



SUMMER FUN FOR EVERYONE 3 ▲



MCCAULEY RETREAT AND CLEAN UP 4 ▲



INNER CITY REC AND WELLNESS 5 ▲



COMMUNITY PUBLIC ART PICNIC 16 ▲



Boyle McCauley News

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VOL. 40 NO. 5

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VOICE OF THE COMMUNITY SINCE 1979

History Festival Includes Church Street Tour

An inspiring glimpse into historic churches in McCauley.

ANITA JENKINS

On July 6, local historian Tim Marriott led an exceptional tour of Church Street (96 Street). Participants were invited to see the interiors of three of the 12 historic and multicultural churches located between 106th and 111th Avenues.

On the interiors tour were Sacred Heart Church of the First Peoples Roman Catholic Church (1913), Ansgar Danish Lutheran Church (1939), and St. Josaphat Ukrainian Catholic Cathedral (1947). At each location a parish pastor/priest was on hand to talk about the congregation, their religious beliefs, and the history of the building: Fr. Susai Jesu at Sacred Heart, Fr. Peter Babej at St. Josaphat, and Pastor Lasse Hultberg at Ansgar.

"We are so grateful to them for taking time out of their busy schedules to open their doors for our tour," says Clare Mullen, a partner with Marriott in a relatively new local pursuit, Alberta History Tours, www.albertahistorytours.ca.

Marriott says, "Clare and I wished to emphasize the community nature of each church's experience. We certainly also wanted to note 96 Street as a manifestation of Edmonton's welcoming of newcomers over

so many generations. And finally, we wished participants to get a view of Church Street and the McCauley neighbourhood as an important, positive contributor to Edmonton's wonderful cultural diversity and richness."

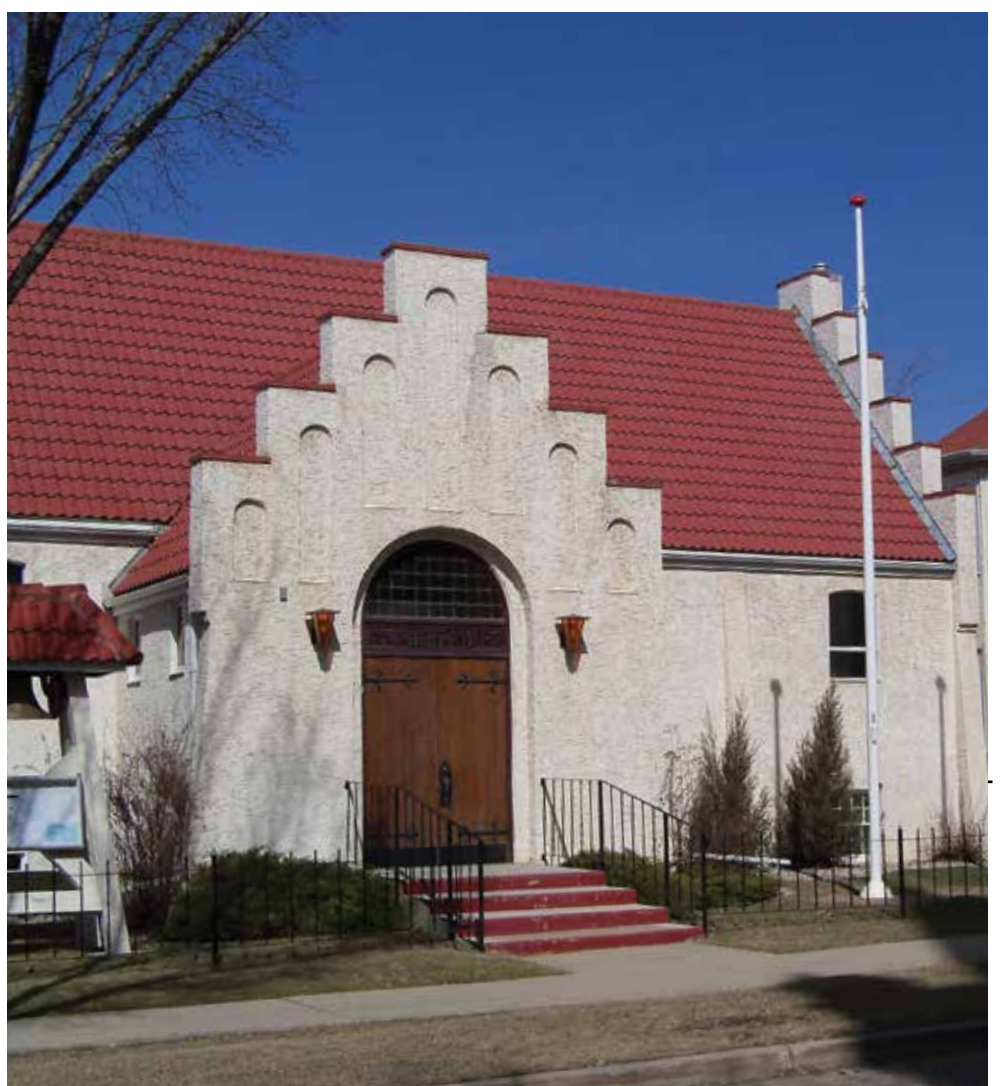
The wealth of information tour participants received is impossible to describe in a brief news story. But following are a few tidbits that illustrate how interesting this event was.

- All three of the churches visited have prominent architectural features that reflect the original parishioners' religious affiliation and country of origin: French Gothic Revival, Danish, and Byzantine Rite.

- In 1991, Sacred Heart was officially designated Edmonton's First Nations, Métis, and Inuit parish. The church walls feature original works of art by Indigenous and Métis artists, and the services reflect the congregation's culture.

- The nave or central part of a church is from the Latin word for "ship." Pastor Lasse (generally known by his first name) of Ansgar Danish Lutheran Church described how all members of a congregation are travelling together, as if on a ship.

- St. Josaphat, considered to be one of the finest examples of Ukrainian-Canadian church ar-



Ansgar Danish Lutheran Church. File Photo

chitecture, is a designated provincial historic resource.

- The ethnic origins of the newcomers Marriott refers to in his comments above include French Catholic, Danish, German, Irish, Croatian, Portuguese, Spanish (South American), and Vietnamese.

This tour was one of several dozen such offerings at the 23rd annual Edmonton & District Historical Society's Historic Festival and Doors Open Edmonton, held in the first week of July.

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



Heart of the City 2019

MEMORIES AND INSPIRATION

■ PAGES 8 & 9

SAFER MCCAULEY

“Evidence of connectedness, collaboration, and vibrancy is easy to find in McCauley...

■ PAGE 3

TOMATO SALAD

“For this recipe, on the vine or heirloom tomatoes are the most suitable.

■ PAGE 6

BSCL UPDATE

“But we have to start somewhere... so we are starting with fun!

■ PAGE 14

Fear and the Comfort Zone



PAULA E. KIRMAN • BMC News Staff

MCCAULEY MUSINGS

July was a milestone month for me. I flew for the first time. In an airplane. Yes, you read that correctly: until this summer, I had never before flown. My maiden flight was a short trip to Calgary for a business meeting, extended slightly for an afternoon at the Calgary Zoo.

While my first flight may have been one of the shortest plane rides I could have chosen, it was a starting point. Why I never flew before was due to a variety of reasons, one of them being the obvious: fear. However, I made a decision that it was time to face that fear. Facing fear leads to growth by taking us out of our comfort zones.

When I talk to people who are not familiar with the Boyle Street and McCauley neighbourhoods from any kind of personal experience - only from what they read and hear about crime and safety issues either in the mainstream media or the anecdotes of people they know - I often get asked if I am afraid of spending so much time in the inner city. My answer is always similar: no more than anywhere else. I have had bad - and good - experiences throughout the city. I encourage them to take a day trip to the area - to come to an event, go shopping, have a meal, take a walk around. While the area certainly has its challenges, perpetuating negative stereotypes doesn't help - especially when the people doing the talking never spend any time here in the first place.

I stepped out of my comfort zone, flew, and as a result will likely fly again in the future. It has made me grow as a person. So has the choice to spend large amounts of time here in Boyle Street and McCauley.

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.

EDITOR'S NOTES

One of the great things about Boyle McCauley News is that it not only reports on the community - its events, people, and organizations - but it is also part of the community. Thanks to our recent fundraising efforts, we had a presence at the Heart of the City Festival selling raffle tickets, as well as connecting with community members and even recruiting volunteers. We have also been enjoying a table at the Downtown Farmers Market in both the 104th Street and Boyle Street locations.

If you haven't gotten your raffle tickets for the trip for two to Italy,

time is running out. We'll be outside Zocalo on August 25 selling tickets during Festa Italiana (formerly known as Viva Italia Viva Edmonton), and doing the draw at 6 p.m. outside of the Italian Centre. If you would like to order tickets online, contact me at editor@bmcnews.org for details.

If you use social media, be sure to follow us: we're @bmcnews on Facebook and Twitter, and @bmcviews on Instagram. We're always posting community information and event coverage, so it's a great way to keep up with what's happening between print issues.

Take care - see you in September!

OUR NEXT ISSUE...

Volume 40, Issue 6 will be published September 15. Articles and photos concerning community news, events, and opinions are welcome. We also accept submissions of poetry, and cartoons. Deadline: August 22, 2019. Send submissions to: editor@bmcnews.org. Articles should be 400 words or less and accompanied by photographs (JPG, in high resolution) 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 for our next issue is August 22.

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- click on Crime Prevention

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MCCAULEY COMMUNITY LEAGUE UPDATE

Summer Fun for Everyone, Muggles Included

GREG LANE

I write this on one of the only sunny days we've seen in a while. While the rain tends to dampen spirits, it seems like it hasn't kept people from getting out to enjoy themselves anyway.

The League hosted an EPS appreciation event on Saturday, June 8th in Giovanni Caboto Park. The intent was to give our thanks to the dedicated men and women who work in our community everyday. A pickup game of soccer between the cops and kids earned the name Bend It with the Beat, and the event served double duty as we held one of two registrations for the summer sports program that we offer. The weather tried to keep us down that day as well, but we held fast. As always, a special thanks goes out to the EPS members, especially Cst. Andrew Melney, and the League's very own Linn Cardinal who made the event a success.

Our Kids Summer Sports Program offers basketball and soccer in a non-competitive setting that focuses on fun and socializing. Kids aged from 3 to 13 enjoy organized and supervised fun at both the McCauley Rink for basketball, and the soccer pitches at Giovanni Caboto Park. I have to admit it is



Team photo from Bend It with the Beat on June 8. Paula E. Kirman

one of the highlights of my summer seeing all the kids in the park. This is another program that would not be possible without the amazing parent volunteers who are too many to name. So thank you all.

Next up in August will be a Movie Night in the Park like we had last year. This year we have landed on a Harry Potter theme and will be showing *The Philosopher's Stone* on August 21. The event will start early evening with vendors selling

all manner of magical items and treats (imagine Diagon Alley), a Quidditch demonstration presented by the Edmonton Aurors Quidditch team, as well as the Hogwarts Express in bouncy castle form. So, here's hoping the weather cooperates once more. Times will be posted on the League's and *BMC News*' Facebook pages, as our own website is undergoing renovations. This is an "everyone" event, so all are welcome to come out and enjoy a magical night under the

stars. The event is free of charge and will have something for everyone, Muggles included.

I welcome your feedback and comments always, so if you have items of concern or just want to chat, reach out to me at mccauleycommunityleague2014@gmail.com.

Greg is the President of the McCauley Community League.

It's All About Connectedness and Collaboration

MARK DAVIS

"Many studies show that there are two major determinants of our local safety. One is how many neighbours we know by name, and the second is how often we are present and associated in public – outside our houses." (John McKnight and Cormac Russell)

Thanks to McCauley Revitalization Coordinator Greg Brandenbarg for sharing this quote. It reinforces what most of us know about community well-being in general. It's all about connectedness and collaboration – getting to know your neighbours, working together, and using our strengths to create vibrancy.

I've lived in McCauley for 16 years. It's the most connected community I've ever lived in. It just seems to be part of the fabric. When our children were born, neighbours dropped off gifts and baskets of food. When we were having a yard sale, another came by with several items and happily told us to keep the money. These neighbours (virtual strangers at the

time) have since become friends.

In 2017, I was hired to coordinate the Safer McCauley program. It's not always easy. It's not always enjoyable talking about the "issues." There's a lot of work to be done. And progress is sometimes slow. But I am grateful to play a small part in building connectedness and collaboration – between residents, community groups, police, elected representatives, businesses, service agencies, City resources, and others.

At our first Safer McCauley Meeting, I saw it was not as inclusive of community members as it should be. I resolved to meet more neighbours and adopted the principle that "a connected community is a safer community." Since then, regular meetings have attracted 20 to 50 stakeholders, countless connections have been made, and actions are determined collaboratively.

A meeting this March represented a landmark for collaboration. Stakeholders discussed possibilities for ad-

ressing litter and increasing neighbourhood vibrancy, leading directly to further collaborative action. Now, the McCauley Litter Squad helps address the accumulation of smaller litter. Two one-hour litter "blitzes" have attracted an average of 22 participants, removing 45 bags of litter and approximately 125 needles from our streets. This activity exemplifies a collaborative approach to community well-being, with residents, Revitalization, MCL, Safer McCauley, E4C, Capital City Clean Up, MINT Health + Drugs, MLA Janis Irwin, and others contributing.

At the March meeting, MCL President Greg Lane championed the idea of activating alleys as a way to add vibrancy to McCauley. This led to Revitalization, MCL, and Safer McCauley advocating together for the idea as part of the City's Recover Urban Wellness Plan. The idea was further refined at a June community meeting co-hosted by the three community groups; and Recover has since agreed to provide some financial support for the action.

Evidence of connectedness, collab-

oration, and vibrancy is easy to find in McCauley: kids playing soccer and hockey with police; Viva Italia and MCL's family-friendly Christmas activities; our MLA and City Councillor attending community events and advocating on our behalf; the Spring Fling; the Fall Fiesta; stakeholders banding together to oppose a gaming licence; EPS and Bylaw Officers meeting community members for coffee at Zocalo; Heart of the City; movies in the park; the Community Garden; McCauley Families' gardening and art classes; the Mustard Seed-Revitalization needle clean up partnership . . .

A neighbourhood is a system of inter-connected people, many working together for improved well-being. Reach out to your neighbours. Consider getting involved. Visit safermccauley.ca and Safer McCauley on Facebook. And, don't hesitate to share your ideas with me directly.

Mark is REACH Edmonton's McCauley Community Convener. He can be contacted at mark.davis@reachedmonton.ca.

For the Soul: McCauley Retreat and Clean-Up



Top: The sun sets over Moonlight Bay. Taro Hashimoto. Below: Volunteers working hard at the McCauley Clean-Up on June 15. Paula E. Kirman

TARO HASHIMOTO

We are out at Moonlight Bay Camp this week (July 8-11). It's a terrific four days and three nights taking in the fresh air, doing fun activities and using the wonderful facilities with our community members, staff, and tenants of some of e4c's mental health/housing programs.

We have had all the beds in the awesome two room four bed sleeper cabins (built by NAIT construction trades students) at capacity. There is home style food prepared by fun loving staff, coffee (which a couple of times has been brewed close to perfect), and activities happening both freely and as scheduled. Wellness activities, walks, boating, games of croquet, and casual soccer ball kicks have been featured, all while pelicans, ducks, rabbits, squirrels, and the odd eagle have passed through the sight lines of cheerful campers. Gazing into roasting logs on the fire is accompanied by some easy-going conversations and a few jokes and guffaws. This year's new activity, "the talent show," added to the joyous hilarity and artistic sharing through comedy, music, collaborative performances, and artistic display. It's truly a wonderful time.

It all sets the stage for some life-shifting moments and revelations. People care and want to support others. It's intentional and ingrained in all activities and interactions. With so many heavy circumstances and realities in their lives, it's time for some peace-

ful reflection, as well as the exploration of new relationships and discovering of greater understanding. Realigning the chaos within and outside of one's being is like the annual clean-up - for the soul.

It is made possible, somehow, despite the humble budgets of the residents and the housing, mental health, and social support programs of e4c. The staff and field managers are immersed in the tough day-to-day realities of mental health, addictions, disabilities, and the destabilizing nature of combining these with subsidized inner city living. It is a passionate plea and heartfelt intent to have the McCauley Clean-Up (which happened on June 15) and the e4c Moonlight Bay Camp Retreat happen each year, because it's what our folks and our staff need to have a sense of renewal and hope - that our friends and members won't have an endless cycle of the same issues, hang-ups, walls, and ceilings, and that they don't spiral hopelessly downwards. Instead, that they can see and be part of the unity which makes up our movement of courage, compassion, connection, and commitment. Faces and voices of gratitude, friendship, happiness, community growth, and well-being are some of the reflections of these practices. We hope to carry it all into the rest of the year, and look forward to the unfolding year's good old times.

Taro is the e4c Community Development Officer.

Community Member Inducted into Edmonton Hall of Fame



Candas Jane Dorsey was inducted into the City of Edmonton's Arts and Culture Hall of Fame at the Winspear Centre on June 10. This award recognizes her extensive work as a publisher, editor, writer, teacher, mentor, board member, arts activist, and community supporter. She is perhaps best known in the Boyle Street and McCauley community for her contributions to the planning and construction of the Boyle Street Plaza and service to the Boyle Street Community League. Congratulations, Candas. Photo: Timothy J. Anderson Caption: Anita Jenkins

Homeless Memorial Remembers 95 People



The 2019 Edmonton Homeless Memorial took place on June 26. The Edmonton Coalition on Housing and Homelessness (ECOHH) identified 95 people whose deaths in 2018 were linked closely to homelessness. Since the memorials began 14 years ago, 801 deaths have been documented by ECOHH. The event began at Boyle Street Community Services, then participants marched to the Homeless Memorial Plaza north of City Hall to place flowers. Paula E. Kirman

Successes, Awards, and Programs

REBECCA KAISER & MIKE SIEK

INNER CITY RECREATION & WELLNESS PROGRAM

Muttstock Success!

In July, the Inner City Pet Food Bank was generously offered a booth at Muttstock Dog Music Festival to raise awareness about the program and collect donations. More than 150 festival attendees dropped off donations of cat food, dog food, and pet care products to enter for our door prize. The donations from that single day filled our shelves and fed inner city pets for more than two weeks. Come out next year and visit us at Muttstock 2020!



Jeremy Kupsch. McKayla Duerden

Drop-In Floor Hockey Sportsmanship Award

This month's Sportsmanship award goes to Jeremy Kupsch for being flexible, supportive, and attuned to the growth of other players. Join us on Fridays at 1:00 p.m. for free drop-in floor hockey. All skill levels, capacities, and genders are welcome. (Aged 18+)

Join Us This Fall for Fun and Sports!

The Boyle Street Football Club wrapped up their 2019 outdoor season with Edmonton Sport and Social Club with a team BBQ at Borden Park in July, but

you can sign up to join the team in August. We are also starting a new program which includes the creation of a series of original podcasts from the inner city! If you have an idea for a podcast or are interested in learning about podcasting, contact the ICRWP team. The Inner Sluggers Slo-Pitch team has really come together as a supportive team this year, and we are hoping for a good turnout for our annual two-day year-end tournament in August! For these and other fun opportunities you can find more info at facebook.com/recandwellness or sign up for our month-



The volunteers and staff at the Inner City Pet Food Bank tent at Muttstock 2019. Supplied

ly calendar mail out by visiting tinyurl.com/recandwellness.

Donations Needed All Year Round

The generosity demonstrated by supporters throughout the year is what the volunteers, staff, and community members rely on to continue to offer supportive services in the inner city. During the hot, or in this case wet, sum-

mer months homelessness, poverty, and social isolation persist, and so does the need for sunscreen bug spray, pet food, monetary donations, clothing, personal hygiene materials, volunteering, advocacy, and all of the amazing contributions of Edmontonians.

Rebecca Kaiser and Mike Siek are Program Coordinators with ICRWP.

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More Information

Email: kidsclub@rhema-chapel.ca

Phone: 587-712-7224

Tomato Salad

YOVELLA M.

Tomato season is upon us. This is the time when countless gardens across the Boyle Street and McCauley neighbourhoods, and the rest of Edmonton, produce a variety of fruits and vegetables. One of the more popular vegetables to grow is tomatoes. According to the United States Department of Agriculture (USDA) and science, tomatoes are fruit. However, in North America we tend to cook and use tomatoes like a vegetable.

To start, choose quality tomatoes that are plump, ripe yet firm, smooth skinned, and fragrant with a sweet smell. For this recipe, on-the-vine or heirloom tomatoes are the most suitable.

Using canola oil instead of extra-virgin olive oil (EVOO) will give the salad an odd taste. Keep in mind that a good tomato

salad is based on the quality of the tomatoes.

This salad is vegan, but you can add goat feta or sliced bocconcini if you like the taste of cheese and tomato (and the salad is still suitable for vegetarians). As much as I love cheese, I do find that it does takes away from the refreshing taste of the tomatoes. If you are a garlic lover, you can also add minced garlic.

This is a salad that tastes best when the flavours have had time to marinate for a minimum of 4-6 hours and it can be eaten with chicken, fish, or steak. For vegetarians and vegans, the salad can be combined with couscous or quinoa. For a quick snack, it can be eaten with pita bread.

Yovella is a former resident of McCauley who still works and volunteers in the area.

TOMATO SALAD

Ingredients:

- 3 cups of diced tomatoes
- ¼ cup or 4 tablespoons extra-virgin olive oil (EVOO)
- 2 tablespoons red wine vinegar or balsamic vinegar
- ¼ cup medium red onions, halved then thinly sliced
- 1 tablespoon herbs*
- Salt and pepper to taste

*Herbs that go well with tomato salad: parsley, dill, basil, oregano.

The measurements listed above can all be adjusted according to taste.

Instructions:

Place tomatoes, onions, salt, and pepper in a bowl. Pour over with EVOO and red wine vinegar then mix together in the bowl. Next add the herbs. If you choose to include feta or bocconcini, add this last. Toss well so the tomatoes are covered.

Letter to the Editor

A better solution for feral cats.

Re: "Feral Cats: What to Do if They Come to You," Vol. 40, No. 4, July 2019.

Trapping cats is not a good idea. You never know who you will trap - it could be the neighbour's pet. Only 18 percent of cats turned into Animal Care and Control ever make it home. If a person doesn't want cats in their flower

beds, coffee grounds or cayenne pepper will deter them. People can also keep a water bottle by the door to spray the cats, or just hissing and chasing them off works too. If we didn't have feral cats our homes would be overrun by mice. Would you prefer cats or mice?

- Manon Aubry, Boyle Street

Moonlight Carnival: August 25

The Moonlight Carnival is taking place on August 25 at the Ukrainian National Federation Hall (10629 - 98 Street) from noon to 6 p.m.

There will be live cultural performances, Chinese Children's Day crafts, and activities and fun for the whole family.

As well, there will be a Mooncake making class (registration required) and door prizes!

For more information, please contact Chinatown and Area Business Association at (780) 423-2628 or bia.chinatown@gmail.com.

Office Space for Rent

Share office space with **Boyle McCauley News!** We have a small inner office in the basement of 10826 95 Street.

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Introducing Greg Brandenburg

Get to know the new McCauley Revitalization Coordinator.



Greg Brandenburg. Supplied

The McCauley Neighbourhood Revitalization Steering Committee would like to welcome Greg Brandenburg to McCauley as the new City of Edmonton McCauley Revitalization Coordinator. Greg only joined the City in January 2019. Previously, he worked in the non-profit sector in community development (CD), most recently with Action for Healthy Communities. Greg has specialized in CD that is asset-based, place-based, and participatory. He has also worked in conflict resolution and community economic development/micro-financing aspects of CD,

both in Canada and abroad. Part of his international residential CD work included seven years in West Africa. Greg also has worked with Abundant Community Edmonton (ACE) since its inception.

Greg is married to a great woman and they have three young adult kids in three different Edmonton universities. For 26 years they have lived in Virginia Park (east of Cromdale) - just two blocks from Concordia University. He has been very involved with his neighbourhood for years. Greg is very happy to be working in McCauley as he has passed through the neighbourhood, usually on bike, almost every day he has lived in Edmonton. His favourite restaurants are in McCauley, his favourite gym is here, they buy a lot of groceries in McCauley, and he says their kids know that getting their family Christmas gifts from McCauley vendors is always a great idea, convenient, and appreciated.

The Revitalization Steering Committee is excited to be able to work with Greg in our neighbourhood and Greg asks that anybody who would like to connect with him - by email, phone, or in person - should please do so. He will buy you coffee if you want to visit in person. His email is gregory.brandenburg@edmonton.ca. His office phone is (780) 496-4178. His work cell is (780) 914-7450. Please join us in welcoming Greg with our famous McCauley hospitality.

Information provided by the Revitalization Steering Committee.

Early Summer Plant and Animal Activity

NATHAN BINNEMA

NATHAN'S NATURE NOTES

Since the last issue, we had our summer solstice (June 21), the day of the year when we have our greatest number of daylight hours.

On May 30, the smoke was quite thick, especially in the evening, and as I was walking home along 95 Street I had a surreal moment of seeing what appeared to be a group of nine pelicans float gently out of the haze above the houses.

For many animals and birds, the past few weeks have been the weeks of raising children. Two of our common species in the neighbourhood are hares and magpies. A family of white-tailed jackrabbits has been raising their young at the OFRE Orchard, and I've encountered them there several times throughout the season. You'll see young rabbits without their mother nearby in the spring and early summer - it doesn't mean they're orphans. In my understanding, their strategy is to stay still, either under a low plant or trusting their brown fur to camouflage them.

I've also watched the growth

of a magpie family with its nest in a spruce tree in my front yard. I heard the begging of the juvenile magpies every day outside my window, starting around the end of May. Later, around June 10, I noticed that the magpie fledglings were learning to fly in my front yard. Subsequently, their parents have been teaching them lessons about how to find their own food.

Another activity that fills this season of the year is pollination. At the OFRE Orchard, several times I saw Hunt's Bumblebees visiting the blooms of the lupine flowers that were planted in the garden bed at the Orchard Opening event.

Two common plants I see growing in the boulevards this time of year are the common dandelion and plantain, both plants that can benefit humans. The leaves of common plantain (not to be confused with the plant that is similar to a banana) can be chewed and applied to the skin to reduce swellings, such as those that result from insect bites or stings. Every part of the common dandelion is edible, and I'm noticing it's more common these days for people to have dandelion root tea.

Nathan lives in McCauley.

McCauley Apartments: August/September Updates and Listings

TARO HASHIMOTO

McCauley Apartments Mural Project - Production and Design

McCauley Apartments, along with Capital Region Housing's SUCCEED Program and Education Department, have joined in with e4c McCauley Apartments tenants to discover, collaborate, design,

and complete the **McCauley Apartments Community Mural Project**. Using visual and conceptual contributions from a vast diversity of McCauley community members, the production is currently being modelled in digital format and will be reproduced as a giant vinyl print, and heat-set onto the east-facing brick wall facing the parking lot.

An event which will have community members apply their own contributions by hand and celebrate together will be announced and shared throughout McCauley neighbourhood.

McCauley Apartments Office - Community in Development

e4c McCauley Apartments Office Staff and Tenants Association

volunteers welcome you to stop by for a cup of coffee or call for information. We are open weekly 10 a.m. to 4 p., Tuesdays, Wednesdays & Thursdays. Please call and make sure the coffee is on for you!

9541-1089A Avenue, Suite B08
Phone: (780) 424-2870

Taro is the e4c Community Development Officer.



11

10

9



8

Heart of the City 2019

Memories and inspiration.

NOAH GARVER

TO THE CASUAL HEART OF THE CITY (HOTC) PATRON,

our small festival might be a way to kill a couple of hours one weekend of the year. However, to so many of us, Heart of the City means so much more: the hours shared in planning and cultivating connections, organizing volunteers and artists, and supporting leadership qualities with new board members and student interns. All of this exists within our small tight-knit community, which functions as a connecting center to other areas of the city as well.

On Sunday, June 2, the last band of the weekend, Kane Incognito, finished their stellar set. As our President, Charity Slobod, came out to give her final closing address in that role, I felt a wave of energy. In my short amount of time with the festival, I am taken aback by how we come together to support each other continually. The volunteers make the event happen, and this year we witnessed their true leadership shine (thank-you)! Despite any challenges or festival highs and lows that arise, their work happens with a consistency I have yet to see anywhere else.

Yes, Heart of the City is a festival, but is also so much more. Participating in art, culture, and other entertainment is unifying. No matter who you are, or what you do, when something beautiful strikes your mind, you feel something. We were able to share a laugh at the stand-up comedy performances, especially with McCauley resident Dan Taylor, tailoring his material to discuss his neighbourhood.

Our story was performed and loved by people from all walks of life with winner Liam Leroux taking the top prize. Our Intercultural Gathering teepee - hosted by two outstanding student interns, Kalii Stewart and Terrance Lam - brought diversity, inclusion, and equity into all its multifaceted workshops.

The festival takes great pride in its outstanding Main Stage line-up with performances of all genres showcased on the big stage sponsored by the Folk Fest. Emcee appearances from charismatic CTV personalities Stacey Brotzel and Bianca Millions further strengthened the shared media partnership between HOTC and our trusted local broadcasting network. In addition, **Boyle McCauley News** Editor Paula Kirman and Todd Crawshaw of the Rock and Roll Society of Edmonton, hosted the Main Stage with both poise and enthusiasm. We are so grateful for their involvement!

Musical acts like Josh Sahunta, RELIK, Chubby Cree, Steven Johnson, Wendy Gregson & Renee McLachlan, Brother Octopus, Jet Power, and Brendon Greene once more played their hearts out on the stage they now find familiar. New HOTC musical additions took to the stage with magnetic en-

grat first sh us away hearing future.

Local a wares t many p display val me bers fr tunities through that so that ex most b sion.

I spoke the na She lea organiz at 22, v The yo success spires: ate, and to show artists today v commu ture. T equaliz contin to com inspire

Noah i munic of the C

1 Cultural activities from Intercultural Multilogues. Paula E. Kirman

2 Wendy Gregson & Renee McLachlan. Noah Garver

3 Angelitos. Paula E. Kirman

4 George Zhang and Isaac Friesen at the CreArt Youth Stage. Paula E. Kirman

5 Story Slam winner Liam Leroux and organizer Corine Demas in front of The BEAT Spoken Word Stage

6 Mikayla Bortscher at the CreArt Youth Stage. Paula E. Kirman

7 Leif Gregersen (right) selling his books in the artists' tent, with help from his dad. Paula

8 Mary Rankin and her hula hoops. Paula E. Kirman

9 McCauley musician Steven Johnson has played every Heart of the City festival since its beginning.

10 Chubby Cree. Paula E. Kirman 11 Nolan Smits. Paula E. Kirman

energy and boundless enthusiasm, bringing the park attendees beats to remember. FKB in particular gave a stand-out performance with their magnetic movements on stage that many joked must have been choreographed. Hosting their very own show, and we're certain we'll be getting plenty from them in the

artists sold their amazing work to the community. To think people purchased art now hanging in their homes as memories! In addition, members of the public had opportunities to create their own art through free workshops. We hope some young minds learned that experimenting creatively is a beautiful manner of expres-

...to one young woman by the name of Mikayla Bortscher. She learned to play guitar from the organizers of CreArt, and now she was playing at the festival. The youth stage was an incredible experience yet again. The festival inspired the youth to create and it inspires the community to showcase its talents. It is the organizers and organizers we inspire who will take the reins of community leadership in the future. They, like the artists today, connect us, and will continue to inspire generations to come. Just like the ones who inspired us before.

As the Marketing and Communications Manager with Heart City.

Noah Garver

E. Kirman

Paula E. Kirman



Being Thoughtful to Others Brings Happiness

MANON AUBRY

BOYLEBITS: A VIEW FROM BOYLE STREET

One of the surest ways to be happy is to feel good about ourselves. I know from experience that when I am kind to others, my spirits rise. So, I figure behaving well is a ticket to happiness.

However, I haven't always done so. When I was 15 and living on my own, I used to steal toilet paper from a hospital that was across the street from an Edwardian house that had been converted into a rooming house. I justified this by telling myself that life had treated me unfairly and I had the right to even things out - sort of like Jean Valjean in Les Misérables who feels that life had handed him a bad hand so he feels justified to steal a loaf of bread.

I've also noticed that when people are tempted to do harm to others for their own gain, they have a tendency to vilify the other person. A person who wants to have an affair will tend to pick a fight with their spouse to justify

having the affair. But we know that in every sin is the seed of its own punishment. The man having a affair suddenly finds himself worrying that his wife might be unfaithful. Also, we can guess that the person who accuses others of stealing is not honest themselves. What we hate in others is what we have to address in ourselves.

So, rather than focus on the negative, why not focus on the positive? This sounds cliché, but usually clichés are so because they're true. It is also true that on the path to being kind to others we sometimes fail. But the times that we succeed are such a boost to our spirits that we crave that high again - the feeling that says, "I'm at peace with the world." Every interaction with others is a chance to be kind, to give a compliment, or a hand up. So, I'm going to look for opportunities to be thoughtful to my fellow humans. It's an inexpensive way to bring more happiness into my life.

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.

LAST CHANCE TO ENTER ITALY RAFFLE!

The draw date for Boyle McCauley News' fundraising raffle for a trip for two to Italy is August 25, 2019 at 6 p.m. The draw will be held outside of the Italian Centre (10878 95 Street). We will be selling tickets outside of Zocalo during the day.

Tickets are still \$10 each.

Huge thanks to Teresa Spinelli and The Italian Centre for sponsorship of the prize.

Contact editor@bmcnews.org or call (780) 668-3194 to find out how to purchase tickets prior to the 25th.

FULL RULES AND INFORMATION ARE ALSO ON OUR WEBSITE AT BMCNEWS.ORG

Diversity in August

IAN YOUNG

ABILITY AND COMMUNITY

"August rain: the best of the summer gone, and the new fall not yet born. The odd uneven time." - Sylvia Plath

August sees summer sneaking away, while autumn approaches. The days gradually get shorter, the sun rises later, but still: August is a beautiful, lively month!

Of course the amazing Edmonton Heritage Festival, which gets bigger every year, takes place August 3-5 at Hawrelak Park. Admission is free, but a donation to Edmonton's Food Bank is suggested and encouraged. This is usually the Food Bank's largest donation drive!

There are ETS shuttles that leave many locations around Edmonton, as there is no parking on site. Contact ETS at 311 to get updated information for the Heritage Festival Shuttle.

tival Shuttle.

I call the Heritage Festival, "taking a trip around the world without a passport!" Our city and community is known for diversity and this is an opportunity to taste international cuisine, experience traditions, see artwork, and more!

Now, to view more culture, from August 9-11th is Cariwest! Friday night from 7 p.m.-11 p.m. they have a Costume Extravaganza. Saturday is an amazing musical, colourful parade that starts at noon on Jasper Avenue and 97 Street, winding down to 107 Street where it turns left to the Cariwest site at Capital Plaza. There, you will find a Caribbean Village with live music all day Saturday and Sunday: food, drink, and fun! If you have never seen the parade, I highly recommend it. For more information: cariwest.ca.

So, get the most out of summer and see how our city is a great, diverse community!

See you in September!

Boyle McCauley News

THANK YOU TO STANTEC

Boyle McCauley News would like to extend thank to Stantec, for the company's generous support of our 40th anniversary gala on March 9.

Local Business Owners Sought for Survey

Local business owners, managers, and decision-makers - your input is needed!

The University of Alberta, in partnership with Grant MacEwan University's Social Innovation Institute - Roundhouse, and the City of Edmonton's Urban Wellness Plan

- RECOVER, are looking for your perspective on socially-conscious business practices here in our city. The research team is asking you to take a 30-minute online survey about your business.

To take the survey, visit: <https://forms.gle/3pT9bUJ4bHkHQy5j7>

St. Barbara's Russian Orthodox Cathedral

ANITA JENKINS

The impressive domed building on 96 Street just south of Jasper Avenue is called St. Barbara's Russian Orthodox Cathedral.

St. Barbara's is one of the 25 parishes of the Moscow Patriarchate in Canada. The others are located in Regina, Ottawa, and Toronto, and in 21 rural areas of Alberta and Saskatchewan. St. Barbara's is also the oldest church congregation on 96 Street, thus making it the very beginning of Church Street both in location and vintage.

Father Igor Kisil is the rector of St. Barbara's and the dean of the patriarchal parishes in Alberta and Saskatchewan. Father Igor has several assistants, including Father John Grigaitis, who provided this writer with an interview and tour.

St. Barbara's has about 250 church members. Many recent immigrants attend the weekly services (called liturgies), in part because the liturgy is conducted in a combination of English and Russian, and the church bulletin is published in English and Russian. However, a number of the wor-



St. Barbara's Russian Orthodox Cathedral. Paula E. Kirman

shippers are second, third and even fourth-generation Canadians – the unifying factor is the Orthodox faith.

The cathedral's activities include a summer Bible camp at Pigeon Lake and meals served in the basement on major feast days and as a component of special events.

Like most churches, St. Barbara's depends on donations from congregation for the bulk of its operating costs. Father John says members tend to say, "Our donation is very little compared to what we are receiving."

Architecture

The cathedral is in the shape of a cross, with many cupolas (or domes)

on its roof. The inside features a very ornate altar with a specially constructed screen where sacred icons are hung.

History

Arriving by way of Alaska, the first Russian Orthodox missionaries came to Edmonton in 1897. The first Russian Orthodox liturgy in the region took place 122 years ago, at Wostok, 50 miles northeast of Edmonton. The worshipers were immigrants from Bukovina and Galicia (Ukraine), then part of Austro-Hungarian Empire.

In later years, the many Ukrainian settlers who attended St. Barbara's would be joined by refugees from the Bolshevik Revolution in Russia in 1917, refugees from Eastern Europe after the Second World War, and immigrants from Slavic countries after the collapse of the USSR.

The first St. Barbara's liturgies were held in 1902 in a small frame house located where the cathedral now stands. A wooden church was built in 1908, and the current cathedral was completed in 1958.

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

How Do You Grieve the Language You Never Had?

SHARON PASULA

My roots are from Lac Ste Anne. My maternal grandparents lived there, just a short walk to the pilgrimage site.

My mother spoke Cree/Michif. My dad spoke only English, to my knowledge. I always loved language. As a child, I remember pretending to speak another language, making up words, feeling self-important. But learning languages was a not a gift. I had to work hard both in high school and university to learn French. Same for Hebrew, again in university.

So why would a Métis girl learn other languages and not her mother's language? It wasn't important to speak Cree, or *Nêhiyawêwin*, as the Cree/

Nêhiyaw prefer to call it. I heard my mother speak it infrequently, only with her relatives whom we didn't see often. English was the language to learn so you could get a job, be successful, and avoid discrimination. Speaking Cree would let people know you were Native and that was to be avoided. So, my mother thought she was protecting us by not teaching her language.

I made several attempts to learn Nêhiyawêwin. Something always came up and I couldn't finish. Several years ago, I did actually finish a six-week community course which was mostly about syllabics, as well as culture and often used vocabulary. Use it or lose it. Life happened and distractions pulled me away. I remember almost none of it now.

So why does it matter? Culture is in the language. I was raised urban, estranged from the land and from people who could have taught me. Without the language, it is challenging and difficult to learn and experience what it is to be Indigenous. Nevertheless, I identify as an Indigenous person. I practise Indigenous spirituality. It has become part of me, or rather, I am learning to be who Creator made me to be, a mixed blood.

As I get older, I reflect more. I realize that Nêhiyawêwin could have made my life different. Not knowing the language sometimes feels like a deficit. Something that could have nourished and sustained my soul and spirit was withheld. I wept at the realization. Then I grieved

some more and gave it to Creator. I am not angry. That surprises me. It must be Creator's grace. Thank You. Of course, it's my optimism talking. If I had been a Nêhiyawêwin speaker, it could have been much worse than my mother had imagined. More violence and trauma may have been my journey. I might not be alive today.

So, I will continue to try to learn Nêhiyawêwin. It is still valuable. I have a choice and I choose to be thankful for the path Creator gives me. Grief will ebb and flow, but now that I have shared this part of my story, healing will come.

Sharon Pasula is an Indigenous spiritual and cultural resource person who lives in Boyle Street.





mccauleycommunityleague2014@gmail.com
facebook.com/mccauleycommunityleague

The McCauley Community League Board meets the first Tuesday of every month from 7-9pm in the Boardroom at the Boys and Girls Club, 95th street entrance. Everyone is welcome to attend the regular meetings and we're happy to hear from you always.

MCCAULEY COMMUNITY LEAGUE 2ND ANNUAL

MOVIE NIGHT IN THE PARK

HARRY POTTER AND THE PHILOSOPHER'S STONE

Wednesday, Aug. 21
Giovanni Caboto Park

Events start at 6pm

Movie at 9pm-ish

Movie will start when it's dark enough.

ALL AGES EVENT/FREE OF CHARGE

FEATURING

Quidditch Demo by Edmonton Aurors!
Diagon Alley Vendors Market!
Hogwarts Express!

Event times and details will be hosted on the MCL and BMC News Facebook pages.

ART CLASSES

Thursdays

We have Art Classes running Thursdays from 12:00 until 3:30 p.m. at St. Teresa's.

Comics and Cartooning!

FREE Lessons with James Grasdall



**Every Thursday
Starting at 1PM**

For more info and registration
please call or text, 780 200 8681
or email, LILY@VIPHALAY.COM

St Teresa School (9008-105A Ave)



BOYLE STREET
COMMUNITY LEAGUE

Summer in Boyle Street

CHALK YOUR BLOCK

*Boyle Street Community
Art Event*

AUGUST 10-20TH

JUDGING ON AUGUST 20TH

*For event details and chalk pick up
locations see boylestreetcommunity or go
to the Boyle Street Community League's
Facebook page.*

WATCH FOR IT!

Long Table Feast

EDMONTON DOWNTOWN

FARMERS MARKET

AUGUST 18 • NOON

96 STREET AND 103 AVENUE



/boylestreetcommunityleague



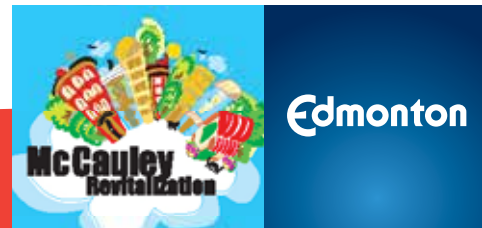
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9605 111 AVENUE • (780) 424-8777 • TONYSPIZZAPALACE.COM



MCCAULEY REVITALIZATION STEERING COMMITTEE UPDATES

Movie Night in the Park

WEDNESDAY, AUGUST 21 • 8 PM IN GIOVANNI CABOTO PARK

The movie for the August 21 movie night is Harry Potter and the Philosopher's Stone. There will be Diagon Alley vendors and treats, a Hogwarts Express bouncy castle and a Quidditch demo by the Edmonton Aurors Quidditch team. Tickets on Eventbrite and its free!

Festa Italiana 2019

SUNDAY, AUGUST 25 • STARTS AT 11 AM IN GIOVANNI CABOTO PARK

Now celebrating its 10 Anniversary, Viva Italia Festival is being renamed to Festa Italiana, inviting people from all across the city to come be Italian for a day. Of course there will be Italian speciality foods such as pasta dishes, salads, pizzas, gelato, pastries etc. There will be music, dancing, activity tents and much more. Come for the day!

Moonlight Carnival SUNDAY, AUGUST 25 • 12 PM - 6 PM AT THE UKRAINIAN NATIONAL FEDERATION HALL • 10629 - 97 STREET

The Moonlight Carnival is a centuries old tradition about a "Lady in the Moon" and her reunion with her earthbound husband at the full moon of each year. Traditionally, families and couples spend time together eating moon cakes and admiring the full moon. The Moonlight Carnival will showcase live cultural performances, activities and fun for the whole family. There will be a moon cake workshop (registration required) and also a lantern workshop. There will be door prizes! For more information, please contact Chinatown and Area Business Association - 780-423-2628 or bia.chinatown@gmail.com

BACK ALLEY JUNK

There is still some confusion about what to do about junk being dumped on your back alley property. The McCauley Community League, Safer McCauley and Revitalization have adopted a zero-tolerance policy as it relates to back alley dumping.

WHAT TO DO WHEN JUNK IS DUMPED ON YOUR BACK ALLEY PROPERTY?

First, either email or call Marko Skendzic who is the Municipal Enforcement Officer (MEO) for McCauley. We do this because we need to make sure these incidents are reported so that they can be tracked so that resources can be allocated to tend to that matter going forward. His email is marko.skendzic@edmonton.ca and his phone number is 780-496-3970.

Second, and for the moment, email or call Greg Brandenburg at McCauley Revitalization to have the items removed. Marko the MEO cannot take away the dumped junk unless he first issues a ticket and you as an innocent victim of dumping do not want that. Because McCauley reported many incidents of dumped junk Capital City Cleanup has initiated a pilot in McCauley and 4 other neighbourhoods through a special grant of \$2000 to pick up and dispose the junk. We will be using that grant to take away the illegally dumped junk in our back alleys. The McCauley Community League, Safer McCauley and Revitalization partnership will use the grant to take away and dispose of the junk. For the moment any shortfall will be covered by the partnership.

WHAT TO DO WHEN A PROBLEM PROPERTY IS DUMPING JUNK IN THEIR OWN BACK ALLEY PROPERTY?

Email or call Marko Skendzic who is the Municipal Enforcement Officer (MEO) for McCauley. We do this because we need to make sure these incidents are reported so that they can be tracked so that resources can be allocated to tend to that matter going forward. His email is marko.skendzic@edmonton.ca and his phone number is 780-496-3970.

Marko can then issue a ticket, usually after trying to communicate with the owners, and once a ticket has been issued then the junk can be removed by the City at the owner's expense.

ORGANIZING OR HOSTING A BLOCK SOCIAL OR BLOCK PARTY

EASIER THAN WE THINK

In many neighbourhoods across the city neighbours are organizing simple block socials or block parties. The two are the same but a block social just indicates to people it does not need to be a big complicated deal. In many neighbourhoods residents are planning block socials 3-5 days ahead because the weather forecast looks promising.

Key ingredients to a successful block social are bringing neighbours together over some food. Period. The key piece of planning is simply getting invitations to neighbours ahead of time. Don't worry if everybody or even most people can't make it. Just enjoy whoever comes and communicate that there will be other block socials in the future. Sometimes block social organizers just drop off a quick note in all the mailboxes - other times they knock on doors and give a personal invite.

With either a flyer, personal or email invitation to a block social you can suggest that people with addresses ending with an odd number bring either something sweet or something savoury. The opposite can be suggested to the addresses ending with an even number. Often in the invitation it can be simply communicated, "Please feel free to bring something yummy to share" and you get what you get. If the block social

happens on public property then alcohol is not allowed but it is allowed of course on private property.

On a hot August Saturday evening, McCauleyites Greg and Stephanie will be hosting a back alley party with their block neighbours. They will be accessing the free Block Party Kit from the McCauley Community League which includes a firepit, cooler, games, some dishes and utensils etc. They are planning a short clean-up work bee with their neighbours ahead of the party. Greg will be also be asking his neighbours in advance of the party what they would be willing to share in the form of music, art, games, hobbies, ideas and/or food. The flow of the party and activities follows whatever neighbours are willing to contribute.

They are hoping to add some flower boxes and lighting to their alley to be left up for at least a while. Back alleys can be a great place to have a block party. If anybody wants some help hosting a back alley party or any kind of block social feel free to contact anybody on the

Community League, your NRC Heather O'Hearn or your Revite Coordinator Greg Brandenburg. We will work together to support your initiative.

CHINATOWN UPDATE

In this last month some key milestones were reached in Chinatown and its future development. Back in 2015 the City and Chinatown hosted a kick off conference to assemble a broad group of Chinatown stakeholders and Chinatown representatives from other North American cities. A working group was struck that eventually produced the Chinatown Strategy. A good portion of the Strategy was to be implemented through a newly created not-for-profit organization called the Chinatown Transformative Collaboration.

After a thorough search for its first Executive Director an Edmontonian was identified and hired. Her name is Linda Tzang and besides related work in Vancouver Linda has held roles at the Royal Alberta Museum including curator. She was one of the leads in the celebrated 2012 RAM exhibition entitled "Chop Suey on the Prairies: Reflections on Chinese Restaurants in Alberta. Linda will be meeting with her Board in their new office above the Lee House Korean Restaurant on 97 St. and 107 Avenue. They will decide what parts of the Chinatown Strategy they want to develop first with funding from various sources including the City.

2020 COMMUNITY GARDEN OPPORTUNITY

If you would be at all interested in having a plot in a new community garden in the Spring of 2020 please contact Todd Janes with Revitalization. There will be some planning needed over the winter to properly utilize a new and exciting opportunity to develop a centrally located community garden. Todd can be reached at toddjane@gmail.com.

LITTLE ITALY LEGO COMPETITION

The Viva Italia District Association (VIDA) is announcing the first Annual Little Italy LEGO competition to be held and judged on Sunday, August 25 at the Festa Italiana 2019. There will be 3 age groups: 5-10 yrs old and 11-16 yrs old and 17+. Competitors can bring their creations to the Festa Italiana representing either or any of 3 different possible subjects: 1) the leaning tower of Pisa, 2) the Colosseum in Rome, 3) the Pantheon of Rome. There will be great prizes including money, Little Italy gift cards and LEGO gift cards. Visit the VIDA website for details: vivaitaliaedmonton.com

BOYLE STREET COMMUNITY LEAGUE UPDATE

We Want to Focus on Fun

JORDAN REINIGER

What is the purpose of a community league? This is a question the Boyle Street Community League has been grappling with of late.

In the neighbourhood of Boyle Street, there are so many things we could focus on: the plethora of new developments and infrastructure projects, and the need to ensure they are done in a manner that respects the needs and desires of our neighbours; our facility and the ongoing work with the City of Edmonton to ensure we continue to have a permanent place in the neighbourhood; and the creation of programs that add to the life of the neighbourhood.

What, though, is the ultimate pur-

pose of these activities?

Our conclusion as a board: fun. Perhaps I ought to provide more context for that conclusion.

Our society foists upon us the grand myth that our ultimate goal is to be independent. We are to become completely self-sufficient, and that is the benchmark of success. We live our lives attempting to be self-sufficient and, in the process, isolate and cut ourselves off from community.

I believe this is one of the reasons we see so much depression and anxiety - the reason why so many people feel isolated and lonely. These feelings are shared regardless of socio-economic background.

The truth is that we are truly healthy insofar as we have interdependence - a community we rely on and which relies on us. Family, friends, and neighbours who know you and care for you.

What would Boyle Street look like if we truly had a community like this? One where you were known and cared for? One where you were truly needed to care for others?

Imagine what it would be like to live there.

That excites me - and it is a vision worth working toward. But we have to start somewhere . . . so we are starting with fun!

Our goal is to focus on creating experiences and moments where

neighbours can get together to enjoy each others company, create relationships, and get to know each other.

Look for our upcoming Chalk Your Block neighbourhood competition coming in August and a big neighbourhood block party in September as the League's first foray into having fun together in our community.

If you want to be part of making the fun happen - or you have a gift you want to share with your neighbours (like music, martial arts, fitness, art, etc.) - get in touch with us by going to www.boylestreetcommunity.ca.

Jordan is the President of the Boyle Street Community League.

Problem Properties

RON DITSCHUN

Unkempt and derelict properties are a common issue in many neighbourhoods. Aside from being eyesores, they can decrease property values and lead to other issues as well.

This article is a brief rundown of the most common types of problem properties and a quick look at recommended solutions. Common problems include:

1. An excess of derelict items. For example: construction debris, old appliances, non-running vehicles, tires, and parts. Garbage, basically.
2. Unmowed lawns (over 10 cm), weeds, and compost heaps.
3. Building(s) in serious disrepair. Holes in roofs, missing or broken windows and doors, or any other openings in building allowing for easy, unauthorized access.
4. Graffiti and other forms of vandalism.

The simplest solution is to talk to the owner or resident and politely address your concerns. Unfortunately, this isn't always

effective. If the problem persists you may need to make a formal complaint to City Bylaw by phoning 311 or online.

Bylaw usually issues a warning, and most complaints are rectified without any further action. If the owner is noncompliant a fine may be issued or they may be taken to court.

There are scenarios where mitigating factors are involved and a gentler approach could be more effective, especially in the long term, such as:

- Your neighbour is elderly or otherwise physically unable to attend to these issues.
- Your neighbour is a problem hoarder. Hoarding is a serious mental health issue that requires a different tactic. (See Joanne McNeal's related article on this page for more information.)

In conclusion, the best solution is communication and a neighbourly approach. Empathy, patience, and the offer of a helping hand couldn't hurt either.

Ron lives in McCauley.

Help for Hoarding Behaviour

Two options at SAGE.

JOANNE MCNEAL

SAGE, the Senior's Association of Greater Edmonton, offers two types of help for people with hoarding behaviour problems. They focus on seniors, but I believe anyone can participate, at least in the drop-in sessions. This group meets once a month on the last Thursday of each month throughout the year except summer. These are called "Full-House Drop-In Sessions" ("Full-House" being a kind euphemism). Each month the facilitators, who are trained in helping people with hoarding, lead a discussion about some aspect of hoarding behaviour. These facilitators are very kind and supportive, and help people understand why things got this way, and how to go about making it better. It's a long process, but the first step is admitting the problem.

There is also a hoarding work-

shop where participants commit to working through a book about hoarding, called *Buried in Treasures*, a copy of which is provided. This group meets on Tuesdays every other week throughout the year, except summer. Again, the facilitators are very kind, helpful, non-judgmental, and supportive in helping people understand the "why" and "how," and then in helping them take action to overcome their hoarding situation. There is a lot to understand about why people let this happen, but the first step is to recognize that you have a problem, and to begin to understand why. The drop-in sessions will help you recognize and admit the problem, then you can take the workshop to help you overcome it. Both of these helpful groups are funded through Mental Health Canada.

Joanne McNeal is a McCauley Senior.

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Community Classifieds

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

NOTE: WE FIT AS MANY ADS HERE AS WE CAN. FOR MORE CLASSIFIEDS, VISIT OUR WEBSITE AT BMCNEWS.ORG.

CHURCH AND AGENCY SERVICES

BISSELL CENTRE

(780) 423-2285

Drop-in Centre: Monday – Friday 7 a.m. – 4:30 p.m. /Saturdays: 12 p.m. – 4 p.m.

Child Care Centre: Monday – Friday 9 a.m. – 4:15 p.m. (reservations preferred)

Women's Lunch: Tuesdays and Thursday at noon

Health for Two: Tuesdays at 12 p.m.

Parenting Classes: Mondays at 11 a.m.

Free Tax Workshops: Wednesdays 12:30 p.m. – 4 p.m.

Haircuts: Tuesdays 1 to 3 p.m. (sign up at 12:15, first come first serve)

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. Streetworks 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.

THE ROCK OUTREACH

11004 – 96 Street NW

Phone (780) 426-1122

Breakfasts: Tuesday to Thursday 7-9 a.m.

Kids Club: Third Monday of the Month

THE SALVATION ARMY

ADDICTIONS & RESIDENTIAL CENTRE

9611 -102 Avenue

(780) 429-4274

Men's Transitional Housing, Transformations Addiction Recovery Program, Community Support Services, Chapel Service, Volunteer Opportunities.

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

Drop-In: Tues.-Sat. 5:00-10:00 p.m. (social activities after dinner)

Evening Meals: Tues.-Fri. 7:00-8:00 p.m. / Sat. 5:00-6:00 p.m.

Art Class: Mon. 12:30-2:30 p.m.

Food Depot: Tues. and Thurs. 1:00 p.m. / Wed. (for students or workers) 8:00 p.m.

Women's Lunch: Weds. 10:30-2:00 p.m.

Call to learn about our summer programs!

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:

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. Eu-charist 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 Abbotsfield 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.

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.

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.

FREE COUNSELLING

Free counselling intended for personal growth from a professional counsellor with a Christian perspective. Experience freedom from or learn to cope with: Depressive and Anxious Thoughts, Loneliness, Low Self-Esteem, Low Self-Confidence, Fear of the Future, Trauma, Loss and Grief, Addictions, Personality Issues, Relationship Issues, or Fear of Harm. Regardless of your Christian Denomination, Religion, or lack of Religion, if you have reached 18 years of age, you are very welcome for individual or group counselling. Strictly no money or donation involved. The main objective of this Christian outreach service is to reach out to those who are hurting and, if they choose, to help them transform their lives through Christ and the Church community. Please feel free to email for an appointment: Rev. Dr. Davis P. Tharayil, PhD churchoftheresurrection.accc@gmail.com

MAJESTIC INK

Willing to do snow shoveling. Call with 24 hours' notice. Seniors and residential area. Negotiable flat rate. Call Mo: 780-616-3941.

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!

MATH TUTORING

Offering math tutoring from junior high to undergraduate levels. Rate: \$30/hour, Phone Nathan Binnema: (587) 337-4189, email: ernienathan@protonmail.com. Willing to make house calls for residents of Boyle Street and McCauley. Contact for availability.

ART LESSONS

Create beautiful paintings in ink. No experience necessary. In the heart of McCauley. For more info, email wilderthanthewindcreations@gmail.com.

DROP IN YOGA

Boyle Street Plaza/YMCA Family Resource Centre
9538-103A Ave 780-426-9265
Drop In YOGA
Tues./Thurs. 5 p.m.-6 p.m. Thurs. 10am-11am
Cost \$10/class
U/G Parking \$1/hr - access on 104 Ave between 95 St. and 96 St.

COMICS WANTED

Disabled adult looking for unwanted comic book/graphic novel collections. In exchange will donate to a children's charity in your name and provide receipt. Some comics will also be donated where needed. (587) 920-8272.

PIANO LESSONS FOR SUMMER AND FALL

Located at 93 Street and 107 Avenue. Experienced and qualified piano teacher trained in the UK and Australia offers piano lesson for all ages. Please visit: www.kimchangpianostudio.com. Contact Kim: (780) 655-6618.

HANDYMAN

Based in McCauley. Odd jobs and maintenance. Call Richard for more information: (587) 921-8253 (24 hours).



FREE MONDAY EVENING GUITAR LESSONS

Instructor: Steven Johnson

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 evening - 8:15 p.m. – 9:30 p.m.

Location: McCauley Boys & Girls Club, (9425 109A Avenue).

To sign up for guitar lessons or for more info call (780) 424-2870 or (780) 271-5995 Sponsored by the McCauley Community League, E4C and Ansgar Danish Lutheran Church.

WECAN FOOD BASKET

Make Your Monthly Grocery Supply More Complete for Less!

Monthly Food Basket \$15/meat order, \$10/produce order – Annual Membership is \$5. Upcoming deadline(s) for payment(s) is: August 2 (September 6). Payment can be made at McCauley Boys & Girls Club, during business hours, Monday – Friday 9 a.m.-4 p.m.

Next depot date(s): August 15 (September 19), 10 a.m. – 2 p.m. at McCauley Boys & Girls Club (9425 109A Ave).

For more info please contact (780) 424-2870 or (780)-413-4525.

Website info: www.wecanfood.com

STREET PRINTS ARTIST COLLECTIVE (e4c/ICRWP)

Creating opportunities for independent artists to market and sell.

Artists volunteering together to market and sell their works and prints at community events. Sale Materials Include: Original Paintings and Art, Prints, Cards, Calendars, and more! For more info, please contact (780) 424-2870 or (780) 271-5995

Facebook page: @streetprintscollective

E-mail: streetprintscollective@gmail.com / thashimoto@e4calberta.org

DROP IN SOCCER RECREATIONAL PLAY Weekly Recreational Soccer Fun! (Hosted by ICRW/e4c)

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. Developed through community partnership with E4C and Inner City Recreation Program.

OUTDOOR Throughout Summer months (May/June-Sept)

INDOOR Throughout Winter months (October -April)

Time/Date: Tuesdays 1 p.m. to 3 p.m.

Indoor Location: Boyle Street Community YMCA Gym 10350 95 St., Edmonton

Outdoors Location: Sacred Heart Church Park (9541 108 Ave.), Edmonton

Weather and availability may affect locations. Please call or text if unsure: (780) 271-5995 or (587) 337-9860

WELLNESS WEDNESDAYS

Fun and friendly weekly workshops and activities, which help in our wellness!

Hosted at McCauley Apartments, with easy-going and fun community members. Guest presenters and facilitators/instructors, outings and social engagement are all featured. Activities include: arts and crafts, group outings, music fun, community gardening, recreation and more! Join in the fun!

Time/Date: Wednesdays 1 p.m. to 3 p.m.

Location: McCauley Apartments (9541 108A Ave., Unit B)

For more info, please contact e4c McCauley Office Staff (780) 424-2870

New Mural in Boyle Street



A street mural by artist Michelle Campos Castillo, in partnership with Quarters Arts Society, officially launched on June 23. It's located in the area of the farmers market along 103 Avenue between 96 and 97 Streets. The mural is inspired by local water resources Edmonton and features stencils of walleye, goldeye, and sturgeon. Other project partners include the City of Edmonton and Cloverdale Paint. Paula E. Kirman

McCauley Cyclist Completes 908 km Ride



Gary Garrison celebrates completing the 908 km Minds over Mountains bicycle tour, which started in Jasper and ended at Masset on Haida Gwaii at Mile Zero of the Yellowhead Highway on June 22. The tour raised over \$280,000 in support of CASA's mental health programs for children and their families. Supplied

Janis Irwin, MLA

Edmonton-Highlands-Norwood

JanisIrwin

780.414.0682
6519 112 Ave.
Edmonton.HighlandsNorwood@assembly.ab.ca

Aug. 25th
11 AM-6 PM
GIOVANNI CABOTO PARK
9425 - 109A AVE., LITTLE ITALY

- SOCCER TOURNAMENT • WINE TENT • LIVE MUSIC • LEARN TO PLAY BOGGE •
- FOOD VENDORS • CAR SHOW • COOKING DEMONSTRATIONS • KIDS AREA •
- GIRO DEL CENTRO CRITERIUM • MPW WRESTLING •
- PIZZA EATING CONTEST AND MORE!

Free for Everyone!

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Community Public Art Picnic



The Community Public Art Picnic at Boyle Street Plaza on June 8 featured calligraphy, Mahjong, food, entertainment, and the chance to have objects scanned for inclusion in the new "Invisible Gate" public art piece for Kinistinâw Park. The event was hosted by the Edmonton Arts Council. Paula E. Kirman