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Boyle McCauley News

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VOICE OF THE COMMUNITY SINCE 1979

Edmonton Chinatown's Summer Festival

Another successful and fun event on 98th Street for the second year in a row.

This year's Edmonton Chinatown's Summer Festival took place on August 20th on 98th Street between 105th and 107A Avenues. The street was packed with people enjoying the performances, market, food trucks, and other activities. One of the highlights was a simultaneous Lion and Dragon Dance presented by several groups together, as well as an appearance by Hunter, the mascot of the Edmonton Oilers. The event was organized by the Chinatown and Area Business Association with support from the City of Edmonton. Here's a look!

PHOTOS BY PAULA E. KIRMAN



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TALKING ABOUT HOUSING AND ZONING

“In October at City Hall, we'll be talking about our corporate and city-wide housing strategy.

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BECOMING AN ADVOCATE

“It is a glorious feeling when I feel someone has benefitted from something with which I was involved.

■ PAGE 9



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NEIGHBOURS

What happens to donated items at Bissell Centre?

Clothing and goods donated to Bissell Centre go to one of three places:

The first two see items given out directly to people who need them most. The Family Supports team works directly with families experiencing poverty and often helps with basic needs like clothing. The Community Closet sees individuals experiencing poverty at our Community Space receive free clothing.

Clothing and goods can also find their way to our Thrift Shop. Proceeds from the two Thrift Shops (Alberta Avenue and Hermitage) directly supports housing, employment, early childhood development and other programs at Bissell that seek to understand and end poverty in Edmonton.



bissellthriftshop.com

Social Media Content Blues



PAULA E. KIRMAN • BMC News Staff
MCCAULEY MUSINGS

In the paper's Editor's Notes on the right-hand side of this page, I always take the time to direct you to our social media for additional content, particularly photos, from community events. However, because we are a news outlet, our content is currently blocked to users in Canada on Facebook and Instagram. This is because of how Meta (the parent company of Facebook and Instagram) is responding to Bill C-18, the Online News Act, which requires tech companies like social media sites to pay news outlets for showing their content.

Unfortunately, Big Tech's reaction to this law ends up hurting smaller media like us, as we use social media platforms to increase our visibility, as

well as promote local events and other time-sensitive content. We spent years organically growing our online audience and don't want to see our hard work be wasted.

Therefore, our workaround for now is to publish even more extra content on our website: bmcnews.org. This will include photo galleries from local events that we normally would have published on our socials.

We will keep publishing on Facebook and Instagram to a limited degree in the hope that the situation will change. Following us still helps build our numbers for when our content can be freely shown to our Canadian visitors again. We're @bmcnews on Facebook and @bmcviews on Instagram. As well, we're @bmcnews on X (formerly Twitter, and which is not currently blocking news to Canadian users).

You can also subscribe to our free e-newsletter at our website (bmcnews.org) which features current stories from our print edition as well as exclusive website features.

EDITOR'S NOTES

Welcome to our October-November 2023 issue. As I discuss in my editorial in this issue (on the other side of this page), we are facing some challenges in terms of getting our content on social media. If you want to see exclusive news and content concerning community news and events, please visit bmcnews.org regularly to read website exclusives and to subscribe to our free e-newsletter. It is delivered directly to your inbox when we publish a new issue.

We have the dates for our next casino: February 28th and 29th, 2024 at Pure Casino Yellowhead. If you're interested in volunteering for a shift (or two), send

me a message at editor@bmcnews.org and I will forward your information to Colleen Chapman, our Volunteer Coordinator who is organizing the casino. This is our biggest fundraising event to keep the newspaper going. You can also contact me any time at editor@bmcnews.org to discuss any other volunteer opportunities which may interest you.

Do you love *Boyle McCauley News* and want to see it thrive? Perhaps you would like to become a member of the non-profit society that oversees the operations of the paper. It's free to join and you will occasionally receive notices and information. The sign-up page is here: bmcnews.org/membership.

Enjoy the issue - see you next time!

OUR NEXT ISSUE. . .

Volume 44, Issue 6 will be published December 1st, 2023. Articles and photos concerning community news, events, and opinions are welcome. We also accept submissions of poetry and cartoons. Deadline: November 12th, 2023. Send submissions to: editor@bmcnews.org. Articles should be 400 words or less and accompanied by photographs (JPG, in high resolution) whenever 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 for our next print issue is November 12th, 2023.

Boyle McCauley News

Boyle McCauley News is a non-profit newspaper published six 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.

Advertisements from political parties and politicians are paid for. *Boyle McCauley News* does not support or endorse any political party or viewpoint.

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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.

THANK YOU TO OUR VOLUNTEERS!

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BOYLE STREET AND MCCAULEY CRIME & SAFETY RESOURCES

- **24/7 Crisis Diversion:** Call #211 + press 3 when you see a person in distress
- **Needle Debris:** public property: 311
- **Needle Debris:** free clean-up on private and public property:
Boyle Street Ventures: (780) 426-0500
- **Sharps Containers:** free sharps containers:
Radius 780-422-7333 or Streetworks 780-424-4106
- **Litter/Graffiti:** 311 or:
edmonton.ca/programs_services/graffiti_litter/cccu-get-involved
- **Problem Properties:** To report a problem property call 311, contact 311 online or use the confidential reporting form at edmonton.ca/problemproperties
- **To report an unsecured vacant property:**
Call 311 or email: communitypropertyteam@edmonton.ca
- **EPS Healthy Streets Operation Centre (HSOC) teams** are regularly and proactively patrolling several downtown neighbourhoods to combat crime and disorder. Citizens are encouraged to speak with officers in person when they are available.
- **EPS Non-Emergency:** (780) 423-4567
- **EPS Non-Emergency mobile access:** #377
- **EPS Emergency:** 911
- **EPS Website:** edmontonpolice.ca
- **EPS Crime Prevention:** Facebook @epscrimprevention
- **Crime Stoppers:** 1-800-222-8477
- **Report Gang Activity:** (780) 414-GANG (4264)
- **Stay informed & get involved:** safermccauley.ca and on Facebook @safermccauley

MLA UPDATE

Addressing Issues This Fall

JANIS IRWIN

Friends,

Happy fall! Like so many of you, I'm a big fan of summer, and I've done my best to take advantage of the warm weather and the sunny days that we've had over the past few months. I was so happy to connect with many of you at community events this summer. I may be wearing more flannel as we move into fall, but you can still expect to see me out and about - and I'm looking forward to seeing you, too.

Anytime I'm in our Boyle Street and McCauley neighbourhoods (which is a lot!), I'm proud to say that I'm most struck by the great work that I see you all doing together to take care of each other. Last year at this time, I'd written that I'd heard from so many of you that times were tough - for some, tougher than they'd ever been. We know that this trend has continued over the past year. Food, transportation, and housing costs are getting more expensive by the day, our overloaded healthcare system is straining to meet the needs of Albertans, and many of you are concerned about ensuring the health and safety of our neighbours.

My colleagues and I are headed back to the Legislature at the end of October, and I'm ready to keep fighting for our communities here in Edmonton-Highlands-Norwood. You're telling me that you want to see action on a number of issues: affordable housing, mental health, the drug poisoning crisis, accessible healthcare, a robust education system, and other vital ground-level supports. I couldn't agree more. I'll keep pushing for this action, and I'll keep amplifying your voices at every opportunity.

In the meantime, I'm looking forward to continuing to connect with you, and to celebrate all the ways in which our community comes together. Whether it's on housing, healthcare, education, or any issues that are top of mind for you, I want to hear from you. Please reach out, and know that as always, I'm here.

Take good care of yourselves and each other.

Janis Irwin, MLA for
Edmonton-Highlands-Norwood

Email: Edmonton.HighlandsNorwood@assembly.ab.ca

Phone: 780-414-0682

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Call 311 or email RestrictedParkingPermits@edmonton.ca for annual Stadium parking permits, or ParkingAssets@edmonton.ca for temporary parking permits.

Save yourself, and your guests, the pain of a very expensive parking ticket and possibility of being towed.

Get the paper...in your email!

Sign up to our email newsletter and get the latest on your community in your inbox.

bmcnews.org/newsletter

Where to Find Boyle McCauley News

Boyle McCauley News is delivered by our volunteer Block Carriers (in McCauley) and Apartment Ambassadors/Condo Connectors (in Boyle Street) to approximately 2500 homes in the area.

If you do not receive the paper at your home, there are numerous places where you can pick up a copy:

NEWSPAPER BOX LOCATIONS

10844 95 Street (near Sorrentino's)
86 Street & Jasper Avenue (by Riverside Towers)
Boyle Street Plaza (by main entrance)
97 Street & 103 Avenue (near Farmers Market)
97 Street & 107 Avenue (near Lucky 97)

BUSINESSES

We also drop off copies at a number of businesses in and around the area, including:

Sprucewood Library (11555 95 St.)	Tony's Pizza (9605 111 Ave.)
Felice Cafe (10930 84 St.)	Italian Centre (10878 95 St.)
Panini's (8544 Jasper Ave.)	Zocalo (10826 95 St.)
The Moth (9449 Jasper Ave.)	Paper Birch Books (10825 95 St.)
Lucky 97 (10725 97 St.)	Boyle McCauley Pharmacy (10817 95 St.)

VOLUNTEER TO DELIVER THE PAPER

Would you like to volunteer to help deliver the paper to your block or building?

Contact editor@bmcnews.org for more information.

Paper Birch Books

McCauley welcomes independent used bookstore.

ANITA JENKINS

Paper Birch Books has been going strong since opening in Little Italy in December of 2022. Owners Benjamin Hertwig and Céline Chuang state on their website that they are bibliophiles. On a recent visit, *Boyle McCauley News* found this description to be entirely accurate.

The shop, located in the Piazza across from Zocalo, has an extensive stock of nonfiction and fiction, poetry, art and cookbooks, children's books, graphic novels, and more. The books are attractively displayed on shelves built by Hertwig, with signage created by Chuang. The website states that the owners strive to offer stock "at a variety of price points, editions, and conditions." The store has a high turnover of titles so there is always something new to look at.

The books are obtained via visits to people's homes, estate sales, library sales, and any other locations that Chuang and Hertwig become aware of. "You can find rare and interesting books anywhere," Hertwig says.

Chuang and Hertwig say their approach to marketing is primarily through word of mouth. They have dedicated neighbourhood regulars as well as customers from all over the world, either visiting as tourists or contacting the store online. This reporter introduced Merrill Distad, retired University of Alberta librarian, to Paper Birch. "I was impressed," Distad says. "They have a well selected stock in many subject areas, as well as very fair



Benjamin Hertwig (left) and Céline Chuang, owners of Paper Birch Books. Jordon Hon

and reasonable prices."

The store welcomes everyone, even those who don't have a lot of money to spend. For example, one regular, an AISH recipient who often comes to browse, has an arrangement for reserving a pile of books to be purchased at a later date, when funds permit. "It is important to us to be flexible," Hertwig says. Hertwig and Chuang have also committed to redistributing a set portion of their proceeds each month to grassroots organizations address-

ing food insecurity and homelessness. The primary focus is on doing what suits the community - both business owners are huge fans of Edmonton and especially McCauley, where they live.

Visit Paper Birch Books at 10825-95 St in Little Italy. Hours: 11 a.m. - 6 p.m. Monday-Friday, 10 a.m. - 6 p.m. Saturday, and 10 a.m. - 5 p.m. Sunday.

Anita Jenkins is a retired writer and editor who lives in Boyle Street.

The meaning of the name "Paper Birch"

The name Paper Birch refers to the birch trees that grow in Alberta, which have bark that you can peel off and write on. The reference to writing/reading is clear, but Chuang and Hertwig also see it as recognition of the local environment.

Displaced: An Opinion

KATE QUINN

The Boyle McCauley Pharmacy recently moved to a new location in Central McDougall. This relocation was not their choice. They chose to open and invest in McCauley in 2012, thinking they were a welcome and needed community business. As a renter, your future is never secure when owners have other plans. The pharmacy's lease was not renewed in May. An eviction notice was delivered to vacate by August 31st.

I am a patient of the pharmacy. The relocation of the pharmacy means I can no longer walk a few blocks to pick up prescriptions. I recognize I am a patient with privileges. I have

a car and can drive to the new location. I am able-bodied and can walk to the new location. I imagine that many of the 3,000 pharmacy patients do not have cars and struggle with various physical and mental health issues. It will be harder for them to adjust to this new location, although the pharmacy will continue to deliver to home-bound patients.

I recently had the privilege to be in a major European city. There were small pharmacies every one to three blocks. I know, because I easily found one to purchase a medication. Communities benefit from small, friendly pharmacies where you are welcomed by name. This is

what the Boyle McCauley Pharmacy offers its patients.

Another displacement involves replacing sidewalks, creating bike paths and multi-purpose trails, raising intersections, making 92nd Street one-way, and adding corner extensions. At one Neighbourhood Renewal meeting, a few of us questioned the need for the scale of these changes at this time. We stated we would rather the City spend taxpayer money now on increasing affordable and supportive housing as one solution to encampments. But, that's a different department budget. These changes are a strange priority while people still languish in their tents and the whole commu-

nity is impacted. New streetscapes alone can't change harsh realities.

Neighbours along 108A Avenue invested time and money in beautifying the avenue by planting flowers and shrubs beyond the fence line. One of the first City ideas was to remove the beautiful old elm trees. Community input changed that. However, the flowers and shrubs had to go. Our neighbour made the best of this by transplanting some flowers to encircle the trees. We relocated two of his plants to our front garden so he can see those continue to flourish. Creative coping.

Kate is a longtime resident of McCauley.

Comfortable and Refreshing

A new space with familiar favourites at Delicious Pho.

DINING OUT

Delicious Pho

10725 98th Street

Hours: 9:30 a.m. - 9 p.m.

7 days a week

Phone: (780) 421-7082

Menu: deliciousphorestaurant.com

ALAN SCHIETZSCH

It's comforting to enjoy something old, and refreshing to have something new. Delicious Pho is both of those things, and I now find myself returning there fairly often.

For about 18 years, the original Delicious Pho was located on 106th Avenue, half a block west of 97th Street where China Marble is (and Pagolac was). With rising rent and increased challenges (such as some customers being fearful of nearby encampments), it recently moved to the corner of 98th Street and 107A Avenue.

Their new space is open and bright, with full-length glass windows. With lots of traffic along 107th, the new storefront and awnings get noticed more too. I'm happy to see the clean, modern look is drawing more people into the area. The sidewalk is wide, and there's angle parking in front. A guest who joined my wife and I biked from Westmount and was hap-



Satay soup and more at Delicious Pho. Alan Schietzsch

py there's bike parking right in front where he could keep an eye on his ride as we dined.

Upon entering, we received a friendly greeting and were offered to sit wherever we liked. There are booths, big and small tables, and, on the left, an especially nice spot in a little alcove surrounded by windows with a fun view of the street.

Menus quickly appeared, and the smiling server was very friendly, gladly explaining dishes on the extensive Vietnamese menu. We decided to try an appetizer or two. Spring rolls are a staple, and they arrived

crispy and piping hot, just how you'd expect. The surprise was the Vietnamese-style chicken wings. They have other flavours, but do order the Vietnamese style. They're our new favourite flavour: a perfect blend of meaty, crispy, and fresh, served with a garnish of colourful vegetables. Of everything on the menu, they're my "must-try" recommendation.

Of course, pho is the restaurant's main theme. So next up was the soup, with the traditional rare beef slices in an aromatic pho broth, and plenty of noodles, bean sprouts, and garnishes. We also enjoyed a bowl of beef satay, which was just the right mixture of

heat and richness, without being over the top. The bright red soup would be the perfect lunch on a cool rainy day.

There's much more than soup, so I next tried the yellow curry, with your choice of vegetarian (vegetables only), tofu, beef, chicken, shrimp, or pork. It comes as a fragrant curry gravy mixed with the meat and stir-fried veggies, and a companion bowl of rice. The combination was delicious. The veggies were properly cooked yet still crisp. How do they do that? And the menu offers both green and red curries too. Our companion enjoyed his vermicelli bowl with crispy spring rolls, saying it tasted very fresh with a nice range of textures.

To try the drinks, we all ordered Vietnamese iced coffees, which are drip-brewed over sugary condensed milk, then poured over ice. These are an ideal dessert treat. If we hadn't eaten so much, I probably would have tried one of their bubble teas, which several other tables had ordered.

Service was friendly and genuine, with plenty of repeat customers. While paying, I noticed you could peek into a very clean kitchen, so the place is very professionally run. I've been back several times since they moved in, and it's been consistently good every time.

Alan lives in McCauley. He is the Chair of the paper's Board of Directors.

McCauley Resident Honoured at Porch Concert



AV and the Inner City's annual porch concert on September 10th, in addition to great music, also featured a special surprise for McCauley resident Mike Tulley (seated on the purple "throne"). The event was declared "Mike Tulley Appreciation Day." Mike provides sound at the porch concerts and many events in McCauley and beyond. When the announcement was made, audience members waved signs, applauded, and vocally thanked Mike for all that he does in the community. Paula E. Kirman

AV and the Inner City at the EFMF



AV and the Inner City brought their soulful sounds to the Edmonton Folk Music Festival, which took place at Gallagher Park August 10th-13th. In addition to several workshops with other artists, AV and the Inner City performed a full concert on Stage 7! "AV" is, of course, McCauley's own Ann Vriend (pictured on vocals and keyboard). Paula E. Kirman

MCCAULEY COMMUNITY LEAGUE

McCauley Community League Shines With Our Neighbours

CORINE DEMAS

The McCauley Community League (MCL) is happy to report that we had a successful Annual General Meeting on June 28th at which we served food from Kim Fat Market, cotton candy, and drinks. We even had a candy bar. Members of the MCL elected nine new Directors-at-Large. Currently sitting on the McCauley Community League Board are myself (President), Beth Storhiem (Secretary), John Gee (Treasurer), and Directors-at-Large Ima Welch, David Williamson, Ruth Sorochan, Misty Wells, Dale Johnson, Christa Ferland, and Rickard Enstrom.

Many of you may wonder: what is a community league's role in the community? According to the Edmonton Federation of Community Leagues:

A Community League is a volunteer, not-for-profit organization formed to meet the needs and interests of residents within a defined geographic area.

The role of a Community League is to:

- *represent community interests to government and other organizations*

- *report on behalf of all residents within the Community League's specified geographical area.*
- *Bring neighbours together.*
- *Provide recreation and social programs.*
- *Develop amenities*



Skating at the McCauley Rink on New Year's Eve last year. Paula E. Kirman

- *Represent community interests to government and other organizations*

From: <https://efcl.org/about/>

This summer, the MCL hired McCauley resident Stella Johnson to open the rink shack for children ages 12 and up to play ball hockey, basketball, and to do crafts. The rink will continue to be open in October for after-school fun from 4 p.m. to 7:30 p.m. We'd like to encourage kids to come and meet up at the rink to do homework together. In November, Dan Glugosh will return as our Rink Manager/Coordinator. He will open the rink when weather permits for kids and adults alike to come

out and play hockey. Thanks to Sports Central we have equipment at the shack for use at no cost.

As we do every year, we are planning to host a Family Day event with sleigh rides and hot chocolate, and a New Year's Eve bonfire celebration with marshmallows and hot dogs.

At the time of the paper's publication deadline, the MCL was planning our Community League Day event for September 16th." We hope to have coverage of the event in the next issue of the paper.

Prior to COVID, the MCL hosted free group guitar lessons with Steven John-

son on Monday nights. We are thrilled to announce that Steven will once again be teaching group guitar lessons. However, we will now be holding them on Tuesday nights at 7:30 at the Boys and Girls Club (9425 109A Avenue). Lessons are for all ages. Bring your own guitar.

Do you have some extra time and a desire to get involved in the McCauley community? We have two spots open on our board, and we would love to invite McCauley residents to consider joining our dynamic board of directors. We are in need of a Vice President, and encourage those who would like to build strong connections in the community to take on this role. However, you can join as a Director-at-Large without taking on an executive role. One of our goals is working toward securing a new Rink Pavilion and we would love to have folks with engineering and construction expertise join the board.

It is an exciting time to be a part of this board and I am grateful to have been elected President. My goals for the term are to provide quality programming and events, and to ensure that the process of securing the new Rink Pavilion continues. Please check our Facebook page regularly for updates and community engagement.

Corine Demas is the President of the McCauley Community League.

EDMONTON INTERCULTURAL CENTRE

The Edmonton Multicultural Coalition (EMC)

The Edmonton Intercultural Centre (EIC) is a community full of love, caring, and support. In this and future articles, we will inform readers of the non-profit organizations operating in the EIC facility in order to bring light to their many good deeds.

The Edmonton Multicultural Coalition (EMC) was formed in 2007 by Dr. Lucenia Ortiz as a sister organization to the Multicultural Health Brokers to take on advocacy activities on behalf of immigrants and refugees. Over time, it has evolved to focus on building the capacity of individuals and organizations from ethnocultural communities. In July of 2018, EMC members adopted a new mission statement that shifts EMC to taking an intercultural approach in its work. This intercultural approach focuses on building relationships between ethnocultural communities, Indigenous peoples/organizations, and the mainstream culture, which can lead to mutual and reciprocal transformation.

The Coalition connects with other immigrant and refugee communities, learns about initiatives, successes and barriers in other communities, and has opportunities to engage with policymakers,



Children playing soccer during the EMC's Soccer BBQ on August 19th. Paula E. Kirman

fundors, or mainstream agencies and organizations. It is a safe, inclusive, culturally relevant space that fosters openness, sharing, honesty, collaboration, and personal leadership.

EMC's leadership development training strengthens the capacities of leaders from ethnocultural communities to create opportunities where these leadership skills could be practised within

their organizations, in their communities and neighbourhoods, and in the larger society.

The training offered by the Coalition supports new and ongoing community animators

- to develop their informal leadership in the community,
- to become socially-conscious and effective motivators,


- to be facilitators, and
- to develop their ability to share information and ideas with, and to inspire, other leaders in the community.

Community-based research is an opportunity for community members to be trained as community researchers, to practise developing and articulating their ideas to each other in the community and, ultimately, to prepare to articulate their ideas to policymakers and funders.

Collaborative, group, and one-on-one support is provided at monthly meetings where community members help each other, including access to space, sharing of ideas, connections with key contact people, event and program coordination, and unique resource people found in each community.

ECM contributes to strengthening the richness of a multicultural society and making active citizenship a daily reality. For more information, visit: www.emcoalition.ca.

Information provided by the Edmonton Intercultural Centre.







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Star
bright.

Funding from Edmonton Community Foundation supports the Edmonton Artists' Trust Fund and provides the means for our city's creative community to grow its cultural roots. As gifts expressing respect and recognition, Andrea Bellegarde-Courchene's star blankets wrap the recipient in the rich past and bold promise of the Indigenous culture.

Donations to ECF inspire hope, create opportunity and enhance the Edmonton lifestyle. We work with our donors to give, grow and transform.
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UPDATE FROM CITY COUNCIL

Talking About Housing and Zoning

ANNE STEVENSON

Hello readers! I'm so happy to connect with you again. I hope you've all had time to enjoy summer in the city and all the great events our community has to offer.

The first phase of Neighbourhood Renewal has begun in Boyle Street and McCauley! As exciting as this new infrastructure is, I know that the construction phase can come with its disruptions and frustrations. If you have any questions or concerns, please don't hesitate to reach out to the project manager, Felix Lam, at 780-944-7695. You can also sign up for project email notices at edmonton.ca/BuildingBoyleStreetandMcCauley.

In October at City Hall, we'll be talking about our corporate and city-wide housing strategy. I know how big of an impact homelessness is having in our community - not only for those experiencing homelessness but for all residents and businesses in the area. I'll be advocating for strategic approaches that make the most out of the City's resources and ensure that we continue to advocate for other orders of government to do their part, too. There's been some encouraging news recently on that front: the Province announced 300 new shelter beds for Edmonton this winter, which will all be located

in areas outside of the city centre. I think this is a good first step in relieving the pressures being felt across McCauley and Boyle Street.

Another big item at City Council will be the proposed new Zoning Bylaw. Our city looks a lot different than it did in the 1970s. The population has more than doubled, we have almost 25 km of LRT track, and far fewer bell bottoms (though moustaches seem to be making a comeback!). Despite all of these changes, the growth of our city is still dictated by many zoning rules that were set down in the 1970s, and even earlier! The Zoning Bylaw Renewal project has been looking at bringing our land use regulations into the 21st century and is an exciting opportunity to set Edmonton up for success in the years to come. For those who haven't been involved already, I encourage you to get more information at edmonton.ca/zoningbylawrenewal and share your thoughts with City Council at the Public Hearing on October 16.

Thank you to everyone who has taken the time to reach out or say hello in recent months. Please never hesitate to call 311 or connect with my office at anne.stevenson@edmonton.ca or 780-496-8333 for information or assistance with City programs and services. Thanks for reading and I hope you enjoy the changing seasons.

Becoming an Advocate

IAN YOUNG

ABILITY AND COMMUNITY

"As one we are a voice, as two we are a concern, as a group we become an action." - Ian Young

When I wrote this quote which I often deliver at functions, I reflected on my journey to where I am now: an advocate for human rights, with a big focus on the disability sector, as I am a man living with a disability.

Becoming an advocate is actually pretty simple. You can start small, and ask yourself, "what concerns me? What do I think is important to the community and my friends? What issues do I care about?"

Then, do a quick online search of keywords (for example, "animal rights") and add the name of your city or area (like, "Edmonton"). You will get search results with links to newsletters, events, and meetings. Go at your own pace and ask for information. Choose a level of involvement in which you feel comfortable. You can soon meet people with similar concerns and interests.

In this age of technology, a lot can

be done remotely from your home, library, or other locations where you feel comfortable. Many meetings are online, or have an option to take part remotely if you can't be there in person.

As well, many non-profit and charitable organizations are seeking volunteers. This is something you may want to consider depending on your time and skills.

It is a glorious feeling when I feel someone has benefitted from something with which I was involved. I have met influential people and built relationships with politicians at the municipal, provincial, and federal levels who have helped and informed me. Becoming part of this community newspaper was one of my favourite accomplishments, leading me to meet wonderful people who I admire.

In the end, everyone benefits from advocacy. If this is something that interests you, and you feel comfortable in taking the first steps, getting involved is like an education because of how much you get to learn.

Ian is a columnist with the paper. He lives in the area.



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Community Classifieds

NEIGHBOURHOOD RESIDENTS GET FREE CLASSIFIED ADS! EMAIL FIVE LINES OR LESS TO EDITOR@BMCNEWS.ORG
WE FIT AS MANY ADS HERE AS WE CAN. FOR MORE CLASSIFIEDS, VISIT OUR WEBSITE AT BMCNEWS.ORG

CHURCH AND AGENCY SERVICES

ANSGAR DANISH LUTHERAN CHURCH
9554 - 108A Avenue
Pastor Lasse Hultberg
Sunday Service in English: 10:30 a.M.
Join us for worship and fellowship. Pastoral services available on request.
Tel: 780-422-8777

BISSELL CENTRE
780-423-2285 x 111 (General Inquiries)
Community Space: Closed to support operations at the Edmonton Convention Centre.
Bissell Centre Early Childhood Development Program
9331-105 Avenue Edmonton Alberta T5H 4E4
780-429-4126
Operating Hours: Monday to Friday full-time care 7:00 a.m. – 6:00 p.m.
Lunch provided by parents; centre provides a.m. and p.m. snacks
FREE Drop-in/respite spaces available Monday to Friday from 8:00 a.m. – 5:00 p.m.
Spaces are limited, please call ahead to reserve a space for your child.

RADIUS COMMUNITY HEALTH AND HEALING (Formerly Boyle McCauley Health Centre)
10628 – 96 Street
Monday - Thursday 8:00 a.m. to 8:00 p.m.
Friday 8:00 a.m. to 4:00 p.m.
Saturday 9:00 a.m. to 12:30 p.m.
Dental: Monday - Friday 9:00 a.m. to 4:30 p.m.
Streetworks during clinic hours.

INNER CITY PASTORAL MINISTRY
10527-96 St. NW
(780) 424-7652
Pastor Quinn Strikwerda
Pastoral Assistant: Jim Gurnett
Sunday Service: 9:15 a.m.
Take-away snack bags Sunday at 10 a.m.
Visits and other pastoral services on request.
Contact us for information about conversation groups, Bible study, and individual support at info@icpmedmonton.ca or (780) 424-7652

THE ROCK OUTREACH
11004 – 96 Street NW
Phone (780) 426-1122
Breakfasts: Tuesday to Thursday 7-9 a.m.
Kids Club: Fourth Monday of the Month

THE SALVATION ARMY Edmonton Centre of Hope
12520 140 Avenue
(780) 244-2962
Transitional Housing, Addictions Recovery, Stabilization, and Supported Housing.
Transitional Housing for Downtown
9304 103A Avenue
(780) 428-4405
For more information: www.salvationarmyedmonton.org

THE MUSTARD SEED
10635 – 96 Street
(780) 426-5600
The Mustard Seed Church Food Bank Depot is open Tuesday and Thursday, 1:00 p.m. to 2:30 p.m. The drop-in is permanently closed. 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 7:30 - 8:15 a.m.
Lunch 12:00 - 12:45 p.m.

Supper 5:00 - 5:45 p.m.
Weekends & Holidays
Brunch 10:45 am - 11:30 a.m.
Supper 4:15 - 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:
Hope Mission Health Centre
Family Doctor Monday to Friday
Walk-in: 9:00-3:00 p.m.
Psychiatrist Monday to Friday
by Appointment only - call 780-422-2018 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
Address: 10821-96 Street NW, Edmonton, Alberta, T5H 2J8, and Tel: (780) 422-3052.
Daily Mass:
Monday to Thursday and Saturday: 9 a.m. at Sacred Heart Church of the First Peoples.
Friday evening at 7 p.m. Holy Mass and Adoration
Sunday Masses:
Sunday: 10 a.m., 11:30 a.m., 4:00 p.m., and 7:00 p.m. at Sacred Heart Church of the First Peoples. All are welcome.
Monthly Baptism preparation class is available to prepare parents for their child's Baptism, First Communion, and Confirmations. Please call the office to register their names. For more information, please view our weekly bulletin, our webpage, and our Sacred Heart Facebook.

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. For more information: <https://tlcla.org/get-involved-3/>
Call: 780-429-0675

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.

BOYLE STREET PLAZA/YMCA FAMILY RESOURCE CENTRE WEEKLY COLLECTIVE KITCHEN CLASSES
Tues. 1-3 p.m.
Wed. 10 a.m.-noon
Thurs. 10 a.m.-noon
Fri.: 10 a.m.-noon
Cost \$4/portion
U/G Parking \$1/hr up to a maximum of four hours - access on 104 Avenue between 95 Street and 96 Street
For information and registration call 780-426-9265

CHILD AND YOUTH PROGRAMS
YMCA Boyle Street Plaza offers Sportball every Saturday! Visit bit.ly/sportballymca for more information and to register.

DROP-IN GYM
YMCA Boyle Street Plaza
9538-103A Avenue
Drop-In Fee: \$5
Badminton (ages 16+): Sundays: 1:30-4:30 p.m.
Fridays: 8:15-11:15 p.m.
Saturdays: 1-4 p.m.
Pickleball (ages 16+):
Sundays: 11 a.m.-1 p.m.
Wednesdays: 1-3 p.m.
Fridays: 5-8 p.m.
For information call: 780-426-9265

COMMUNITY EVENTS AND ACTIVITIES

YEG YOUTH CONNECT
October 5, 2023 14 p.m.
Location: YMCA Boyle Street Plaza (9538-103A Avenue)
YEG Youth Connect is an annual, one-day event that exists to connect youth, ages 13-29, who are experiencing homelessness, or at risk of experiencing homelessness, with the resources they need to turn their lives around.

FREE GUITAR LESSONS
Tuesdays at 7:30 p.m. with Steven Johnson. Location: Boys and Girls Club (9425 109A Avenue). Bring your own guitar. Sponsored by the McCauley Community League.

DIRTY CARS NO MORE
Dirty car or filthy work truck? NINJATEC DETAILING is my small business and I can detail your vehicles either at home in the Boyle Street/McCauley area or out of my garage in the west end. Prices are about half of what you'd pay at those "other" shops, and I'm a lot more picky and thorough than they are because I do it the old fashioned hotrod way....BY HAND! (780) 566-2871 anytime...NINJATEC DETAILING - Make sure you check out my Facebook page!

FORTITUDE PLUMBING
Fortitude Plumbing can attend to your plumbing needs. We offer a furnace and hot water tank maintenance program. Contact us at 780-200-8546 or 780-914-1381. Visit us at www.fortplumb.com. Email us at fortplumb@gmail.com.



Drop-In Soccer
Thursdays 1-3 p.m.
Starting indoors October 19
YMCA Boyle Plaza (9538 103A Ave.)
Have some fun playing soccer with your neighbours! We warm up with some stretches, do a few foot-control drills, then we set up a scrimmage game or two. It's all for fun, friends, and exercise! All experience levels welcome. Snacks and cold drinks provided.

Traditional Approaches to Healing
St Faith's: 11725 93 Street
November 6 to December 18
Over 7 weeks we will practice a traditional process of sharing through ceremony and medicine with the guidance of an elder. The use of circle, story and song will help us to pursue our own healing and the healing of our communities. To register contact krambow@e4calberta.org

Neighbourhood Asset Mapping
Stay tuned for your opportunity to participate in a neighbourhood asset mapping process. Details are still being ironed out. Check the *Boyle McCauley News* website and look for posters in local businesses for further information!

WECAN Food Co-operative
Purchase inexpensive meat and produce for pickup once per month at McCauley Apartments (9541-108A Ave.). Visit wecanfood.com or call the e4c McCauley Office at 780-903-9661 if you are not able to use the website to order for any reason.

Please visit our Facebook page [@e4cwellness](https://www.facebook.com/e4cwellness) for information on FREE sessions and groups, open to all. Contact Kathryn or Mike at the e4c McCauley office at 780-424-2870, or email krambow@e4calberta.org or msiek@e4calberta.org

SHE SAVED MY LIFE

Edmonton resident Dawn had been experiencing the painful side effects of peripheral neuropathy, "My feet and legs were extremely painful and my doctor told me there was nothing they could do. That I would have to take gabapentin for the rest of my life." Then she met Edmonton's very own Acupuncturist, Dr. Melanie Morrill Ac.

Peripheral neuropathy is the pain, discomfort and numbness caused by nerve damage to the peripheral nervous system. Dawn explained that daily tasks like opening doors and using the washroom were overwhelmingly painful.

"How can you live for the next 30 years when you don't even want to get out of bed to do the simple things?"

She was experiencing the burning, numbness, tingling, and sharp pains that those suffering from peripheral neuropathy often describe" The way that I would describe it, it's the equivalent to walking on glass." Dawn hadn't worn socks in five years and was wearing shoes two sizes too big so that nothing would "touch" her feet.

Unfortunately, Dawn's story is all too familiar for the over one million people in Canada suffering from peripheral neuropathy.

If you're unfortunate enough to be facing the same disheartening prognosis, you're not sleeping at night because of the burning in your feet. You have difficulty walking, shopping, or doing any activity for more than 30 minutes because of the pain. You're struggling with balance and living in fear that you might fall. Your doctor told you to, **"just live with the pain"** and you are taking medications that just aren't working or have uncomfortable side effects.

Fortunately, four months ago Dawn read an article about Dr. Melanie Morrill Ac. and the work she was doing to treat those suffering from peripheral neuropathy without invasive surgery or medication.

Doctor of Acupuncture, Dr. Melanie Morrill Ac. founder of Accessible Acupuncture in Edmonton, AB, is using the time-tested science of acupuncture and technology originally developed by NASA that assists in increasing blood flow and expediting recovery and healing to treat this debilitating disease.

"Now when I go to bed at night I don't have those shooting pains. I don't have the burning sensation. I don't have pain coming up my legs,"

Dawn enthusiastically describes life after receiving Melanie's treatments.

"I can wear socks and shoes!"

Dawn and her sister now operate a successful dog-walking business, sometimes covering 5 kilometres a day.

"Its' life-altering. As far as I'm concerned Melanie saved my life!"

Dr. Melanie Morrill Ac. has been helping the senior community for over five years using the most cutting-edge and innovative integrative medicine, with a special interest in chronic pain and helping people who have been deemed 'hopeless' or 'untreatable', she consistently generates unparalleled results.

What was once a missing link in senior health care is now easily accessible to the residents of the Edmonton area including St. Albert and Sherwood Park.

If you have been missing too many tee times because of your pain or you've passed on dancing because you're afraid of calling it's time to call Dr. Melanie Morrill Ac and the staff at Accessible Acupuncture.

It's time you let your golden years BE GOLDEN!

Accessible Acupuncture is now accepting new patients but only 20 new neuropathy patients will be accepted in August.
Call 587-879-7122 to schedule today.



Peripheral Neuropathy?

SCHEDULE a consultation TODAY

CALL 587-879-7122

HYS Centre

600, 11010 101 st NW Edmonton, AB

AccessibleAcupuncture.ca

HEART OF THE CITY FESTIVAL SOCIETY ARTIST PROFILE SERIES

Heather Bouchier Uses Traditional Techniques to Create Upcycled Modern Fashion

CORINE DEMAS

Originally from Beardy's and Okemasis' Cree Nation in Saskatchewan, Heather Bouchier has been in Edmonton since 2005. She attended fashion design school in Saskatoon and has been sewing since 2001.

Heather's design aesthetic includes the use of thrifting and upcycling with some traditional techniques and materials. She is inspired by vintage styles and blends them with modern design. She owns her own business as a custom seamstress, costume designer, tailor, and jewelry artist.

Heather has shown her collections all over North America and Japan. She completed an Artist Residency at the Banff Centre For Art and Creativity for Indigenous Haute Couture. One of Bouchier's award winning gowns was featured in Chatelaine's Spring 2023 issue.

Heather serves as Fashion Director for the Heart of the City Festival Society of Edmonton and is the Creative Director



Heather Bouchier. Supplied

of the Indigenous Empowerment Fashion Collective. This organization focuses on creating opportunities for Indigenous people who wish to follow dreams in the fashion industry.

Heather produced the first Heart of the City Fashion Show as a consultant and

contractor. The next year at our AGM, Bouchier was invited to join the board as our first Fashion Director. She and the board successfully produced a second Indigenous Fashion Show in 2022. Bouchier tells us that Heart of the City is in the midst of producing the third annual event coming up in November of 2023.

I asked Heather to describe her fashion. "I like to create gowns *haute couture* style and I also like to incorporate my culture by using traditional techniques. I like to utilize traditional materials such as horse hair beadwork. I'm learning how to porcupine quill and use dentalium shells which used to be used as currency in the old days. I also utilize traditional methods of dying horse hair and things like that to bring the traditional methods to use in a modern sense," she said.

"Something that I use in my current aesthetic is a mix of avant garde along with my inspiration to upcycle and thrift," she continues. "The older I've gotten, the more climate change has become important to me. It's always been important to me to upcycle. When I was younger we were very poor,

when we got clothes we would be thrifting them and it is one of the teachings that we have in Indigenous culture not to be wasteful and so whenever I make things with leather, I find ways to use the scraps."

Heather speaks of founding and running the Indigenous Empowerment Fashion Collective. "I would love to see more Indigenous fashion shows in Edmonton, big events, sponsored events. We are hoping to turn Edmonton into a hub for Indigenous fashion and art. That will create opportunities for everyone who wants to work in the fashion industry. What we are trying to do is to change the fashion industry at a grassroots level. We are trying to create events that will not only enrich the fashion designers and organizers, but also enrich our models, photographers, hair stylists, and other artists involved in the fashion world."

Heather's work can be found on Instagram and Facebook @heatherbouchierdesign.

Corine Demas lives in McCauley where she is the President of the McCauley Community League and a board member with Heart of the City.

Blake Desjarlais

Member of Parliament
Edmonton Griesbach

Constituency Office
10212 - 127th Avenue NW,
Suite 102
780-495-3261

BlakeDesjarlais.ndp.ca
Blake.Desjarlais@parl.gc.ca
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