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Boyle McCauley News

CIRCULATION 6000 • BMCNEWS.ORG SEPTEMBER 2017

FREE

VOICE OF THE COMMUNITY SINCE 1979

Multicultural BBQ and Soccer Tournament

Event based in McCauley will hopefully become annual.



PHIL O'HARA

Gary Pruden and Connie Kennedy handed out medals to young soccer players at the Edmonton Multicultural Coalition's BBQ and Soccer Tournament held at the Edmonton Intercultural Centre (former McCauley School) on Saturday, August 12. Coincidentally, Gary attended McCauley School in the mid-1940s and he was happy to celebrate players from the Galaxy and Lightning at the tournament. The teams were made up of youth from McCauley and ethno-cultural communities the Coalition works with. Galaxy won the game and are the 2017 champions of what will hopefully become an annual tournament played at the Centre.

McCauley residents Brad Vince and his son Mecah (pictured in the lower right-hand corner) were also part of the Edmonton Multicultural Coalition's recent BBQ and Soccer Tournament at the Edmonton Intercultural Centre. Mecah played on the Lightning team and his dad cooked chicken and veggie burgers. Brad is also a part-time facility host at the Centre. The Centre wants to work with the McCauley community on similar events in the future. For more about the Centre, see the story on page six.

Photos by Hadeel Othman

Progress and Setbacks in Inner City Planning

PHIL O'HARA

On July 27, the McCauley Community League lost its appeal of the development permit granted to Hope Mission for a \$16 million rebuild of the Herb Jamieson Centre at 10014 105A Avenue.

The League argued that increasing the number of emergency beds from 350 to 400 would negatively affect the community. It also reasoned that the work of the City's urban wellness plan for the inner city should be done first before any new social services or housing projects are approved. Finally, the League argued creating more emergency beds is inconsistent with the City's plan to end homelessness by 2022.

The Chinatown Business Association, an area business, and developers of a proposed new hotel on 101 Street also

appealed the granting of the development permit.

Meanwhile, a July 11 City Council motion supported a request from the League that the mayor request four provincial ministries to participate in the City's urban wellness plan. The motion also required the plan to look at how to distribute social housing through the city and improve the delivery of health and community services. Council also adopted a target of 10% affordable housing in all city neighbourhoods.

There are currently two proposals being developed to create a social service hub in the inner city. Boyle Street Community Services seeks to develop a Community Centre at the former Remand Centre and the City is working with several agencies on a plan to coordinate wellness services in the inner city.

At the same time, this summer the City launched a plan to celebrate Chinatown as an economic and tourist destination. Finally, the City is putting together a body to provide feedback on the operation of the medically-supervised injection services being offered in four inner city locations.

In June, the League Board committed to organizing a "community conversation" with residents about these developments when it receives the business plan from Boyle Street about its plan for the former Remand Centre. In the meantime, the League will be seeking to meet with the Province in order to secure a commitment that it will not fund any new social service or housing projects until the work is completed on the City's urban wellness plan.

Phil is President of McCauley Community League.

Inside THIS MONTH:

ABUNDANT SELF-CARE

Self-care looks different for everyone. For some, it involves communing with nature, or getting a massage, or unplugging from technology, and for others it is simply taking a nap. There is no wrong way to practice self-care and it changes moment to moment, based on what the need is.

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Defining Self-Care



PAULA E. KIRMAN • BMC News Staff

McCauley Musings

Self-care does not sound like it should be a difficult concept: taking care of yourself, including your body, mind, and soul. It is often considered to be taking time to relax and recharge. For a lot of people I know, this can include vacations to places with warm climates, sandy beaches and the opportunity to lay around with an adult beverage in hand.

While getting enough rest and relaxation (and fun) is definitely an important part of self-care, it certainly is not the only part. In fact, sometimes self-care may not be fun at all. Taking care of yourself can mean doing things you really don't want to do, but are essential

for your physical, mental, or spiritual health. Things like going to the dentist or getting a physical are probably not at the top of the list of things people enjoy, but they are necessary.

Sometimes we are so busy in our lives that we let things slide, like our eating habits, working out, getting a haircut, or cleaning our the garage (or whatever other part of your home requires cleaning). Those of us who have a spiritual practise may get behind in our meditations, prayers, or suddenly realize we haven't been to church, or whatever house of worship applies, in a long while.

Finding the time to do things we enjoy is still a central part of self-care. Going on vacation or partaking in hobbies can really help reduce stress and increase our energy. But don't forget the "care" in "self-care." Making the effort to do the less fun parts of self-care can increase our opportunities to stay healthy and enjoy our lives.

PAULA E. KIRMAN • BMC News Staff

Editor's Notes

Welcome back to *Boyle McCauley News*! Our September issue marks the beginning of our next publishing cycle. This month's theme is "Self-Care," a topic which has been explored by our writers from a variety of different perspectives.

We've also got some catching up to do on community news and events. A lot happened over the summer months. However, nothing could have prepared us for the loss of a dear friend of the community, Garry Spotowski. We dedicate this issue's centrespread to him.

If you would like to stay current with what is happening in the community between our print issues, be sure to follow us on social media. We're on Facebook and Twitter (@bmcnews), and now Instagram (@bmcviews)!

As a result, we're looking for even more photos from around McCauley and Boyle Street to help populate our Instagram. Please email me your snapshots from the area including events, nature, or anything of human interest, for consideration of it to be added. You can reach me any time at editor@bmcnews.org.

Our Next Issue. . .

The theme for October is "Acts of Kindness." What are kind acts we can express towards our loved ones, neighbours, and community? Describe an act of kindness you received and how it affected your life. How do you "pay it forward?" Deadline: September 12. Send submissions to: editor@bmcnews.org. Articles should be 500 words or less and accompanied by photographs when possible.

Letters to the Editor

Do you want to respond to something that you read in these pages or that is going on in the community? Share your thoughts with a Letter to the Editor. Send your letters to editor@bmcnews.org. Letters should be no longer than 300 words, and may be edited for length or clarity. Publication is not guaranteed. The deadline for letters is the same as other content: the 12th of the month.

Boyle McCauley News

Boyle McCauley News is a non-profit newspaper published ten times yearly by the Boyle Street McCauley Community Newspaper Society. The Society is made up of the people who live and work in the Boyle Street and McCauley neighbourhoods.

Opinions expressed in the newspaper are not necessarily those of the Board of Directors. Any submissions may be subject to editing for length and suitability.

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Our goal is to report issues fairly and provide a variety of perspectives on issues affecting this community. The opinions expressed in *Boyle McCauley News* are those of the people named as the authors of the articles, and do not necessarily reflect those of the Board, staff, or Editorial Committee of the paper.

Boyle Street and McCauley Crime and Safety Numbers

Report "john" activity & license plate numbers • (780) 421-2656

Report Problem Properties & Derelict Houses • (780) 496-6031

Report Gang Activity • (780) 414-4567

EPS General Crime/Complaints • (780) 423-4567

EPS website • edmontonpolice.ca
- click on Crime Prevention

Crisis Diversion Team • Call 211 and press 3

Crime Stoppers • 1-800-222-8477
1-800-222-TIPS

New Boyle Street Facility for People in Need

Facility will provide permanent housing for people with a variety of disabilities.

ANITA JENKINS

On April 4, Mayor Don Iveson and MLA David Shepherd participated in a groundbreaking ceremony for a new 97-unit supportive living facility in Boyle Street. The building, a project of the Edmonton People in Need Shelter Society (EPINSS), is scheduled for completion in the fall of 2018.

The facility is located at 103A Avenue across from the Boyle Street Plaza. It will provide permanent housing in private suites for people with chronic mental illness, brain injuries, and mobility issues. A \$14.2 million grant from the provincial government will cover 50% of the construction costs.

“The outcome that benefits every single Edmontonian,” Iveson said, “is people who interact less with the health care system, interact less with the justice system, and lead healthier, more productive lives.”

This project is the most recent among EPINSS’ extensive and long-time efforts to help people in need. This non-profit group has served the Edmonton community for more than 30 years – since 1986. Executive Director Ron Allen says the society has had a lot of success “working with folks who have burned their bridges elsewhere.”

EPINSS is currently serving 130 clients in eight buildings near the site of the new facility. However, some of these buildings are coming to the end of their useful life. So, when the new building is up and running,



The main PINS building with a construction crane in the background. Leif Gregersen

three of the older buildings will be demolished.

The demolition of these buildings will make space for the new Kinistinâw Park, planned for the east side of the Armature (96 Street), between 102A Avenue and the north side of 103 Avenue. The other five buildings will continue to operate. By the fall of 2018, EPINSS hopes to be able to offer enhanced services to approximately 25 more clients than before.

EPINSS clients are referred by Alberta Health Services, and some of them are people who have been discharged from Alberta Hospital. Residents receive not only accommodation and meals, but also social opportunities, recreational activities, counseling, and health care that includes 24-hour staffing. Residents are served by nurses, LPNs, and doctors, as well as workers who assist with bathing and personal care.

EPINSS encourages residents to take on meaningful activities that contribute to the community. For example, in past years, residents have looked after the flower beds along Jasper Avenue between 82 Street and 95 Street. In winter, they are regularly out shoveling snow on nearby sidewalks.

Anita Jenkins is a retired writer and editor who moved to Boyle Street three years ago and loves her new community.

Seeking Favourite Content

The 40th anniversary of *Boyle McCauley News* is coming up in less than two years and we want to mark the milestone by doing something epic. One idea is to revisit and reprint some of these most memorable stories, either as a stand-alone publication or as a regular feature throughout 2019 (or some combination thereof).

So, we ask: **what are some of your favourite stories from the history of *Boyle McCauley News*?** Favourite photographs? Whether you are a long-time or newer reader of these pages, we want to know what content has stuck with you.

Contact Paula at editor@bmcnews.org with your suggestions. If you need to refresh your memory, you can visit our archives at bmcnews.org.

Yoga as Healing Portrait Series

Series by Tyler Baker Photography Goes Beyond the Young, the Beautiful, and the Fashionable.

TYLER BAKER & CECILIA FERREYRA

This series of portraits emerged from my (Tyler's) collaboration with Cecilia Ferreyra, who was concerned with the over-saturation of social media in North America with an ever increasing amount of images of young, beautiful yoga practitioners in fashionable outfits showcasing advanced yoga poses in paradisiac locations. "Yoga is much more than advanced yoga poses," she said, "yoga poses are only a means to an end."

In her case, yoga played a fundamental role in helping her grieve and heal from the tragic loss of a loved one to cancer. I agreed and we decided to create images that didn't involve ex-dancers, gymnasts, cheerleaders, or other members of the "flexibility elite." These portraits are intended both as a celebration and a homage to the healing aspects of yoga. The personal healing stories that are captured in these portraits speak to real experiences with yoga in the context of challenging life circumstances, including addiction, emotional trauma, injury, and illness. It is our hope that these beautifully bold and vulnerable images make a contribution to, and expand the prevailing North American paradigm about, yoga as merely a fitness-oriented activity for the body conscious.

What is healing? And what do we mean by "yoga as healing"? We are certain that there are as many perspectives on these notions as people on this planet! We particularly like definition of healing provided by the Samueli Institute(*): healing refers to the process of recovering, repairing, restoring and retaining health and wholeness in mind, body, spirit and community. A whole person, they suggest, is one integrated in mind, body, and spirit. It is not the same as one without disease. That is, healing may or may result in "cure."

How is yoga related to healing? There is a growing body of conventional scientific research exploring the positive benefits of yoga and other modalities of "alternative medicine." As valuable as that may be, these are not the healing aspects of yoga we were inspired to explore in this project. We were not interested in whether or not a "problem" is solved or if a physical or emotional symptom is gone due to a sustained

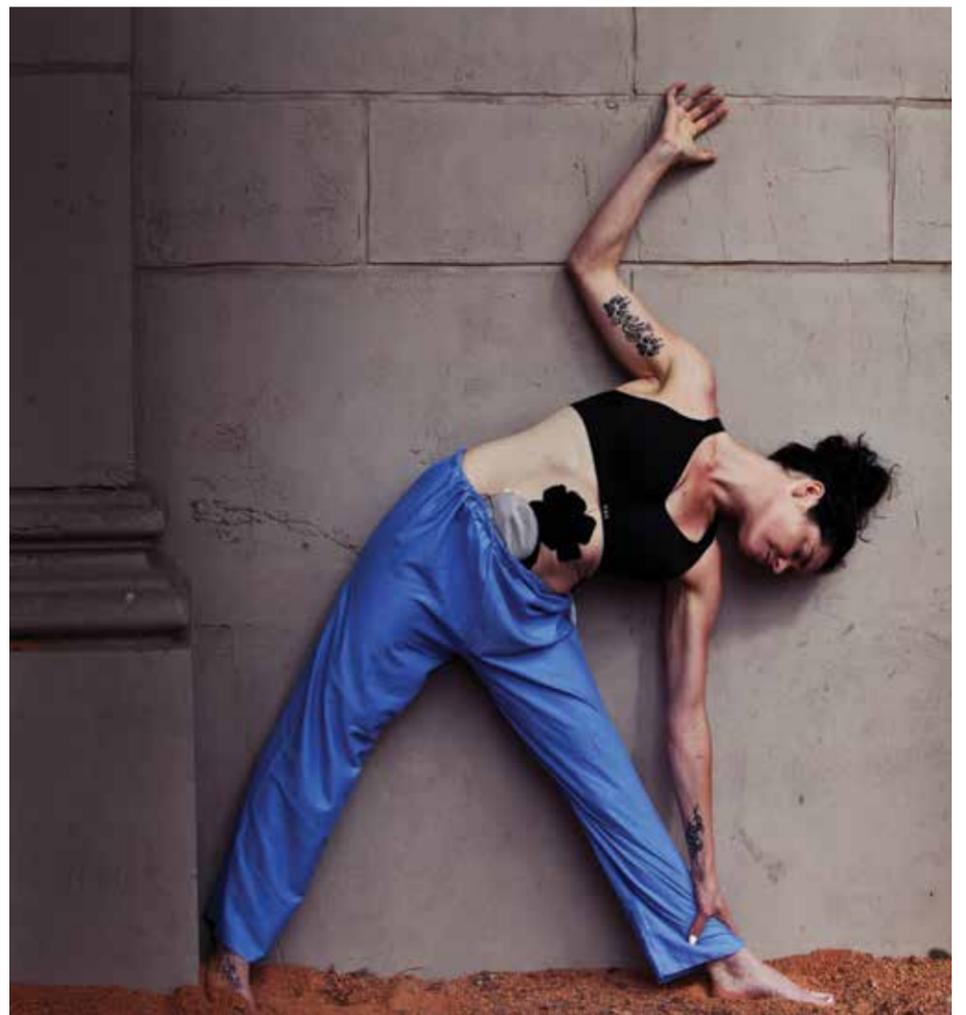
yoga practice. Instead, what we were drawn to from the very onset of this project was yoga's healing potential through experientially meaningful acts that are transformative because they facilitate a perceptual shift in self-understanding(**). The basic realization that we are not our bodies, or our sensations of pain, or our thoughts, or our emotions, is not only liberating but in itself healing. This shift in self-perception can offer significant relief from the existential suffering that occurs in spiritual disconnection or lack of self-awareness. Furthermore, it can result into a fresh and renewed sense of body responsibility that has the potential to promote creativity and self-empowerment well beyond the adoption of new health practices.

The photographs have been exhibited in several locations in Edmonton, including Latitude 53 Gallery and the University of Alberta Hospital. This portrait series is also open for further collaborations with anyone and everyone who has a personal story with the healing aspects of yoga and would like to share it more widely. For more information, please send an email to ecoferreyra@hotmail.com. You can find the project on Instagram at [@yogahealingportraits](https://www.instagram.com/yogahealingportraits).

(*) samueliinstituteblog.org/what-is-healing/
 (**) Amy Holte and Paul J. Mills. (September 2013). "Yoga and Chronic Illness" in *Chronic Illness, Spirituality, and Healing* pp.141-164.

Tyler Baker and Cecilia Ferreyra live in McCauley.

From top: These portraits are intended both as a celebration and a homage to the healing aspects of yoga. The personal healing stories that are captured in these portraits speak to real experiences with yoga in the context of challenging life circumstances, including addiction, emotional trauma, injury, and illness. Tyler Baker Photography Wynona: After multiple surgeries and procedures, and months in and out of hospital due to being discharged when she was seriously ill, yoga has helped Wynona to find the grace and the strength to continue on her journey while becoming permanently disabled at 35 with an ileostomy. Tyler Baker Photography Cecilia: After becoming a cancer widow at 42 and being without any family in Canada, yoga has helped Cecilia in her quest for spiritual acceptance and inner peace by making peace with and even befriending her grief. Tyler Baker Photography



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TAKE THE Boyle McCauley News Readers' Survey

We want to get to know what our readers think of their community newspaper. **Respond to our survey in print or online and be entered to win a \$100 gift card from The Italian Centre!** All surveys received until December 15, 2017 will be entered to win. You must include your name and contact information to be entered. One survey per person.

Go to BMCNEWS.ORG to fill out our quick online survey!

Online responses are preferred. If computer access is a barrier, the questions are below and can be returned to B1, 10826 95 Street (just pop them in the mailbox inside the green gate).

1. What are your current favourite and least favourite features in the paper?
2. I read the paper: Every Month Occasionally Never
3. How can the paper improve how it serves the community?
4. What do you think we should do that we haven't been doing?
5. Do you ever pass your copy of the paper on to others when you are done with it? Why or why not?
6. Do you read the paper: Online First? In Print First? Only online?

IF YOU WOULD LIKE TO BE ENTERED INTO THE PRIZE DRAW, PLEASE PROVIDE:

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2017 ALUMNI AWARDS UNIVERSITY OF ALBERTA



Congratulations McCauley resident Teresa Spinelli, '83 BA

Recipient of an Alumni Honour Award for her leadership in business and community

Community members are invited to celebrate with Teresa at the ceremony:

Sept. 25, 2017 | 7 p.m.
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The Healing Power of Creativity

JOANNE MCNEAL

There are many ways we can take care of our physical, mental, and emotional health. But did you know that being creative can be healing? I had never thought about that until my Art Therapy Professor at UBC told us how it works. She said that the moment of creativity - when we are so focussed on what we are creating we don't think of anything else - actually provides healing. She said it's like a mini-vacation from our daily lives. It refreshes us and brings a sense of peace and calm that we get from a holiday. She said it is healing because at that moment all our attention is focussed on something outside of ourselves.

When I'm sewing, or painting, or doing something artistic, I often look up at the end of a project and discov-

er that hours have flown by and I feel completely at peace. That is the healing power of being creative! It is like stepping outside the boundaries of our daily responsibilities for a time, and we can come back to the chores with a fresh perspective. We don't have to create "art." Creativity can be seen in many things we do: gardening, renovating, making dinner, or having friends over. It's the incredible power of focussing all our creative energy on someone or something besides ourselves which brings peace, satisfaction, and a connection to others.

We use creativity in other parts of our lives too, in taking care of our physical, mental, or emotional needs. There are times when I am physically exhausted by some mundane task, like pruning trees, so I find a way to be creative - I en-

vision how it will look as it grows. I use creativity in other ways to keep healthy. I play violin in an orchestra and sing in a choir, which helps keep my mind sharp. I grow and eat nutritious foods that keep my body healthy and energized. I try to drink lots of water, but never manage as much as my daughters, who drink at least 10 glasses of water a day! We all have to find our own best ways of taking care of ourselves. So when you get bogged down by chores, try being creative!

I count my blessings for emotional health. I feel so lucky to have my family nearby, and they include me in their lives. I love my daughters and grandchildren, and have good friends, so I feel loved and respected. Although I retired from teaching the next generations, I keep in touch with people using

e-mail and Facebook. I gain a great deal of personal satisfaction from doing creative things for others. I love making art in many mediums, but I also love the challenge of making something new out of old materials. Our grandparents were masters of creative re-use and recycling. They saved old stuff and creatively re-used them to make new things like quilts or twig furniture. I am drawn to antique things and create new treasures often. I am glad that creativity provides healing, and contributes to a healthy life. And, I am thankful for the creative opportunities that abound in our neighbourhood, and throughout Edmonton.

Joanne McNeal is a McCauley homeowner, gardener, artist and musician who formerly taught art education at the University of Alberta.

McCauley: A Dynamic Legacy of Multiculturalism

SARMAD SYYED

For the last century, the McCauley area has been a hub for Edmonton in terms of being ethnically and culturally diverse. Just browsing through old photos from McCauley School, you can see faces becoming a lot less homogenous as the decades progress, which brings us to 2017, 106 years after McCauley School was first established. Though no longer a school, the building is still serving a similar purpose for the community: to provide a space for people of all walks of life to collaborate and thrive.

The idea to create an intercultural centre was spearheaded by Yvonne Chiu and led to the eventual establishment of the Edmonton Intercultural Centre (EIC) in 2013, which now operates the building. Cur-

rently, there are nine different tenants who occupy space within the building: Multicultural Health Brokers Cooperative, Edmonton Multicultural Coalition, Intercultural Child and Family Centre, Centre for Race and Culture, Creating Hope Society, Multicultural Family Resource Centre, Changing Together, Africa Centre, and the Chinese Cultural Promotion Society. Tenants are chosen on the basis that their visions align with that of the EIC, to create a space that encourages understanding and education among a diverse group of people.

Though the aforementioned organizations do take up a majority of the space within the building, EIC also has spaces available to rent such as a gym, meeting hall, kitchen, and board rooms, all of which are available to the community. Having ten-

ants that create a unified vision is only half the purpose that the building serves, the other half being an obligation to the rich culture and community of McCauley. The EIC aims to engage with the community of McCauley to create a central space where people from the area can host events and create a sense of unity for community members, which is why there is space available for those who want to take the initiative.

The EIC is more than just a place for community service or a cultural centre - it's a transformative space where people can learn to understand and engage with one another. The vision for the building is to create a place for learning, recreation, and the arts that not only augments the rich diversity in the McCauley area, but also serves the multitude of cultures, languages, and ethnicities

that are present in Edmonton. The building provides essential services such as grocery runs and an intercultural daycare, but also is a place to play sports, host meetings, and engage the community. The goal for the future is to continue and develop the legacy of McCauley while also helping the influx of new Canadians adapt to the ongoing challenges they may face.

We welcome the community to join us during our Annual General Meeting on September 26, 5:30 p.m. - 8:30 p.m., to learn more about what the EIC does.

Sarmad Syyed is an accounting student at the University of Alberta who did a summer internship with EIC through Canada Summer Jobs. As the son of immigrants and an Edmonton resident, he is passionate about the work EIC does for the community.

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**Go to BMCNEWS.ORG to fill out our quick online survey!
OR fill out the survey on page 5 and drop it in our mailbox.**

Abundant Self-Care

NAOMI PAHL

Abundant Community McCauley

Modern life is fast-paced and a lot of us struggle with finding balance between busyness and peace, but it should be a priority for all to truly evaluate the things that bring contentment and rest to our often tired souls.

Self-care looks different for everyone. For some, it involves communing with nature, or getting a massage, or unplugging from technology, and for others it is simply taking a nap. There is no wrong way to practice self-care and it changes moment to moment, based on what the need is.

Therein lies the challenge: we need to be self-aware enough to know when to pump the breaks, and figure out what it will take to return to equilibrium. But we also need the discipline to pause long enough to sufficiently refill our tanks so we have the fuel to keep on the journey - happy and healthy.

For me, there are two types of self-care that I continuously return to time and time again.

Practising Creativity

As an artist, practising creativity comes fairly easily, but I will spend the rest of my life preaching that every one of us has a creative talent - even if it's possessor doesn't know they have it. One of our main jobs as humans is to find what that creative talent is and spend the rest of our lives pursuing it for the pure

joy it brings. I encourage everyone to think outside the box. Creativity is infinitely more vast than painting a picture. Anything that involves creative experimentation qualifies as a way to practise self-care.

Socializing

Speaking as an introvert, it took me quite a while to catch onto this one. But the older I get, the more I realize that making a true connection with someone helps me feel that I'm not alone in my struggles. Having an encouraging, uplifting conversation with a kindred spirit is rejuvenating. The thing I'm also learning is that social interaction takes intention, and when life gets busy and I fail to make time to nurture and be nurtured by my support system, I will inevitably experience a down turn in my mental health.

As Neighbourhood Connector, something that I would like to bring to our community is the space for our residents to experience a combination of creative and social self-care opportunities through the venue of community-led workshops. Creative workshops offer a laid back setting that provides the opportunity to gain knowledge, nurture friendships, and learn new, fun skills - all things that play an important part of practicing self-care.

If you would like to learn more about the workshops offered in our community, or how you can contribute to teaching or organizing a workshop, please email me at abundantcommunitymccauley@gmail.com.

Street Prints Collective

Also: Floor Hockey Sportsmanship Award.

**REBECCA KAISER, MIKE SIEK
& RYLAN KAFARA**

Inner City Recreation & Wellness Program

The Street Prints Artist Collective continues to grow and add successful markets and events around Edmonton, as we enter our second year as a collective. The first year we attended several great events thanks to support from plenty of local agencies and organizations, including Bissell Centre, Wild Heart Collective, the Edmonton Arts Council, and End Poverty Edmonton. We look forward to continuing to provide support and opportunities for inner city artists in our second year. If you would like to book the Street Prints Collective for your event, or learn more about what we are up to, please contact streetprintscollective@gmail.com or find us on Facebook.

This month, the ICRWP's Floor Hockey Sportsmanship Award goes to Clay Heavenfire. Clay deserves the award for keeping a calm and collected temperament every time he plays. Being the goaltender is a high pressure position, and Clay always handles it with grace and gratitude towards fellow players. Clay is also kind to himself when he's not having the greatest game, and mentors the values of acceptance and compassion, both within and outside of a recreational sport atmosphere.

Rylan is the Program Lead, Inner City Recreation and Wellness Program. Mike Siek and Rebecca Kaiser are Program Coordinators with ICRWP.



Clay Heavenfire. Rebecca Kaiser

Spiritual Self-Care

SHARON PASULA

I get tired just thinking about self-care! And I don't even have kids or a spouse to take up my time. I thought I would never say this, but at my age (more than 50 - okay, more than 55) I have more self-care than I ever anticipated. I am not going to get into the details except to say that self-care is every day. If I miss one day, that might not be so bad, but if I miss more than that I could end up with cracked heels or inflammation of some joints. As I was thinking about self-care, it occurred to me that taking med-

ication and vitamins and minerals is self-care. Actually, eating is self-care! As it gets the juices flowing, exercise is also self-care.

I think one reason self-care is so challenging for me is that I was not raised to think about it. Growing up, it was about getting a good job - period! Another reason I feel challenged is that it feels like work. I have to do it. I have to go to work. I have to pay the bills, etc.

The last decade or so I have become more and more aware of self-care. Sometimes you don't have a choice

when it comes to medication and food, but ultimately our quality of life depends on how we take care of ourselves. I have decided that in my later years I want quality of life. There is only one way to do that and it is self-care. So, I am making an attitude adjustment and looking at self-care as longevity and quality of life rather than work. I choose to do it! I will even start to enjoy it by the grace of God.

Finally, many people would not consider spiritual care as part of self-care, but it is. I walk in the Jesus Way so in part I worship on

Sunday. I am Nehiyaw/Métis on my mother's side and in response to my Cree DNA I smudge at home most days plus participate in the ceremony of Sweat Lodge. On my dad's side, I believe I have Jewish roots. In response to that DNA I also worship on the true Sabbath, Saturday. All this spiritually-related activity helps me stay motivated to do some things that don't feel good at the moment and help keep me focussed on what really matters in life - to be the kind of person Creator designed me to be.

Sharon lives in Boyle Street.

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B M C NEWS . O R G / A D V E R T I S E

Garry Spotowski: A Tribute

JANUARY 26, 1958 - AUGUST 6, 2017

REMEMBERING A LONG-TERM COMMUNITY MEMBER AND VOLUNTEER

DAVID JANZEN

One month after his brother Doug passed away, Garry Spotowski died suddenly, at his home, here in McCauley, on August 6.

Remaining members of the Spotowski family, and so many others, are enduring heavy losses with the departure of these close brothers: two stellar individuals.

Garry was widely loved: the people that he knew are reeling in a maelstrom of disbelief. Garry had a heart issue that was remedied with a stent a few years ago and he claimed that his doctor said that he now had the "heart of a twenty year old." A mountain-bike excursion enthusiast, Garry cycled everywhere and anywhere.

He sold his car recently - didn't need it.

He was also a hiker, cross country skier, and an unstoppable paddler canoeing down a river in France, kayaking along a stretch of the west coast with a group of virtual strangers, participating in the commemorative David Thompson Voyager Brigade re-enactment (2008) on the mighty rivers of the Great Plains.

He wrote for, edited, photographed, and even delivered our neighbourhood newspaper, the *Boyle McCauley News* under the nom de plume Arnold Waxwing, and attended community town hall meetings about zoning/land use policies and bylaws.

Garry was, for many years, The City of Edmonton Waste Management Branch's Education Program Coordinator (this city has a highly advanced recycle and re-use mandate and a world-class waste management infrastructure.) One of Garry's brainchildren was (is) the Edmonton Re-Use Centre. He became Edmonton's first certified Master Composter/Recycler, once proudly raising red wigglers in a box of compost in his basement. In 2010, he did a few guest spots as "Garry the Garbage Guy" on U of A's CJSR radio program, *Terra Informa*.

Garry had recently retired from his post with the City of Edmonton and undertook - seemingly on a whim - a long

drive (in an Audi that he owned for a short time) all the way to New Orleans, where, of course, he rented a bicycle as transportation - his way of gaining a more intimate understanding of that famous city. The photo log of his passage through Wyoming on the way to his destination is stark and . . . artsy. Garry was, for a decade or two, one among a clutch of Edmonton formalist welded steel sculptors. He had taken sculpture at the University of Alberta and fabricated rough'n'ready abstract sculptures in a studio located in an industrial area of Strathcona. He was the University of Alberta's Fine Arts Sculpture Department's technician for a while. He also earned a Bachelor of Education degree and was a teacher with the Edmonton Public School Board.

When I first met him 36 or so years ago, Garry was working - like a number of my young Edmontonian acquaintances - for CN Rail. After that, he became a waste collector and drove a Curbster, which led, eventually, to more meaningful civic duties.

G-Spot (as he sometimes referred to himself) was a live music enthusiast, hiring bands to play in his dining room at amazing house parties. He was a regular at the Edmonton Folk Fest, Jazz City, Interstellar Rodeo, The Yardbird Suite, and every concert hall in town. Garry was also an amateur local historian, harbouring a peculiar morbid fascination with the demolition of old landmark buildings. He felt that it was important to bear witness to their razing.

And he was our neighbour. So often did I see him around here, that I sometimes avoided initiating any sort of on-the-street dialogue because we would invariably stand somewhere inconvenient, like the middle of the street, and chat . . . gossip . . . kvetch. "Beep!" Because when one bumped into Garry, the rest of the world kind of disappeared. He was an engaging conversationalist. Erudite, affable, churlish, funny, and damned interesting. He cared deeply about this community, supporting it in many ways. Garry Spotowski was a golden figure. He made anywhere he was a better place. He will be sorely missed.



From top: Garry during a tour of Mont Blanc in the Alps in 2008. Supplied by his friend, Natasha Laurence. Supplied Garry delivering signs, via bicycle 2015. Janis Irwin

BOYLE MCCAULEY NEWS ASKED PEOPLE WHO KNEW AND LOVED GARRY TO CONTRIBUTE THEIR THOUGHTS AND MEMORIES ABOUT HIM. HERE ARE SOME OF THEIR WORDS ABOUT A MAN WHO HAS LEFT US FAR TOO SOON.

"How do you begin to write about your family member who has passed away too soon?"

It pains me to write about a man who just lost his best friend and brother a month earlier. How did this happen? Why so soon? My uncles were best friends on earth and I firmly believe they are in Heaven together, riding bikes somewhere.

Garry had just spent countless months with his brother Doug who had been diagnosed with brain cancer. They both lived to the fullest. They both choose not to live on the sidelines. They were adventurous, always seeking a certain calmness within themselves, and they used Mother Nature to her fullest to find that calmness."

Garry was my Godfather. I grew up in Catholic schools and practice the religion to this day. However, Garry wasn't the Godfather type from a religious aspect - he was a Godfather from a "live life to the maximum" aspect.

Many of you know Garry wasn't a flashy guy, he was simple like his father. They worked hard, saved, and both retired early. This simplicity gave Garry the freedom to explore the world. After finishing grade 12 he packed his bags and told his dad he would see him in a year, going to literally travel around the world and has been traveling ever since.

This simple practice of calmness was a trait of Garry's I admired. At so many family functions Garry's laid-back approach to life was intriguing to be around. That being said, he was intelligent and insightful. You could have long debates, and he would do it with a smile.

Garry was always willing to help any family member or friend within his scope. The only way he couldn't help was if he was cycling in Portugal, or kayaking in Paris, or on his bike in the mountains.

Garry loved music, all kinds. Any time there was a jazz festival he was there, with his laid-back vibe truly enjoying the moment.

Garry was so unique, he helped create the recycling program for the City of Edmonton. He made a trailer for his bike to pull his hockey equipment around the city. Only a bike enthusiast like Gary would do that.

I remember many things about Garry, I could keep writing for a long time. A funny things I recall:

I was playing hockey in Switzerland and the best brand of skates, Graf, were made there. So, I came home with several pairs. I gave Garry a pair of Graf skates and you'd think I gave him the keys to a Ferrari. It gets better - about 10 years later I asked him how hockey was going. He says its going great and those skates I gave him were still so fast. I said, "What? It's been 10 years!" His response was, "It's the best piece of gear I've ever had. They'll last forever." That was so Garry.

Garry truly loved to be around our family and his friends. He enjoyed and appreciated our family members, and, of course, the amazing homemade cooking.

His passing should remind us to live and not stand on the sidelines!

I will miss him dearly until the day I pass away, until we can all ride our bikes together again one day!"

- Zac Boyer
(Garry's Nephew and Godson)

"I will miss his healthy dose of cynicism, ensuring we don't take ourselves too seriously, and his eclectic taste for adventure. In his quest to paddle many a river, I was privileged to join him on a paddling trip floating down the Missouri! Not to be forgotten as a friend and neighbour!"

- Rosalie Gelderman

"I met Garry in 1997 when I signed up for the Master Composter program. He was great. I recall him coming in late and flustered because he'd been on a date the previous night that apparently went well. I just loved how he shattered my perception of public servants. He was so real, so kind, so committed. An absolute gem of a human being."

- Cynthia Strawnson

"Garry was a kind, authentic man. He made my MCR [Master Composter Recycler] training very special."

- Bonnie Jean Nicholas

"Garry always had a smile on his face whenever I saw him and a wickedly playful sense of humour. A big loss for our neighbourhood."

- Gary Garrison

"I was hanging out at the Fringe in the summer of 2005, when I received a phone call from Garry Spotowski, who was then the editor of *Boyle McCauley News*. He was going to be taking a leave of absence from the position, and invited me to send my resume directly to him, so he would make sure it was seen by the proper people. He was going through the resumes of previous applicants, and told me he did not know why I had never received an interview in the first place! Long story made short, Garry decided not to return to the paper as editor, and a few months later I started my position there. Eleven years later, Garry remained an active volunteer as a contributor and Block Carrier. I always enjoyed running into him in Little Italy, as well as at events and music festivals. His passing is a sad loss for the McCauley community, and all who knew him."

- Paula Kirman

"Always enjoyed having a conversation with you and a laugh. You will be missed and the community won't be the same without you."

- Dan Glugosh

"Great conversations every time I bumped into you! Always great insights with healthy dose of cynicism."

- Heidi Veluv

"Such a kind person. Always had a smile and a love for his community. He will be missed!"

- Cora Shaw

"We felt so lucky to have such a cool neighbor next door. Our over the fence chats will be greatly missed."

- Jody Johnson

"Garry lived across the alley from me. While I didn't get to know him well, we had numerous conversations about things happening in our neighbourhood, and he was always caring and concerned for the welfare of others and for our community. He was always kind and respectful, and will be greatly missed."

- Joanne McNeal

"Garry travelled with me and many others to the wet and wonderful corners of the world, in Baja California and Vancouver Island, on sea kayaking trips with Gabriola Cycle and Kayak and Gabriola Sea Kayaking. One of the things I loved about Garry was his wicked sense of humour.

One particular story stands out in my mind, of a trip that he did in Baja, with Jen Smith and Ashley Rowe, many years ago. On our drive down to Baja that fall, Jen and I had collected all these strange and peculiar religious pamphlets - flyers from cults and communes, self-help brochures, postcards, and assorted items that we found strange or amusing with no particular use in mind. One evening in Loreto, before a long kayak trip down the famous Baja coast from Lorteo to LaPaz, upon which Garry was about to embark, Jo Hagar, a good friend of Garry's and a sea kayak guide, and I sat around a table and plotted a practical joke on Garry.

We decided that we would put these pamphlets and other items, in envelopes, addressed to Garry, and always from a fictional character named 'Phillip.' In each of these flyers, we would circle a particularly odd or bizarre, comment or line and write something like 'maybe you should think about this Garry...' or something like that. We were in absolute hysterics, imagining Garry's response to the sordid array of reading material along with bottles of Viva Villa, bon bons, tins of mini Vienna Sausages and Jesus candles - all from 'Phillip.'

While on the trip, Jen's job was to secretly sneak the envelope or package into Garry's tent at random times each day. When Jen finally fessed up to it, Garry thought it was absolutely hilarious and relieved to know the 'gifts' were not 'some psycho admirer' on the trip. The last bottle of cheap cane liquor was shared with the group and everybody had a good laugh. Garry, Jen, and myself have had many good laughs about this, over the years and it still cracks me up, every time I tell the story.

Garry, you will surely be missed by all of the friends you have made on the water, over the years and we will think of you often."

- Matt Bowes (along with Jen Smith and the old Baja gang from Gabriola Cycle and Kayak, and Gabriola Sea Kayaking)

A CELEBRATION OF GARRY'S LIFE WILL TAKE PLACE ON SUNDAY, SEPTEMBER 10 AT 2 PM (DOORS AT 1 PM) UKRAINIAN YOUTH UNITY COMPLEX (9615-153 AVENUE) IN LIEU OF FLOWERS, GARRY WOULD ENCOURAGE DONATIONS TO TERRA CENTRE.

Conscious Living

Does our way of living serve us well?

MANON AUBRY

BoyleBits: A View from Boyle Street

It's like they say during the air safety instructions: parents, put your air mask on first. That's because you can't take care of others until you have taken care of yourself. That means physical, mental, and spiritual health. I decided that yoga and walking the dog were my favourite forms of physical exercise, but more fit people would probably gravitate towards more challenging activities such as mountain biking and rowing a kayak.

However, pretty much any effort counts for something. For me, getting a dog was the best step towards healthy living. We walk about five kilometres a day and the sunshine and fresh air does much to raise my spirits. Likewise, taking some time everyday to simply focus on brushing the dog serves as a mindfulness exercise and becomes both mental and spiritual therapy. For those with children, I suspect that to focus totally on the child such as reading with them or a long loving hug can do wonders for your well-being.

I figure the description of mental health for me is when I make choices based on what is good for me rather than out of habit. Conscious living is where I ask myself what influence a certain person brings to me. Is this friend someone who I can re-

spect, admire, and trust? Someone who will lift my mood? Or, is this another person who does nothing but complain about others, who is so judgmental? What lesson can I learn from him/her before I dispatch them from my life? Is this encounter to teach me about my own issues? What about my spiritual duty to do unto others as I would like have done unto me? That's a pretty tall order that I often fail at, but then again some effort is better than none. I always find that I am more generous when my life is going smoothly, but that I can also turn down requests for spare change when there are too many problems in my life.

A spirit of generosity is infectious. Before I arrived, the neighbours had a less than happy relationship. Now we take turns doing each other's lawn and sidewalks, just because I did both of theirs when I first moved in. Through conversations I learned about the basis for their misunderstanding of each other. It's so true that everyone gets to be who they are by honest means. Strife at home taught me to be independent, but sometimes a bit of a loner. We're all a sum of our experiences. Conscious living means that we have to ask if the ways we have learned serve us well.

Manon is a resident of Boyle Street and an active volunteer in the community. This column contains her own opinions, and is not affiliated with the Boyle Street Community League.

Asking For Help



IAN YOUNG

Ability and Community

"The Spirit of Self-Help is the root of all genuine growth in the individual."-Samuel Smiles (Scottish author)

Before you can overcome a barrier in life, you must first understand it. All of us are different - that is what makes us individuals, and we have different reactions to different situations.

I am a big advocate for self-understanding and believe you are

the one who knows yourself best. At times, a psychologist can be the first step to guiding you into a self-help regime. Everyone has setbacks and traumas in life, and deal with them in their own way. Some people may be very strong, while others can be very negatively affected. Being upset and discouraged is not a sign of weakness - it is a personal emotion.

I have read many books on attitudes concerning overcoming trauma and setbacks. I use them as a guide and take tips to work into my life. Also, never be ashamed asking for help. A relative, a neighbour, a friend - someone you trust can put you in the right direction. My eldest sister was a huge support.

Thankfully, our support systems are training more people to be in the field, but never feel ashamed asking for help!



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Slowing Down for the Present

KERI BRECKENRIDGE

Keri's Corner

Self-care. Good grief, who has time for that? It seems a little selfish too, doesn't it? When there are so many people who need your help, how can you take time for yourself? Unless you just don't want to admit that the world may not fall apart if you take your eyes off of it for a minute.

When we, in Alberta, use that phrase at all, it's usually in conjunction with performing better at our jobs. Feel better so you can do your job with less complaint. Although that can be a happy side-effect, it isn't the point. We have this

never-ending tendency to spin things in terms of productivity, so we can quantify our existence by what we add to the economy. However, health and well-being is not about being productive. It's about feeling better so you can be more fully present for your life both inside and outside of your job.

I think our society has to undergo a paradigm shift. Profit can no longer be king - it has to be reduced to a pawn or something. Bad things tend to happen in the pursuit of profit. Remember Enron? Morals and values are cast aside to justify making money. In our personal lives, we let our health suffer and our families go without us to bring

in that income. The income is important but it is not the most important point of us.

If you've practiced self-care in any form, you'll understand the value of slowing down and being present. The moment you're in right now - it's your life. Are you paying attention? We get to live it just this once. Don't let it go without getting every moment of joy, pain, laughter, anger, and contentment that you can from it. At the end when you look back, I doubt you'll wish you had put in more hours at the office.

Keri lives, and takes lots of time for herself, in Boyle Street.



ISABELLE FOORD

Something Funny

I saw some people leaving a Hot Yoga studio. They looked like boiled owls.

I must be part Neanderthal. There is something about shopping that brings out my urge to hunt and gather.

Isabelle is a writer who was a long-time resident of McCauley.

Thoughts On Yoga

REINHARDT HEINRICHS

Keri and I have practiced yoga for the last 17 years. It started simply with Access TV and Gerda Krebs at the Muttart Conservatory. We still fantasize about doing yoga there and possibly napping immediately afterward in a sunbeam if possible.

At this point in time, I was not working and was living with Keri in her parents' basement. I was fixing my health in a number of ways and we gravitated to Access TV yoga. We also have used other instructor's practices over time. Wai Lana was another Access TV yoga teacher from the beginning. She liked serene rocks at the seaside as a motif going with a more intense practice coming from a

younger perspective than Gerda, proud to be 60-plus. I can recall doing multiple practices in a single day because I had the time to do that. Breathing is a vital observance in yoga. In beginning the practices, I felt the places in my body needing an oxygen feeding. It's a thing you can feel that is refreshing, like a cool drink on a warm day. You don't need to get any special clothes or schedule a class with a pack of other people. We started out taping Gerda and Wai Lana on VHS and in time going to Rodney Yee and Robert Peng on DVD.

Keri came across an online argument, where she put in a sentence on behalf of doing yoga practices and ended up with someone crying "cultural appropriation."

Well, "cultural appropriation" is nearly the end of the rotating axis of things turning the very wheel of history. Bagpipes come from Africa - Scotsmen loved the droning sound. The Chinese showed Marco Polo how to turn flour into pasta. Sam Phillips wanted a white singer who could sound like a Black one. His receptionist found Elvis Presley. Nineteenth century yoga master Lehi Mahasaya foretold that, "The message of yoga will encircle the globe. It will aid in establishing the brotherhood of man." These are the words of a man not feeling threatened by "cultural appropriation." Yoga is a subject to which I am certain Keri and I have both referred previously in some sense. A co-worker of Keri's once proposed a Keri cult. The only te-

nets Keri would endorse were to practice yoga and eat your vegetables. This fully makes me a member along with actually being married to her.

The last thing for me to say on yoga is that it cured my back pain. Coming from a childhood on the farm, back pain is a recurring side-effect. The practice of getting your body aligned is quite simple and it might be culturally appropriate for some to take pills, drink alcohol, and watch Fox TV to ease the wear and tear of working. However, breathing, stretching, centering your sacrum, and finding peace for your day is simply good for humans of any culture.

Reinhardt lives in Boyle Street with his wife, Keri Breckenridge.

Rocking and Rolling for A Cause



The Stephanie Harpe Experience rocking out at the Edmonton Rock Music Festival on August 19. The band features McCauley resident Steven Johnson (far left). The festival is a fundraiser by the Rock and Roll Society of Edmonton for the Centre for Arts and Music, which provides young people the opportunity to learn to play and record rock music. Paula E. Kirman



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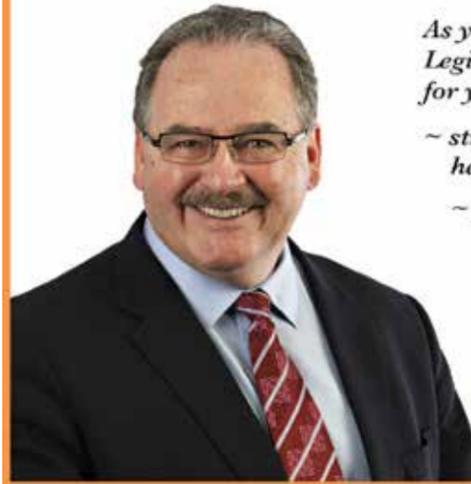
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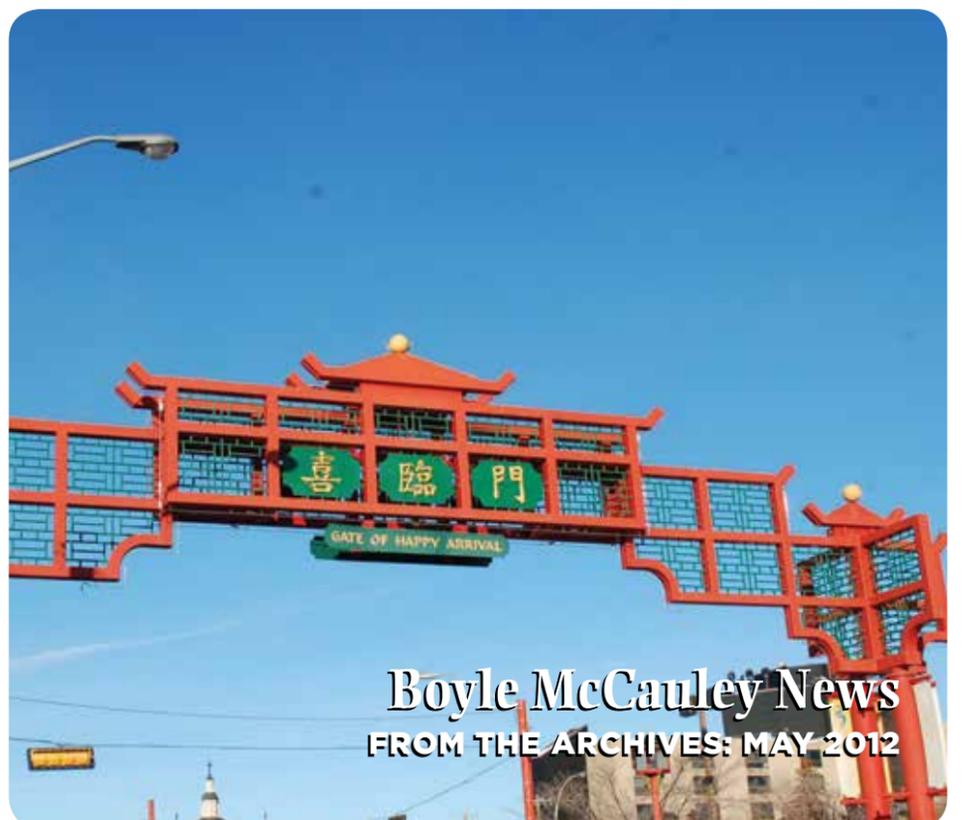
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Boyle McCauley News
 FROM THE ARCHIVES: MAY 2012

Suspended Selfie



Boyle Street resident Sharon Pasula walked and hiked at the Lynn Canyon Park in North Vancouver in July and took this selfie by the suspension bridge. She described her time there as a physical, emotional, and spiritual self-care experience. Sharon Pasula

McCauley Community League Presents



FALL FIESTA

SATURDAY, SEPT 16

A Celebration of our Community's Diversity!

McCauley truly does have it all! The whole world came here, and brought all their food and music, stories and games. It's time for our yearly big party to celebrate that. • International Treats! • music, stories and song circle! • Art projects, face painting! • Games, bouncy slide, • & lots of neighbours!

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A Home Harvest in McCauley



For many, gardening and using those fruits of labour as ingredients is a form of self-care. The first photo is of the last raw fruits and veggies harvested from her garden: rhubarb, two kinds of squash, and a few beans and raspberries. The second photo is of raspberries from Joanne McNeal's yard in the process of becoming cordial, like in *Anne of Green Gables*. The darker jar on the left is Nanking Cherries. Joanne McNeal

Boyle Street Community League Update

Here's What's New

ALF WHITE

BSCL Update

A number of music events have taken place at Boyle Street Plaza. I hope to see more of these events in the future.

There has been a staff change at the Plaza. Please welcome Maryam Abdallah as our new Facilities Director. Maryam has been on staff for the past five years. She has done an excellent job as a front desk attendant and is doing an awesome job as the Facilities Director.

I am proud of the staff of the Boyle Street Community League. They are polite and pleasant front desk attendants. They represent our community

with a very professional and positive attitude. Of course, having said that, now they will probably want a raise!

The Board is still looking for someone to help us with the grant applications that have to be filled in and sent off. Please send your resumes to our office in the Boyle Street Plaza.

The new PINS building is progressing nicely. See the article in this issue on page three. I feel it will be a first-class addition to the Boyle Street community. I will keep everyone posted on its progress.

Alf is the President of the Boyle Street Community League.

Taking It Easy

ALF WHITE

What do I do to keep myself healthy and relaxed? I have been a fairly easygoing guy most of my life. My brothers and I grew up in a comfortable, positive, loving environment. We did have our differences, but we get along well in our retirement years now.

When i get a little stressed i just jump on a bus or the LRT for an hour or five and think things through. It has been a big help for me. Also, I try to eat fairly healthy food. I like sitting and watching movies with a

plate of raw veggies and ranch dip, while sipping on a lemonade. However, I am also somewhat addicted to chocolate.

I feel I have been blessed with an easygoing temperament. I don't get mad very often, and I like to make life fun and happy for everyone with whom I come into contact. I also like to tease a little and I don't mind being teased.

Want to find out more about what I do to keep healthy? Lets have lunch or coffee sometime! Until then - keep your stick on the ice!

The Stages of Self-Care

LEIF GREGERSEN

Self-care is a fairly new term, but not a new concept. The way it used to be, so it seems, is that most people practised self-care only when they were sick with a cold or a flu. They would take a day or two off, load the sofa with blankets and pillows, set a box of tissues nearby, and binge-watch anything they could. These days, people seem to want to practise self-care all the time.

I have always tried to weigh the advantages and disadvantages of personal choices in my own self-care. I do take multi-vitamins, but pass on some of the more expensive vitamins and supplements. I feel that even though they may have good effects on my health, it just isn't worth it if I'm spending more than \$50 or so a month on them.

After vitamins, I look at my diet. I try to eat at least one fresh fruit a day and make healthy choices when I shop, like buying extra lean ground beef or low-fat yogurt. For some time now I

have mostly stopped drinking coffee in favour of tea, not only because it is much cheaper and I enjoy it more, but also because studies have proven people who drink tea may have less of a chance of developing heart disease.

However, it can be tricky shopping on a budget. You practically have to bring a calculator and a magnifying glass because the labels and prices of many items are extremely misleading in most stores. If you buy 454 grams (one pound) of spaghetti for \$2.89, are you really better off buying 900 grams for \$5. Then, you have to think about whether or not you can use two pounds of spaghetti, or if you would prefer broad egg noodles, or whole wheat pasta. I try to do everything in more general terms than worry about each calorie, each gram of fat, and each gram of sugar. I just attempt to get all the four food groups in my shopping cart and steer clear of the more processed foods like bologna or sugar cereals.

The next major part of self-care for

me is exercise and sleep. I know I shouldn't do it, but I often like to take a nap in the afternoon. This almost always makes it harder for me to sleep, although the time I spend not being able to sleep I am able to work on my writing. I often have to avoid making appointments in the morning. The morning is often my favourite time of day because I like to get up early, head to Spinelli's, and have my breakfast, then go for a long walk for any reason I can think of or make up. These morning walks which can go up to five miles are good for my body and soul.

The last, and perhaps most important, part of self-care I consider is the time I spend with friends and family doing things I enjoy, which is sort of a spiritual side of things. One example is that, until just recently, I never saw the importance of keeping a tidy living space until I realized it can be a lot of fun to have friends over to a neat and clean home to spend time with, watch movies, and just generally relax. I also like to go for walks with my dad, often in Mill

Creek Ravine or in the River Valley parks. These are the last and most important parts of self-care. I would say even if a person is bed-ridden with poor health and a poor prognosis, they can be fulfilled and happy if they can interact with others and enjoy their company. Taking it one step further, I have meditation apps on my watch and on my desktop computer that guide me to clear my mind, focus, and feel stronger and happier in many ways.

So, basically, that is how I practise self-care. The funny thing is it still applies on days when I'm sick, when I just lay on my sofa and convalesce. It all really comes down to feeling good about yourself, and remembering that no one is strong enough or independent enough to deny the signs of your mind and body telling you to take better care of yourself, which of course can help anyone become happier, healthier, more productive, and even more fulfilled.

Leif lives in McCauley.

CHECK OUT THE MONTHLY SUDOKU PUZZLE ON PAGE 15 AND CHECK YOUR ANSWERS HERE:

4 2 3 8 7 1 6 9 5
1 7 9 6 5 3 2 8 4
8 6 5 9 2 4 3 7 1
6 3 8 4 9 7 5 1 2
2 1 7 5 3 8 9 4 6
5 9 4 1 6 2 8 3 7
9 4 2 3 1 5 7 6 8
7 8 6 2 4 9 1 5 3
3 5 1 7 8 6 4 2 9



Boyle McCauley News FROM THE ARCHIVES: JUNE 2014

SUDOKU

EACH COLUMN MUST CONTAIN ALL OF THE NUMBERS 1 THROUGH 9 AND NO TWO NUMBERS IN THE SAME COLUMN OF A SUDOKU PUZZLE CAN BE THE SAME. EACH ROW MUST CONTAIN ALL OF THE NUMBERS 1 THROUGH 9 AND NO TWO NUMBERS IN THE SAME ROW OF A SUDOKU PUZZLE CAN BE THE SAME.

SOLUTION ON PAGE 14

GENERATED BY THE OPENSKY SUDOKU GENERATOR

				7		6		5
	7				3		8	4
8		5						1
6			4		7	5		
	1						4	
		4	1		2			7
9						7		8
7	8		2				5	
3		1		8				

Community Classifieds

NEIGHBOURHOOD RESIDENTS GET FREE CLASSIFIED ADS! EMAIL FIVE LINES OR LESS TO EDITOR@BMCNEWS.ORG

CHURCH AND AGENCY SERVICES

BISSELL CENTRE

(780) 423-2285
 Adult Cooking Classes: First 3 Wednesdays of the month January – June 11:30 a.m. – 2 p.m.
 Movie Night: First 3 Wednesdays of the month 5 – 7 p.m.
 Haircuts: Tuesdays 1 to 3 p.m. (sign up at 12:30, first come first serve)
 Victorian Order of Nurses: Thursdays 11:30 a.m. to 3 p.m.
 Early Childhood Intervention: Monday – Friday 9 a.m. – 4:15 p.m. (reservations preferred) Drop-In: Monday – Friday 7 a.m. – 3 p.m.
 Women's Lunch: Tuesdays and Thursday at noon
 Parenting Classes: Mondays at 11 a.m.

BOYLE MCCAULEY HEALTH CENTRE

10628 – 96 Street
 Monday - Thursday 8:00 a.m. to 9:00 p.m. Friday 8:00 a.m. to 4:30 p.m. Saturday 9:00 a.m. to 12:30 p.m. Women's Health Promotion Evening: Thursdays (except the last Thursday of the month) from 5:00 p.m. to 7:00 p.m. preceded by yoga class at 3:30 p.m. for one hour.
 Foot Clinic - Wednesday from 1:30 p.m. to 3:00 p.m.
 Dental - Monday - Friday 9:00 a.m. to 4:30 p.m. Street works during clinic hours.

BOYLE STREET COMMUNITY SERVICES

10116 – 105 Avenue
 (780) 424-4106
 Monday – Friday 8:30 a.m.-4:30 p.m. Youth night: Wed. 4-7 p.m. Adult Drop-In open all day – 8.30 – 4.30 . Lunch: Monday-Friday at 11.30. Free repairs for eyeglasses every Monday, 9 a.m.-1 p.m.; housing, family, youth, mental health and outreach programs available.

INNER CITY PASTORAL MINISTRY

10527-96 St. NW
 (780) 424-7652
 Pastor Rick Chapman
 Pastoral Assistant: Michelle Nieviadomy
 Sunday Service: 11 a.m. - noon
 Sunday Lunch: Noon - 1 p.m.

ST. PETER'S LUTHERAN CHURCH

9606 – 110 Avenue
 (780) 426-1122
 The Rock Community Breakfast
 Tuesday to Thursday 7 – 9 a.m.
 Kid's Club. Monday 6 – 7:30 p.m.

SALVATION ARMY

9611 – 102 Avenue
 (780) 429-4274
 Men's Residence, Anchorage Addiction & Rehabilitation Chapel.

WOMEN'S HEALTH CLINIC

Located in the Women's Emergency Accommodation Centre is open Monday - Wednesday from 9:00 a.m. to 11:30 a.m. Closed on Thursday and Friday from 8:30 a.m. to 11:30 a.m.

THE MUSTARD SEED

10635 – 96 Street
 (780) 426-5600
 Evening Meals: Mon.-Fri. 7:00-8:00 p.m.
 Sat. 5:00-6:00 p.m.
 Food Depot: Tues. and Thurs. afternoons 1:00-3:00 p.m., Wed. evenings 8:00-9:00 p.m.

Drop-In Coffee: Monday - Friday afternoons 3:00-6:00 p.m.
 Evening Drop-In: Saturday 6-10 p.m.
 Personal Assistance Centre (PAC, clothing ministry) 10568-114 Street, side door
 Mon: 1:00 - 3:30 p.m.
 Wed.: 5:00 - 7:30 p.m.
 Thurs: 1:00 - 3:30 p.m.
 For more information call The Mustard Seed, at (780) 426-5600 or visit: www.theseed.ca

HOPE MISSION
 9908 106 Avenue (780) 422-2018

HOPE MISSION MEALS:
 Monday - Friday
 Breakfast Served 7:15 a.m. - 8:00 a.m.
 Lunch served 12:00 p.m. - 12:45 p.m.
 Supper served 5:00 p.m. - 5:45 p.m.
 Weekend
 Brunch 10:45 a.m. - 11:30 a.m.
 Supper 4:15 p.m. - 5:00 p.m.

HOPE MISSION SHELTER:
 Men, Women, Youth
 Doors open 8:30 p.m. - 12:00 p.m.
HOPE MISSION COMMUNITY CHURCH:
 Sunday
 2:00 p.m. Hope Mission Centre - 9908 106 Avenue
 7:00 p.m. Herb Jamieson Centre - 10014 105A Avenue

HOPE MISSION HEALTH CLINIC:
 Family Doctor Tuesday and Thursday
 Walk in: 8:00 a.m. - 4:00 p.m.
 Family Doctor (Male Patients) Monday - Friday
 Walk in: 2:00 p.m. - 10:00 p.m.
 Psychiatrist Monday - Friday
 Appointment only - call (780) 244-2018 Ext. 278

NICOTINE ANONYMOUS
 RICK (780) 474-5593
 GWYNN (780) 443-3020
 Support for smokers who are trying to quit. Call Nicotine Anonymous.

SACRED HEART CHURCH OF THE FIRST PEOPLES
 (780) 422-3052 for further info on anything listed here.
 Eucharist is held each Sunday at 10 a.m., 11:30 a.m. and 7 p.m. Bimonthly programs available to prepare parents for their child's Baptism, First Communion and Confirmations. Traditional Native Wakes, in First Nations, Métis, and Inuit traditions. AA meets in the Parish Hall. Eating Disorder Group meets each week. White Stone Project and Edmonton Inner City Children's Project Society run their programs in conjunction with Parish programs. Gospel music festivals, dances, youth dances, pancake breakfasts and Feasts are held in the hall throughout the year.

THE LEARNING CENTRE LITERACY ASSOCIATION is seeking volunteer tutors to help adults develop reading, writing and/or math skills. Volunteers participate in group learning, tutor one-to-one, or assist drop-in learners. Skills and Experience: High school level reading, writing and/or math skills. Openness to tutor and learn with adults with various life experiences, including living with homelessness. Two locations: Boyle Street Community Services and Abbottsfield Mall.
 Contact: Denis Lapierre, Coordinator
 780-429-0675 or
 email:dl.learningcentre@shaw.ca

NETWORKS ACTIVITY CENTRE
 780-474-3363, EXT. 302. Volunteer! JOIN OUR TEAM!
 Networks Activity Centre provides adults with brain injury a program that promotes an active lifestyle through opportunities for social interaction, physical activity, and community involvement. Volunteering with Networks Activity Centre is a wonderful way to enrich your life and touch the lives of those we serve. If you are interested in joining our volunteer team please call 780-474-3363 ext. 302.

NEW MEMBERS WELCOME TO JOIN MCCAULEY CLUB. Kids from age 6 to 17 are invited join after school programs that run from 3:30 to 6:30 p.m. Mon., Tues., Wed., & Fri., & from 2:30 to 6:30 p.m. on Thurs. Programs include arts & culture, physical activity, health & nutrition, academic support, life skills, and leadership. Drop in at 9425 109A Ave. or call (780) 822-2549 for details. Offered free of charge.

P.A.L.S. PROJECT ADULT LITERACY SOCIETY NEEDS VOLUNTEERS
 Work with adult students in the ESL - English as a Second Language program. Training, materials, and supplies provided. Call (780) 424-5514 for more information.

BUILDING BRIDGES
 Building Bridges All Nations First Nations Fusion Church Services Sundays, 3 to 6 p.m. at St. Faith's Anglican Church, 11725-93 Street.

COMMUNITY EVENTS AND ACTIVITIES

NEIGHBOURHOOD PAINTING
 Randy, 25 years experience, \$12/hour. Offering Indoor (year round) and/or Outdoor (seasonal). Some of the work I have completed is taking care of all the painting needs at The Rock/ Breakfast Club. To contact me, please leave a message at (780) 426-1122.

WIRELESS NETWORKING
 Are you tired of your street using your wireless Internet connection? I can set up your Wireless Router and increase your

network security. Call Kevan at (780) 983-5343.

HANDS ON LTD. CONTRACTED SERVICES
 Offers: Residential and office cleaning. Move ins and move outs and yard maintenance. Call Linda at (780) 619-4776.

BOOMER TO ZOOMER YOGA
 Small groups or one-on-one. Learn yoga at your own pace; at your own time. \$10/hr for small group lessons. Call for more information. Sally @ (587) 336-8306.

COMMONWEALTH COMMUNITY REC CENTRE ACCESS
 All Amenities, Sundays 1-3 p.m.
 FREE for MCL and BSCL members.

FREE KIDS COMPETITIVE SWIM PROGRAM
 For kids ages 6 to 14 at Commonwealth Pool. Must be able to swim 25m unassisted.
 Must live within the McCauley boundary.
 Mondays, Wednesdays, and Fridays from 4 p.m. to 5 p.m.
 Contact Corrine @ (780) 421-1189 or
 corrinecoffey@shaw.ca.

MUSICAL MAMAS SINGER SONGWRITER SUPPORT GROUP FOR WOMEN
 A wonderful gathering of female singer/songwriters and industry professionals who meet monthly to inspire, support, develop, and expand musically. Held at the Boyle Street Plaza on the last Tuesday of each month 7-9 p.m.
 All Ages - Free
 For more information: (780) 807-5883.

PIU YUM RECREATION CLUB
 Dancing, Exercise, and Singing Everyone is welcome, free admission. Every Monday from 1:00 to 5:30 p.m.
 Boyle Street Plaza
 9538 – 103A Avenue, Edmonton

HARVEST MARKET IN GIOVANNI CABOTO PARK
 September 30, Noon to 7 p.m.
 Artisans, food stalls, and Grape Stomping!
 Then, join us in the park at dusk for a showing of the classic Italian film: *The Bicycle Thief*.

WINTER IN LITTLE ITALY
 November 12, 11 a.m. to 5 p.m.
 Too chilled to walk the paths of Little Italy? Then hop aboard a horse drawn carriage and tour Shops, Restaurants, and Heritage Buildings. Pick up your passport, collect your stamps, and enter to win a Made-in-McCauley Gift Basket!



FREE GUITAR LESSONS
 Drop-in guitar lessons for all ages and skill levels. (Children under 12 must be accompanied by an adult.) Everyone welcome. Guitars available to use. Every Monday 8:15 p.m. – 9:45 p.m. Location: McCauley Boys & Girls Club, (9425 109A Avenue). To sign up for guitar lessons or for more info call (780) 424-2870. Sponsored by the McCauley Community League, E4C and Ansgar Danish Lutheran Church.

WECAN FOOD BASKET
Make Your Monthly Grocery Supply More Complete!
 Monthly Food Basket \$15/meat order, \$10/produce order – Annual Membership is \$5. Upcoming deadline for payment is September 8. Payment can be at McCauley Boys & Girls Club, during business hours, Monday – Friday 9 a.m.-4 p.m. Next depot date is Thursday, Sept. 21, 10 a.m. – 2 p.m. at McCauley Boys & Girls Club (9425 109A Avenue). For more info please contact (780) 424-2870.
 Website info: www.wecanfood.com

STREET PRINTS ARTIST COLLECTIVE
Creating opportunities for independent artists to market and sell.
 A small but growing group of artists and community development folks, volunteering together to market and sell the works of artists who consign their works for a minimal fee. Meetings happen bi-weekly as per the availability of members. Location: Bissell Centre (10527 96 Street) For more info please contact (780) 424-2870. Facebook page: @streetprintscollective E-mail: streetprintscollective@gmail.com

OUTDOOR SOCCER (NEW TIME) AT SACRED HEART CHURCH PARK - 10821 96 STREET
Weekly Recreational Soccer Drop-in!
 Come alone or with friends to join in drop-in recreational soccer! Everyone is welcome and we play to have fun and to everyone's ability. MONDAYS 5:00 p.m. – 7:00 p.m. Throughout Fall (as weather permits) For more info please contact (780) 424-2870

Global Fusion Brings Youth and Cultures Together

LEIF GREGERSEN

On Friday, July 21, in Giovanni Caboto Park, a group of leaders and pillars of the community gathered with some very talented youth from diverse backgrounds to celebrate youth in the arts and promote unity among all Edmontonians. The celebration was named "Global Fusion Youth Cultural Arts Celebration" and by all standards it was a huge hit. There were some very recognizable faces in the crowd, from Ahmed Knowmadic Ali, who has recently been named Poet Laureate of Edmonton, to Mayor Don Iveson who told a moving story about how, during his childhood, he had been taught to look at others

differently and how he has spent a lifetime trying to unlearn the things he was taught in his younger days about the differences between his and other cultures.

The day began with a circular dance in which youth from many nations displayed cultural symbols and greetings. The circular dance was based on the concept of a powwow, giving recognition and honour to the Treaty 6 territory in which the event took place. In a short ceremony with an Elder and Indigenous drummers, the announcer from the stage acknowledged the many groups of First Nations peoples who used this area as a

gathering place from far back in time. The Elder (Dean Brown) was present to give a blessing to the festivities. As the day went on, the weather wasn't always perfect, but the show didn't miss a beat and the mood was kept high. There were numerous bands that came out to help the celebrations, and a number of cultural dance groups. Giving off powerful drum beats was the Sangea West African drum group. There was also an Indigenous drum group that has performed at many other McCauley events, the Nehiyawak Native Drummers. Not the least of the performers was the Laos youth dance group, and the popular local band "The definit."

Among the local leaders in attendance was City Councillor Scott McKeen, Member of Parliament Amarjeet Sohi, and representatives from E4C, the McCauley Community League, Ogaden Somali Community, The Edmonton Community Foundation, and the City of Edmonton, all of which were funders of the event. As the day drew to a close, all artists and performers available joined together for a grand finale jam. Singers, drummers, guitar players, and more all joined together to make sweet music to commemorate a day of unity and fellowship among those who may not have met without this event.



Left: Hoop Dancer Lakota Tootoosis. Paula E. Kirman Right: A dramatization of an Oromo wedding. Paula E. Kirman

BOYLE MCCAULEY PHARMACY AND HOME HEALTH CARE

10817 95 STREET EDMONTON, AB T5H 2E2 • (780) 705-6333

NEW HOURS

WEEKDAYS 8 A.M. UNTIL MIDNIGHT
WEEKENDS AND HOLIDAYS 10 A.M. - 6 P.M.

5TH ANNIVERSARY BBQ!
THE COMMUNITY IS INVITED TO ATTEND THE 5TH ANNIVERSARY OF OUR PHARMACY ON
SEPT. 16
12-3 PM

ADVERTISE WITH US!

BMCNEWS.ORG/ADVERTISE

REACH 6000+ READERS MONTHLY IN YOUR COMMUNITY