetable and rice. But otherwise, the diet is high in sodium and fat and low in calcium because there are no milk products. According to Lois, many people don't know how to cook. That's the technique part. Many don't have a fridge or stove. That's the equipment part.

"They have no place to store their groceries. Canned stuff, you can keep. Boxed stuff, you can keep. But hamburger. Some of the folks are putting their hamburger in the window and getting sick from it."

Dr. Heisler believes you can eat a healthy diet on a low budget. "If you have a good knowledge of nutrition, and time on your hands, you can eat very inexpensively." A good knowledge of nutrition is rare—not only in Boyle-McCauley, but in all parts of the city. Those who have a good knowledge of nutrition can survive even the worst of times.

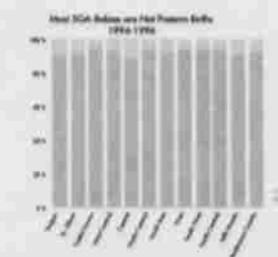
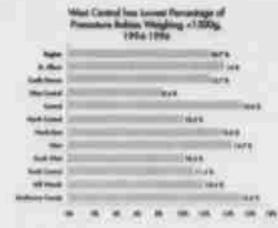
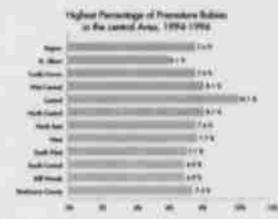
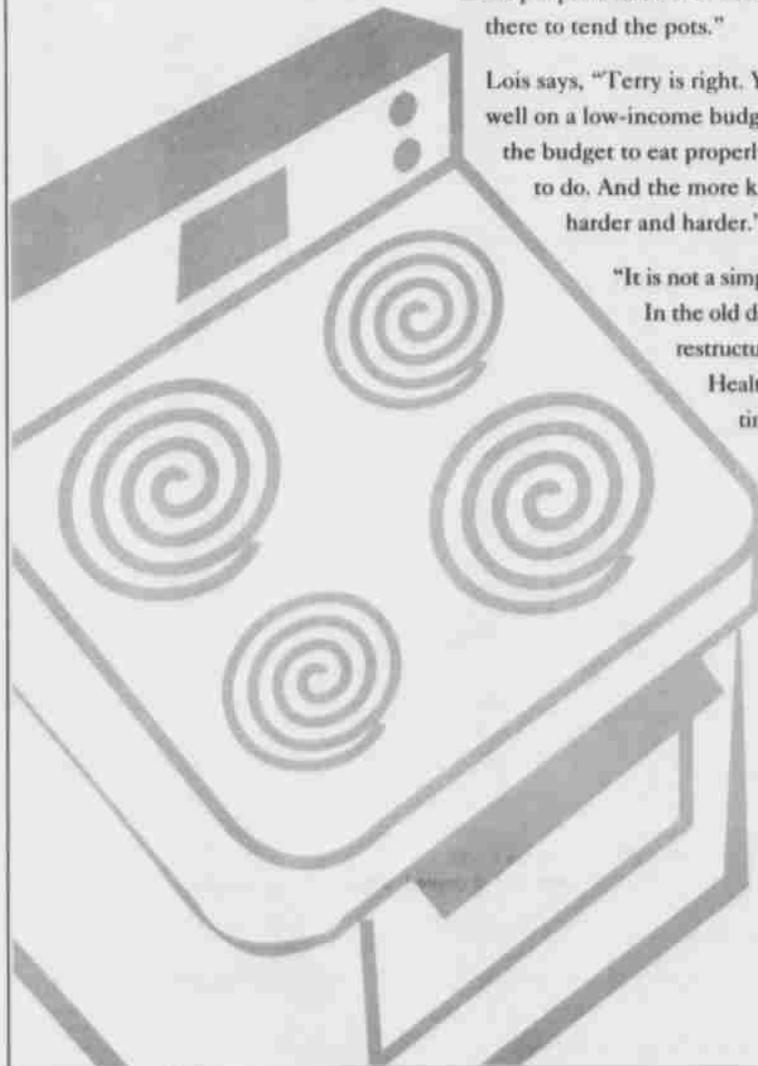
Dr. Heisler qualifies her statement. "You need an apartment with a stove, which a lot of people don't have. You need to be able to be there to tend the pots."

Lois says, "Terry is right. You can supposedly eat well on a low-income budget. But if you don't have the budget to eat properly, then it is very difficult to do. And the more kids you have, it gets harder and harder."

"It is not a simple thing," adds Dr. Heisler. In the old days, before healthcare restructuring, the Boyle-McCauley Health Centre employed a full-time nutritionist educator. "She was booked six weeks in advance," says Lois.

In Edmonton, Central Region has the highest percentage of low birth weight babies. Getting enough of the right foods is even more difficult when you're pregnant. "Weight gain is a problem," says Dr. Heisler. "Either too little or too much weight gain." Patients receiving Supports for Independence (SFI) can receive pre-natal vitamins, as well as an extra nutritional allowance. "It is not enough," says Lois. "More money to buy more nutritional food is needed."

Babies are low birth weight when they weigh less than 2500 grams. These babies are either premature or SGA, small for gestational age. An SGA baby is not as big as it should be, according to Canadian population standards. The Canadian Health Region Health Status Report lists the risk factors for SGA. They include low serum Vitamin A, smoking during pregnancy, insufficient calorie intake and low pre-pregnancy weight. In other words, if the mother is already underweight and doesn't get enough to eat or enough Vitamin A during pregnancy, she could deliver an SGA baby.



Young Chefs

by Tim Klein



'Young chefs' has many other benefits besides good memories and eating. The children are shown that food helps us live and grow and that certain foods help our bodies in different ways. Teaching

these children healthy habits in cooking leads to healthier thinking.

No matter if it is preparing the ingredients for a dish, cooking the actual food or cleaning up afterwards, I try and have fun in the kitchen with the children. I am constantly asking questions related to food and hoping the children will remember the questions throughout their lives and make healthy choices. I also encourage the children to take these recipes home and prepare them for their families, a great tool to help bond a family.



The aroma of fresh baked bread. Cut the first piece and smother it with honey. When I came home from school as a child, this was a treat and delight. My mother taught me how to make bread, and baking bread became a sentimental time.

Everyone, I am sure, has cherished food memories. With the 'Young Chef's' program, we are creating some of those cherished memories. One of those memories happened last week when my students and I copied down a recipe for brownies. Instead of one cup sugar and two cups flour, we added two cups sugar and no flour. Needless to say that batch didn't make it, although it smelled very good.

Other Fun things.

- 1 Which two food groups have fibre? pickling process.
- 2 What is fibre? and very little nutrition due to the
- 3 Name two vitamins the fruits and vegetables food group give us. 12 False, because they have so much soft
- 4 Most fruits and vegetables are low in fat. What is the exception? fruit juice in it.
- 5 Name the different levels of fat in milk. 11 False. Fruit drink is unlike fruit juice. It
- 6 This mineral gives us strong bones and teeth. 10 True
- 7 This nutrient helps build our muscles and help us grow. 9 The size of a deck of cards or the palm
- 8 Name at least two meat alternatives. 8 Beans, not green, lentils, nuts including
- 9 Describe or show with your hand how big a serving size of meat is. 7 Protein
- 10 True or False. You should drink 6-8 glasses of water a day. 6 Calcium
- 11 True or False. Fruit drinks and Kool-Aid are good substitutes for fruit juices. 5 Skim, 1%, 2%, homo
- 12 True or False. Pickles are considered a healthy snack. 4 Avocado

Here are some recent recipes the young chefs have prepared.

Brunch Omelet

- 2 Tbs. Margarine or butter
- 8 eggs
- 1/2 cup sour cream
- 1/2 cup milk
- 1 tsp. Salt
- 1/4 cup chopped green onions

- 1 Heat oven to 325° F.
- 2 Heat margarine in a square baking dish, 8x8x2 inches, in oven until melted.
- 3 Tilt dish to coat bottom.
- 4 Beat eggs, sour cream, milk and salt until blended.
- 5 Stir in onions.
- 6 Pour into dish.
- 7 Bake for about 25 minutes or until eggs are set but moist.
6 servings; 135 calories per serving

Breakfast

Baking Powder Biscuits + Hotdogs = Pigs in a Blanket

- B.P Biscuit dough
- 2 cups flour
- 3 teasp. Baking Powder
- dash of salt
- 1/4 cup shortening or margarine
- 1 cup milk
- 12 hotdogs, Chicken dogs, Turkey dogs, or All Beef hotdogs.

Other additions include adding 1/2 cup shredded cheese to the dough, or adding sliced cheese with the hotdog in the dough; also try adding different herbs to the dough.

- 1 Preheat oven to 450°F.
- 2 Cut shortening into flour, BP, and salt until mixture resembles fine crumbs.
- 3 Stir in milk (Too much milk makes dough sticky; not enough makes biscuits dry.)
- 4 Knead lightly 20 to 25 times, about 30 seconds.
- 5 Break dough into 12 equal sizes.
- 6 Wrap around hotdog so the ends of the hotdog stick out.
- 7 Place on cookie sheet in oven for about 12 min. Or until golden brown.

Lunch

Small Pizzas

- 1 Jar pizza or spaghetti sauce
- 6 sour dough English muffins
- 2 cups grated cheese
- sliced deli meat.
- (And whatever you like on your pizza)

- 1 Preheat oven to 450°F.
- 2 Prepare English Muffins as you would a normal pizza, placing the sauce first, then the meats and vegies, then the cheese on top.
- 3 Place in oven for 10 min.

Supper

Apple Crisp

- 4 cups sliced tart apples (about 6 medium)
- 2/3 to 3/4 cup packed brown sugar
- 1/2 cup flour
- 1/2 cup oats
- 1/3 cup margarine or butter, softened
- 3/4 teasp. ground cinnamon
- 3/4 teasp. ground nutmeg

- 1 Heat oven to 375°f.
 - 2 Grease square pan, 8x8x2 inches.
 - 3 Arrange apples in pan.
 - 4 Mix remaining ingredients.
 - 5 Sprinkle over apples.
 - 6 Bake about 30 min or until golden brown and apples are tender.
 - 7 Serve warm and, if desired, with cream or ice cream.
- 6 servings; 290 calories per serving

Dessert

Food means much more than nutrition

Three times a day, Operation Friendship offers a free meal to seniors in the inner city. The Edmonton Food Bank donates much of the food, but the United Way also provides a small budget for extras.

"We don't charge for the meals and we don't have a big budget for buying food," adds Sheila. "We provide three meals a day. We try very hard to make it nutritionally balanced but we know our diet is short on calcium and particularly vitamin C. We don't get enough milk or juice, for sure."

But, as Sheila explains, to a senior in the inner city, food means way more than nutrition. "They are so isolated, very often in small rooming houses. We serve communal meals. It is a social time."

Mealtime brings seniors out of their rooms and into the drop-in, where they can socialize with other seniors. "Seniors who live on their own, often don't cook properly," says Sheila. "They live on tea and toast and are malnourished. That is true for seniors throughout the general population—not just low-income seniors in the inner city. In the inner city, it is especially true if they have mental health problems or any kind of addiction, like alcohol addiction. In the inner city, seniors also don't have the resources. Often they don't even have a hot plate. Or if they do, it's all they have. Not a proper kitchen."

Operation Friendship served 78,000 meals last year. Between 65 and 130 seniors turn up for every breakfast, lunch and supper. "It depends on how broke people are," says Sheila. "At the first of the month, when they have money, it will be as few as 65 or 70. Towards the end of the month, when they are running out of money, it is as high as 130."

One cook works six hours a day, preparing the meals. But the seniors help prepare the meals too, chopping, peeling and doing almost all the food prep. The seniors also volunteer to serve, wipe tables and wash dishes.

"We do this to break the isolation seniors face in the inner city," adds Sheila. "Breaking the isolation, keeping the seniors connected."

Food often provides the "pill" that helps fix isolation.



Paul Fieldhouse and Ms Mary Kuzio, Operation Friendship

We're here for you!

Make an appointment or drop in to the . . .

Boyle-McCauley Health Centre

10628 96 Street
Edmonton, Alberta, T5H 2J2
422-7333
Monday to Thursday 9 am to 9 pm
Friday 9 am to 4:30 pm
Saturday 9 am to 1 pm

Immunization and Well-child clinic:

Mondays 1 pm to 3 pm

Laboratory: open during clinic hours

Healing Circle: Tuesdays 7 pm

Foot care clinic: Wednesdays 1 pm to 3 pm
(by appointment)

AA Meetings: Wednesdays 7 pm

Women's Health Clinic: Thursdays 5 to 9 pm
Supper, speaker and gynaecologist

Inner City Tuberculosis Outreach program

Preventive tuberculosis medication and follow-up with people who may be infected

Community Nursing Station

Herb Jamieson Centre
10014 105A Avenue.
Monday to Wednesday, Thursday,
and Friday 8:30 am to 4:30 pm
(but 8:30 am to 1:45 pm last Thursday
of the month)
Closed noon to 1 pm

Kindred House

A safe place for women who work on the street.
Phone 424-4091
Tuesday to Saturday
Open most evenings

Streetworks

A program to fight HIV infection.
Call 422-7333 for van hours or visit Streetworks at the Boyle Street Co-op (Monday to Thursday 8:30 am to 4:30 pm and Friday 8:30 am to 4 pm), the Boyle-McCauley Health Centre (address and hours above), the Eastwood Health Centre (7919 118 Avenue, Tuesday and Thursday 1 to 4 pm) or the AIDS Network (Suite 201, 11456 Jasper Avenue).

Edmonton Women's Health Network

Works with individuals and agencies to improve health care for women. The Network also works to educate the public on women's health issues.
Tuesday to Friday 11 am to 11 pm
Saturday 3:30 pm to 11 pm

Health Circle

September 1998

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As an insert to the Boyle-McCauley News, this newsletter goes to over 5000 residents living in the Boyle, McCauley and Norwood neighbourhoods. Many volunteers, staff and Board Members contribute money, time, goods and services, expertise, warmth and humour to the Health Centre.

We appreciate their contributions and offer them our sincere thanks.

Boyle-McCauley Health Centre
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The Boyle-McCauley Health Centre is a not-for-profit agency that operates under the Province of Alberta Societies Act. The agency is governed by a voluntary Board of Directors and employs over 60 full- and part-time staff. Funding for the agency comes from the Capital Health Authority, Rotary Club, Wildrose Foundation, Alberta Health, Edmonton Community Foundation and numerous individual and company grants and donations.