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Boyle McCauley News

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VOL. 40 NO. 6

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VOICE OF THE COMMUNITY SINCE 1979

Riverside Towers Comes Through in a Big Way

Donations to cancer patients' transportation program exceed expectations.

ANITA JENKINS

On August 16, 2019, representatives of the Canadian Cancer Society's Wheels of Hope program officially received a donation of \$5,030 from Riverside Towers (8610 and 8620 Jasper Avenue). The funds will be used to provide transportation to cancer treatments for people who live in the Boyle Street community.

The project's prime mover was Riverside's manager, Tracey Anderson, who used the Wheels of Hope service for six weeks and was tremendously impressed by the program. Her initial goal was to raise donations totalling \$1,000, but the campaign produced more than double that amount.

Responding to Anderson's posters and messages, Riverside and its vendors contributed \$2515. Then Devonshire Properties, the building owners, matched their donations. Zev Shafran, Devonshire Properties president, told Anderson, "This is the best cheque I have written all week."

"Volunteer drivers pick you up to go to your treatments and take you back home," Anderson says. "If your cancer treatment is just a half hour long, the volunteer waits for you. You are also welcome to bring along a partner or relative if you feel you need their support."

"Even if you have a vehicle, you are often too anxious to drive yourself," she says. "Also, parking at the Cross Cancer Institute is a challenge."

"I had the chance to interact with some wonderful people," Anderson adds. "Since many of the volunteer drivers have had cancer themselves or are close to someone who has battled the disease, we were able to share our experiences."

The fundraising project not only supported a valuable program but also raised awareness. "Three tenants asked about it when I put up the posters because they needed to use it," Anderson says.

Posters proclaiming, "Riverside Rocks!" went up in the building elevators when the goal had been not just reached, but surpassed. Anderson, a dedicated volunteer and supporter of charities, organizes Christmas and Easter dinners for residents of Riverside. She has volunteered for Heart of the City, and managed to raise \$1650 in donations from Riverside for that event last year. The day she presented the cheque at the Cross Cancer Institute, she was heading out afterwards to volunteer at the Edmonton Rock Music Festival.

Wheels of Hope has been providing safe and reliable transportation



Tracey Anderson (left), Property Manager, Riverside Towers, presents a cheque to Donna Chissell, Coordinator, Annual Giving, Canadian Cancer Society on August 16. Michael Lavoie

since the 1950s for people who are receiving active treatment at a cancer treatment facility. Patients pay \$100 to access transportation for a full year. Those who are unable to pay can apply for a full or partial waiver. To find out how to arrange for a ride, contact the volunteer

driver program coordinator for Edmonton 1-800-263-6750 (toll-free). If you can donate one weekday per week, ask about becoming a Wheels of Hope driver at www.cancer.ca.

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



Dining Out

EAT MORE STREET FOOD

■ PAGE 4

MCL UPDATE

“It was great to see the park animated in such an incredible fashion all for the love of a simple movie.

■ PAGE 3

SAFER MCCAULEY

“In the spirit of transparency, we would like to provide you with a Report Back.

■ PAGE 3

BSCL UPDATE

“Our job as neighbours is to make our collection of dwellings feel a lot more like home by building relationships and getting to know one another.

■ PAGE 14

Getting Schooled



PAULA E. KIRMAN • BMC News Staff

MCCAULEY MUSINGS

I'm writing this in mid-August, when back-to-school sales are dominating print and broadcast advertising. Heading back to classes is something usually associated with children and young adults who are beginning or returning to elementary, junior high, high school, or college/university.

However, sometimes going back to school is a choice made by people who are - how shall I put this? - more mature in years. This is exactly what I did last year when I enrolled in a post-graduate program through the University of Alberta's Faculty of Extension. I'll be graduating with an Advanced Citation in Global Leadership in June of 2020.

The decision to go back to school after more than two decades was not easy (or cheap), but I saw it as an opportunity to grow personally and professionally.

Our Volunteer Coordinator Colleen Chapman went back to earn her bachelor's degree when she was in her 50s. I can only imagine what the experience must have been like, as she studied alongside people half her age. However, achieving this level of education was an important goal for her, and she did it.

I often read about seniors who earned a graduate degree at a very advanced age. I watch as many of my peers pursue their master's or doctorates. Are they doing it for career advancement? Perhaps, but no doubt also as a personal accomplishment.

Learning is a part of living, and it doesn't always have to take place in a classroom. However, if given the opportunity, going back to school can be valuable at any age.

EDITOR'S NOTES

The talk of this past summer was the weather - namely that most days did not feel like summer at all. By the time this issue hits the street autumn will be looming. Here's hoping for a warm fall and mild winter.

Summer was definitely busy here at *Boyle McCauley News*. We geared up for our raffle draw on August 25 with a final push for ticket sales at Festa Italiana. Stay tuned for information about our next raffle. We're going to make this a regular part of the paper's fundraising.

Our social media presence is growing and becoming an important way to stay current with news and events in the area in between print issues. Those of you who use social media should follow us: we're @bmcnews on Facebook and Twitter, and @bmcviews on Instagram.

Are you interested in volunteering with the paper? We are in need of a photographer or two willing to cover events, especially those happening in the Boyle Street area. We also have a few newspaper routes in McCauley available, so if you would like to become a Block Carrier, now is the time. For more information, contact me at editor@bmcnews.org.

OUR NEXT ISSUE...

Volume 40, Issue 7 will be published November 1. Articles and photos concerning community news, events, and opinions are welcome. We also accept submissions of poetry and cartoons. Deadline: October 12, 2019. Send 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 October 12.

Boyle McCauley News

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

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

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

BOYLE STREET AND MCCAULEY CRIME AND SAFETY NUMBERS

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- click on Crime Prevention

Crisis Diversion Team • Call 211 and press 3

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

MCCAULEY COMMUNITY LEAGUE UPDATE

The Best Day of the Summer

GREG LANE

All of our wishing and hoping worked out and the weather cooperated for us on August 21st as we held another Movie Night in the Park.

This year we had a Harry Potter theme, and, thanks to everyone who came out, it was a huge success. With so many Harry Potter movies in the franchise it should be easy to stretch this out for a few years to come.

This year's event featured a small Diagon Alley marketplace, a wand-making session, the Hogwarts Express Bouncy train, an interactive Quidditch demo hosted by our friends from the Edmonton Aurors Quidditch Team, food trucks, and even a Photo Booth Platform 9¾. Several folks came out dressed in theme and our friends at Norwood Dental hosted Harry Potter-themed trivia before the

movie. This was an amazing event for everyone to attend and our very own Jordynn Vis was central to making this all happen in participation with the rest of your League board. It was great to see the park animated in such an incredible fashion all for the love of a simple movie.

The show played into the evening and reminded some of us older viewers of the days of drive-ins and the late summer evenings.

I am always humbled by the efforts of those who serve the community on the board.

In September we are planning another event for Community League Day (weather permitting, it will be outdoors) so watch the League Facebook page and the *Boyle McCauley News* website and social media for more info.

On a more serious subject, I wanted to talk just briefly about problem properties and the impact they have on all of our lives. About a month ago there was a podcast produced by CBC called *Slumtown* that, despite the less than positive title, seemed to effectively draw attention to the issue of what we all know as problem properties and their occupants, and, most importantly, the owners. I have heard and listened to stories from several residents and witnessed a fair percentage myself as we have a house like this within 100 metres of us. I know how frustrating this can be and I know from speaking to some of our EPS members and first responders they are equally frustrated and wish more could be done.

City Council made a motion on July 9th to ask for a report on this subject through the Urban Planning Com-

mittee. At the time, it was expected the report would be done 12 weeks later, which would put us at October 1st. While agendas can change and reports get delayed, I would ask that those interested watch that date. I think there may be an opportunity to speak to Council. If things are going to change they need to be done by us as residents. We will endeavour to track this agenda item and encourage residents to sign up to speak to Council and share their lived experiences. It is easy to check the agendas and dates on the City of Edmonton website.

If you have ideas for programming or items you want us to help bring to Council, please reach out. We want to make sure we are delivering what the community wants and needs.

Greg is the President of the McCauley Community League.

Safer McCauley Reports Back to the Community

MARK DAVIS

It's been a busy year for Safer McCauley. In the spirit of transparency, we would like to provide you with a Report Back. Highlights include the development of online resources, and the strengthening of relationships with community organizations, EPS, and Bylaw. Particularly significant is a move towards increased action and the rebuilding of a citizen-led Safety Working Group. Please visit safermccauley.ca for a detailed Report-Back about the following engagements and actions that have taken place throughout 2018/2019:

SAFER MCCAULEY SUMMER ENGAGEMENT

Safer McCauley has been door-to-door this summer to exchange information with community members. The feedback collected will help guide our steps in 2019-2020. This engagement was one component of our ongoing process of gathering community knowledge. Visit safermccauley.ca to have your say.

SAFER MCCAULEY ONLINE: WEBSITE, FACEBOOK, and "WHO TO CALL WHEN?"

A website (safermccauley.ca) and Facebook (@SaferMcCauley) connect community members to news about engagements and actions. Visit online to share your ideas - and see new content about resources and "Who to Call When?" contacts.

EPS, MUNICIPAL ENFORCEMENT (BYLAW), and REPORTING

Direct relationships with EPS and Bylaw are valued by community members. Our EPS Beats and Bylaw Officer want to hear from you; and have made their direct contacts available.

COFFEE WITH A COP

This program has been established in McCauley to bring community members together with EPS Beats - over coffee - to build relationships and share information with one another.

THE MCCAULEY LITTER SQUAD

This citizen-driven collective action is addressing the build-up of litter in our community.

NEEDLE CLEAN-UP PARTNERSHIP

McCauley Revitalization invited the McCauley Community League and Safer McCauley to join its ongoing Needle Clean-Up partnership, staffed by community members from The Mustard Seed.

PROBLEM PROPERTIES

Our May Community Meeting invited the Residential Living Governance Committee (RLGC) to speak about its work in addressing Problem Properties. Since attending, Councillor McKeen has helped pass a motion requesting a report to City Council regard-

ing any changes to bylaws and legislation that would increase the impact of the RLGC.

SAFETY THROUGH VIBRANCY; RECOVER; ABUNDANT COMMUNITIES

Our March Community Meeting produced a long list of positive street-level activities for increased neighbourhood vibrancy. Collaboration between community partners is now activating a back alley and giving a potential boost to the Abundant Communities program.

DOG WALKABOUT

If revived, this once-popular activity will be a fun and simple way to promote connectivity, vibrancy, and safety in McCauley.

PHARMACY INVENTORY

The proliferation of pharmacies has been identified as a concern. And it is contrary to the community's desire for increased business diversity in McCauley.

SAFER MCCAULEY COMMUNITY MEETINGS & COMMUNITY CONVERSATIONS

Meetings have built and reinforced relationships, helped identify priorities and solutions, and connected community members to information on topics such as Crime Prevention Through Environmental Design (CPTED), Supervised Consumption Services, Community Asset Mapping, and Problem Properties.

SAFETY WORKING GROUP

McCauley Revitalization has partnered with Safer McCauley to maximize positive outcomes around safety. In 2019-2020, we will re-build a working group to continue turning community input into engagements and citizen-driven initiatives.

SAFER MCCAULEY - MCCAULEY COMMUNITY LEAGUE - REVITALIZATION COLLABORATIVE

Positive and functional relationships between community organizations are integral to a harmonious community. The relationship between Safer McCauley, the McCauley Community League, and McCauley Revitalization is as healthy and collaborative as ever.

RESOURCE CONNECT

Building on the 2017 McCauley Community Gathering and Resource Fair, this initiative contributes to a more connected community of Edmonton service agencies.

THANK YOU to all community members and supports who give generously to promote well-being for all in McCauley. 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.

Twenty Years of Remembering



Singers Janice, Christine, and Natasha sang the Women's Warrior Song at the Annual August 14 Memorial. Kate Quinn

KATE QUINN

It was a lovely summer evening in the Alberta Avenue Community Garden on August 14th, the 20th time that CEASE gathered people to remember all those whose lives were taken through murder, suicide, addictions, or illness.

The Annual August 14 Memorial was first held in the year 2000. Edmonton hosted an international conference on sexual exploitation in 1999. There we learned that Calgary folks held an Annual Memorial spurred into action by the murder of 17-year-old Karen Lewis on August 14, 1994. Her body was thrown into a dumpster. A young Edmonton woman was missing during the month of August, 1997 and her body was found in a farmer's field August 31st, so the August date fit for Edmonton as well. Her killer has never been found. Ironically, the year 2000 was the last year that Calgarians gathered. Edmonton CEASE and Saskatoon EGADZ have kept the flame of remembrance going all these 20 years. The government of Saskatchewan now recognizes August 14th as an official day of mourning.

The program included prayers, smudging, poetry, and songs. Officers from RCMP KARE Counter Exploitation and EPS Human Trafficking and Exploitation lit candles. A person with lived experience of sexual exploitation and a family member who has lost a member shared their reflections.

Then came the reading of names, followed by a moment of silence for all those lost around the world. For some mourners, their grief is fresh with losses in the past few months. For others, their grief is softened by good memories of their friends or family members.

Dating back to the late 1960s, the list of names reached 224 this year. Sadly, the names of two young men who committed suicide were added that night.

Biodegradable balloons in the Cree colours of the Four Nations were released, a special moment as mourners gazed skyward.

Last year, one woman came in rough shape due to homelessness and addictions. She said if she died during the year, she knew she would be remembered at the next Memorial. The good news is that she came again this year. She has transitional housing and is working on a drug treatment plan.

Members of the Crosslife Ministry and friends who have a cycling group volunteered once again. They helped with set-up, take-down, and providing water and pop. The Crosslife Ministry folks provided a BBQ meal for over 100 people. CEASE is grateful for all the community support that makes this Annual Memorial possible.

Kate is the Executive Director of the Centre to End All Sexual Exploitation (CEASE).

Eat More Street Food



Bao Boy. Tony Forchetta

DINING OUT

Kanto 98 St. Eatery

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TONY "THE FORK" FORCHETTA

Yo, Tony here. One thing Tony likes is spicy food, or (as I refer to it) *arrabbiato* - a little angry - like Tony. So, when me and Missus Tony heard about a new Filipino street food joint on 98 Street, we had to check it out. For those who have left the 'hood and ventured as far as downtown, you may have tried Tres Carnales or Rostizado - two amazing shops from Chef Edgar Gutierrez, who happened to grow up eating Filipino street food. So as with most of his ventures, this is a sure fire hit.

Now, I want to say up front if you're a vegetabliarian or veegun, this probably ain't the place for you. On the other hand, if you like BBQ, spicy stuff, pork, and eating with your hands this is Da Bomb!

Tony and the Missus found the spot quiet on a Wednesday evening (they're not open Tuesdays). The menu is hosted on a big screen and the choices include some BBQ goodies to start, skewers and sausage, pork belly - you get the idea. They also have some tasty Bao going on. For those that haven't had a Bao, they are little fluffy steamed flat buns topped with all manner of tasty bits. Then they have chicken

in both regular and spicy. They also have some options in a bowl like Chicken Adobo on rice. And, of course, Tony's favourite food group - spaghetti. But this is Filipino-style and worth trying if you've never had it.

Tony and Missus Tony shared a few dishes to get a sense of it all and because Tony was one hungry dude. You order at the front, the folks whip it all up in the kitchen, and bring it out when it's ready. Man, did it smell good - and taste even better. We had the Liempo (marinated, grilled, and sliced pork belly) and the Bao Boy (three tender steamed buns with pork belly, topped with green onion, house-made pickles, and sesame seeds). And, just to top it off, a batch of fried chicken done regular and spicy.

There are drink options of the family and adult-only variety. There are also lots of sides and add-ons to round out your meal. Portions are big, and Tony and Missus Tony had to take some home for breakfast the next day. Prices range from \$11 to \$18 and will leave you full and happy. Make sure to ask questions if you are curious, and the awesome staff will provide all the answers and recommendations. They are also on Skip the Dishes in case you're feeling lazy. And make sure to get yourself out there and support all the amazing shops we've got in the 'hood.

Until next time, Tony says, "*Mangia tutto! Ciao.*"

Tony lives in McCauley.

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I.C. Sluggers Wrap Up Another Successful Slo-Pitch Season

REBECCA KAISER

INNER CITY RECREATION & WELLNESS PROGRAM

A sharp metallic *tink* rattles off into the distance as one of our players hits the ball over the infield players' heads. The reflector green slo-pitch ball drops between two outfielders, perfectly placed. Players in the pit, and fans in the stands, scream out orders of motivation at the surprised batter as she runs for first base.

The team is in Morinville for the annual slo-pitch tournament, wrapping up our season. We haven't won a game yet, and we ate too much at lunch, but we're laughing, covered in dirt, and enjoying ourselves. The Morinville Skyline Diamonds are a contrast to the usual backdrop of glass towers and lush greenery of Edmonton's River Valley at Diamond Park, the team's usual home. The Inner City Sluggers is a McCauley/Boyle Street area team made up of individuals who find themselves a part of the communities at centres like The Mustard Seed, Bissell Centre, and Boyle Street Community Services. They come from all walks of life. Some are frequent travellers with life adventures worthy of novels. Some are recovering from trauma or addiction. Some have chronic injuries that keep them from work. Others have been displaced from their homes. Some team members were street-involved youth but are now parents, seeking outlets to stay on the straight and narrow, engage their families, and seize opportunities to grow. Some community members serve time, knowing that the team will be here waiting upon their release.



Inner City Sluggers Slo-Pitch Tournament Team 2019. Rebecca Kaiser

This is the team's 11th season playing in the Edmonton Lutheran Mixed Slo-Pitch League, made up of a community of church groups who have stood with us during our most foul-mouthed melt-downs, supported us in times of loss, and celebrated with us in times of growth. Other teams in the league have acted as our rulebook, our fill-ins, our schedule reminders, our rivals, and our coaches, but this year a few of our own have stepped up to the plate to bring the I.C. Sluggers from a discombobulated inner city drop-in recreational team to a unified core of committed, supportive, loving, and cursing community - and we aren't bad ball players either!

One of our players is a mom who brings her kids and husband to every practice and every game, making it a true family affair. She, along with a few knowledgeable players, share their expertise, coaching the team together with realism, sass, and a collab-

orative approach to leadership. Their authenticity has captivated a team facing barriers to inclusion in any other sporting atmosphere. Who better to run a team of inner city community members than someone who truly understands their experiences? These mentors haven't just helped organize and motivate the team - their nurturing qualities have created a sense of wrap-around support that players know they can count on if they are struggling with challenges in their lives.

What happened with the I.C. Sluggers this past summer was a win for community-driven activities that promote physical and emotional health for all involved, and is a template for what we try to accomplish with the Inner City Recreation and Wellness Program year-round. As a community worker in Edmonton's inner city, I have found that it's never been about leading - it's been about providing access to opportunities for others to realize their capacity to make a difference in their own community.

The team has never been a place to take out frustrations on others, but it has always been a place where we have people take the time to think, "Hey, maybe they are frustrated because they are going through something themselves?" We come together to provide a supportive environment where frontline staff and community members are sensitive to one another's needs, pain, effort, and realness.

This team has come far in the last year. On the night of our last practice before our year-end tournament, we showed up to find that another team had scheduled a make-up game at the same diamond. Instead of letting this throw us off our game or causing them to cancel their makeup, we swiftly moved onto the next closest diamond. The team didn't mind. They just breathed in flexibility and kindness. They really have come to shine like diamonds in the rough.

Rebecca Kaiser is a Program Coordinator with ICRWP.

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Preparing Western Canadians for Cooking in 1905

YOVELLA M.

I recently discovered an old classic Canadian cookbook called *Blue Ribbon Cookbook for Everyday Use In Canadian Homes* from the year 1905. The Blue Ribbon Manufacturing Company was located in Winnipeg, Manitoba.

This was more than a cookbook. In addition to recipes, readers were taught proper table setting and etiquette; how various categories of food are broken down in our body, dealing with cooking and baking mistakes, and how to clean up after cooking.

The cookbook was designed to "be of assistance to the women of Canada" because "we would all enjoy better health and be better able to withstand sickness if more attention were paid to the proper selection and preparation of food."

Despite being targeted at women, there is a section for men entitled "Bachelor and Camp Cookery."

If you are curious how people were taught to cook underground, broil the traditional way over an

open fire (not to be confused with barbecues), can meat, curry mutton, and stew oxtail, you can find this cookbook for free, archived on various government websites.

I've chosen to share a recipe that is stated as not being nutritious for those who are ill, but somehow makes people feel better. I have had Beef Tea, which is not the same as beef broth, and agree with the authors of the cookbook and others: this beverage certainly has the ability to make a person feel better when you haven't been able to handle solid food for days at a time.

Here is the *Blue Ribbon's* version of this recipe.

Beef Tea

Use half-pound of round steak cut fine, soak it in 1 cup of water for 30 minutes, let it heat in double boiler, strain, salt, and serve.

If you'd like a more modern method for making Beef Tea, you can find one on Epicurious.com.

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

Letter to the Editor

Progress in Boyle Street is happening, but likely will be slower than expected.



The new crossing at the Commonwealth Rec Centre under construction. Ernstuwe H. Koch

A lot is happening on the east end of Boyle Street. Upgrades to the Stadium LRT Station and parks in the residential area are being developed nearby on the Muttart Lands.

I have lived on Jasper Avenue and 86 Street for six years now, and have always been frustrated by the difficulty in going to

the Commonwealth Rec Centre, which I can see from my apartment window. The City says a new pedestrian and vehicle road, Muttart Crossing, will connect 84 Street to the Stadium over the LRT tracks within the next year. I am predicting two years, because that is how things go.

- Anita Jenkins, Boyle Street



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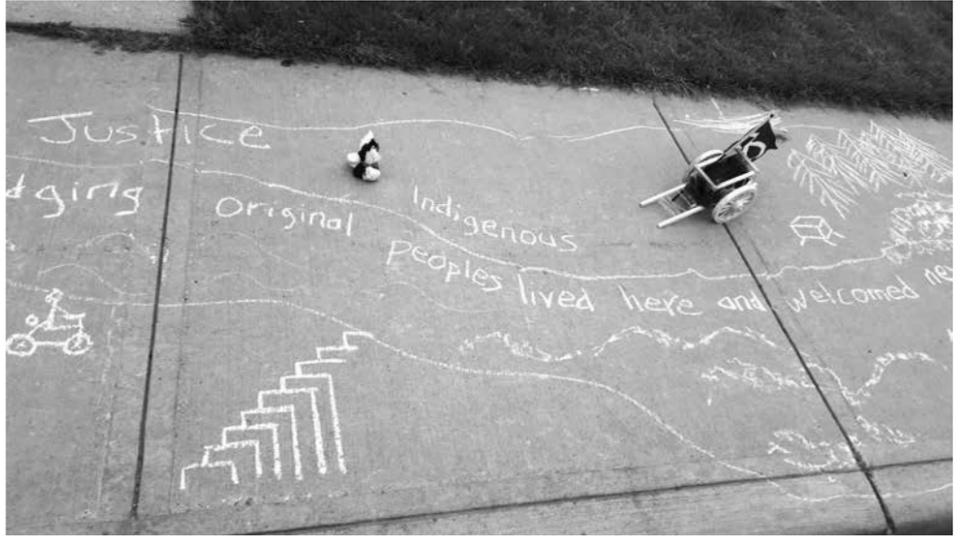
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Chalk Your Block in Boyle Street

People living on various blocks in Boyle Street decorated their sidewalks with chalk between August 1-10, for the chance to win a block party. Packages of chalk were available at The Nook or Panini's, and photos of the chalk masterpieces were sent in to the Quarters Arts Society for judging. See the Boyle Street Community League Update on page 14 for more. **PHOTOS BY SHARON PASULA**



Trip to Italy Raffle Winner

Congratulations Karen Vandenberg, the lucky winner of the Trip for Two to Italy. She was the holder of winning ticket #1383. When we called Karen to tell her the good news, we had to spend some time convincing her that this was for real.

Congratulations also to Teresa Spinelli on the 60th anniversary of The Italian Centre, and thank you for sponsoring the prize.

Thank you as well to everyone who bought a ticket for the raffle, for helping support the paper. Stay tuned for information about our next raffle.

The draw took place at 6 p.m. on August 25th at The Italian Centre during Festa Italiana. We will have coverage of Festa Italiana in the next issue of the paper.



Teresa Spinelli in The Italian Centre. Jinsei Photographics

ANITA JENKINS

Long Table Feast in Boyle Street

On August 18th, the Boyle Street community and visitors to the Downtown Farmers Market market were treated to a truly marvelous long table feast that served 1,000 people. Jointly organized by the Chinese Benevolent Association, the Boyle Street Community League, and the Edmonton Downtown Farmers Market, this event featured heaped-up plates of food efficiently and quickly served, and tables and chairs complete with table coverings and many vases of lilies. Large numbers of volunteers (mainly young people) kept everything running smoothly. And the weather even cooperated – no small thing in this summer of endless rain.

The tables were set up along 96 Street and 103 Avenue. Chinese community organizations donated six roast pigs, 40 lbs. of BBQ pork, 40 lbs. of sausages, and 35 chickens. A Chinese food supply company donated 1,000 spring rolls and 200 onion cakes. Chinese restaurants donated eight large trays of fried rice and noodles and two trays of steamed rice. Bakeries donated a total of 900 Chinese buns of different varieties. All of the food was supplied by licensed establishments.

The event kept 100 volunteers busy, and more walk-in volunteers provided much-needed last minute help.

The Boyle Street Community League had a table set up nearby, where they sold many memberships and handed out many Boyle Street walking maps. “The Long Table Feast was a success by every measure,” says Joelle Reiniger, Boyle Street Community League board member. “It brought together a diverse group of area residents for local food and conversation, and it significantly boosted community league membership.”

The Downtown Farmers Market made an effort to reach out to families in Boyle Street by sending invitations home with children who attend St. Teresa of Calcutta School.

MLA Janis Irwin attended. She posted this slogan (source unknown) on her Facebook page: “When you have more than you need, build a longer table, not a higher wall.”

The long table feast, part of Alberta Local Food Week activities, received financial support from Alberta Agriculture and Forestry.

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



Byron Hradoway



Byron Hradoway



Byron Hradoway

Movie Night in McCauley

On August 21st, Giovanni Caboto Park was transformed into an outdoor movie theatre. Harry Potter and the Philosopher's Stone was shown on a big screen. The Harry Potter theme was evident throughout the park, with a Diagon Alley marketplace, a wand-making session, the Hogwarts Express Bouncy train, an interactive Quidditch demo hosted by the Edmonton Aurors Quidditch Team, and a Photo Booth Platform 9¾. For more information, see the McCauley Community League Update on page three. Here's a look!



Alan Schietzsch



Greg Lane



Greg Lane



Greg Lane

McCauley Apartments Community Collaboration Mural - Fundraiser Launch

Join us to celebrate the launch of a new mural in McCauley!

A collaborative mural was created through a partnership between e4c, Capital Region Housing, and Street Prints to express the meaning of community. Developed through a series of community mapping workshops, participants generated themes and images that represented their experiences of community in McCauley. These symbols were then distilled into a vivid mural that will be installed on the east wall of McCauley Apartments. Art has been known to inspire and unite individuals through collaboration, creativity and respect. This mural is a space to allow community members to

learn from one another, foster understanding and compassion, and to work together to showcase our love for the community. See the community-led design unveiled at the McCauley Cultivate Community Block Party! on September 27th, enjoy food and live music, participate in art projects, and help plant the seeds for the mural to be installed.

For information on ways that you or your business/organization can contribute to the mural project or become a mural sponsor, please contact Kathryn Rambow at krambow@e4calberta.org, or call 780-424-2870.

Information submitted by e4c.



What the mural will look like, once installed on the east wall of McCauley Apartments. Taro Hashimoto

Having Compassion

MANON AUBRY

BOYLEBITS: A VIEW FROM BOYLE STREET

As the weather turns cooler, I'm grateful that I can just turn the thermostat up and be sure that I will be (for the most part) warm. I can't help but think of those who don't have this luxury.

I've been occasionally motivated by the odd feeling of kindness to put a pair of dollar store gloves or a small blanket in the back of my car so that I can give them to a person without anything on their hands in freezing weather. This winter I'm going to have a more organized approach and keep several pairs of gloves, baby blankets, and dog food handy in case I run into someone in need.

It's easy to grow weary of the homeless when we find excrement in our back alleys and garbage bags torn open and garbage strewn about. But maybe this same pattern of behaviour is what made them homeless to begin with. So then how did they get there? I always say that everyone gets to be who they are by honest

means. Some people have suffered such unspeakable abuse in their formative years that the damage can't be undone. I would like to see my fellow residents make an effort to remember to have some compassion for those who have less.

I also think about the furry and feathered creatures out there. I put out bird food (thanks to my neighbours for putting up with the bird poop). I put out peanuts and maintain heated water bowls.

I understand that many people can only provide for themselves. I remember what it was like to struggle to live on rice and macaroni. But if you have a few dollars to spare, and hoping that you have more, please consider sharing your good fortune with others. Keep a few toonies in your pocket, give your empties to people collecting in the alleys or consider donating to the local help organizations.

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.

Spirit Walk

MELISSA PETERS

I took a walk yesterday. Snow glistened and ice crystals danced in the early morning cold I could hear drums in the distance. Louder and louder they became. No one stirred. I realized these drum beats were mine alone to hear and to listen.

As I approached the icy lake, I could see my ancestors were gathered, dancing;

Bustles moving;

Jingles healing;

The old ones listening;

Circles of dancers.

My ancestors were alive and well sharing with me medicine from the spirit world,

Dancing and healing.

Medicines of long ago never to be replaced - older than the earth -

Older than time immemorial,

They came to me, they healed me and spoke the words only I could hear,

Of medicine, guidance, and healing.

Melissa is of Mi'kmaq, Cree, and European ancestry. She is an established beadwork artist, advocate of social issues, and a writer.

A Fall Festival

IAN YOUNG

ABILITY AND COMMUNITY

"Winter is an etching, spring a watercolor, summer an oil painting, and autumn a mosaic of them all." - Stanley Horowitz (American Author)

Well, summer is behind us - the season where the sun rises early and sets late; where we relish the time outdoors, the patios, the festivals, the feeling. But don't cry because it's over - smile because it happened.

Autumn is as beautiful with our leaves changing colour, cool evenings, and root vegetables ripening. And, our city being what it is, we have festivals year round.

One such family friendly festival just happens to be just outside McCauley on Alberta Avenue (118th Avenue). From September 13-15 between 90-95 Street, check out the 13th annual Kaleido Family Arts Festival. On Friday the 13th it kicks off from 7 p.m.-11p.m. On

Saturday the 14th it goes from noon-12:30 a.m. with a pancake breakfast at 10 a.m. It wraps up Sunday the 15th from noon-6 p.m.

As their website says:

Kaleido Family Arts Festival has hearts bursting for art from 'round the world. Come join us and revel in two and a half days of awesome!

Kaleido Family Arts Festival is held on historic Alberta Avenue (118 Ave. between 90-95 Street). For two and a half days every September, Alberta Avenue comes alive as an environment of creative exploration and performances on rooftops, sides of buildings, back alleys, parks, old spaces, and new spaces. Not only is it a wonder to behold, it is FREE!

You have to see it to believe it!

Come revel in a family event, and enjoy the scenery and autumn.

Ian is soon to retire as a member of the newspaper's board, and lives in the area.

Cultivate Community! BLOCK PARTY!

McCauley Apartments (9541 108A Ave)

Friday, September 27
4:00 - 7:00 pm

Featuring: Sebastian Barrera

Also: the seeds band open mic & much more!

FREE Music, Poetry, Art, Plant Fun, Food & Much More!

Help launch fundraising efforts for the McCauley Apartments Community Mural!!!

e4c Capital Region Housing The Way Home

RECREATION AND WELLNESS

For more info: 780-424-2870 / krambow@e4calberta.org

Boyle Street Ventures

Offering success and hope.

ANITA JENKINS

Boyle Street Community Services is helping people find employment and earn money. As well, the agency is providing access to banking services since many of their workers are “unbanked” or “underbanked.”

The program, called Boyle Street Ventures Inc. (BSV), offers jobs in areas such as property maintenance, cleaning, moving, snow removal, and junk removal. The workers go out with on-site supervisors who provide training and ensure that the jobs are done well.

“Many who come to us are so defeated, have faced too many hurdles, and are in the last chapter,” says Bob Frohlich, relationship manager at BSV. Thanks to this program, there are “lots of success stories,” Frohlich says. “One of the employees, who was homeless when she came to work here, has become a crew lead who drives a vehicle, owns a horse, has a home, and is here every day.”

“We even have a food truck,” Frohlich adds. It is a 1971 vehicle that was out of service for much of summer 2019, but it has been repaired and at the time of writing was preparing to work at several golf tournaments. The service operates in partnership with the Nook Café, which provides the food.

The BSV bank, Four Directions Financial, is a branch of ATB Financial. It functions like any other bank branch



The Boyle Street Eats food truck at the Fringe Festival in 2018. Paula E. Kirman

and anyone can use it, not just BSCS clients. It was created to serve people “who may not be comfortable using mainstream services,” Frohlich says.

The branch currently has 1,300 customers. “Before, when our clients got cheques, they headed for a place like Money Mart, cashed the cheque, and either spent all the money very quickly or even had it stolen,” Frohlich says.

Banking is made accessible through minimal ID requirements or if necessary a retinal scan or thumbprint. “Often ID is not necessary,” Frohlich

says, “because we know them by name.”

For details about hiring through Boyle Street Ventures, go to hiregood.ca or call 780-426-0500. The profits from this for-profit social enterprise are invested back into Hiregood and the community.

For information about the Four Directions Financial bank branch, go to www.atb.com under the Community tab.

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

Boyle Street Community Services’ (boylestreet.org) central office at 10116 - 105 Avenue provides over 40 programs and services to over 12,000 individuals every year. It is a non-denominational and non-profit organization that welcomes and serves people of all ages, backgrounds, and orientations. Eighty percent of people currently served are Indigenous, and 80-85% are men between ages 35 and 55.

Some of the areas this agency deals with are:

- Housing
- Family and youth
- Cultural supports (Indigenous)
- Mental wellness
- Health and wellness (e.g., supervised consumption services, aka harm reduction)
- Community supports, including ID, pet food bank, drop-in, legal
- Outreach: e.g., 24/7 crisis diversion, heavy users of service

Boyle Street Community Services has been working in the inner city of Edmonton since 1971. Its goal is to serve, support, and empower people to take control of their lives and escape the cycle of poverty and homelessness.

There are close to 400 staff working in nine centres around the city. Their roles include reception, accounting/recordkeeping, social work, and more.

My Oral History About “Two-Spirited”

SHARON PASULA

One of the first times I remember hearing about various roles in the community was from a guest lecturer I had invited during my first year of sessional teaching. It was at St. Joseph’s College, CHRTC 221, “Interactions Between Indigenous Spiritual Traditions and Christianity.” Lewis Cardinal presented from his own research. He informed us that historically Elders in the community had different roles. In times past, areas of specialization could have included medicines - someone knowledgeable about plants, what they do, when to pick them, how to store them, how and when to use them - and someone who can interpret dreams and anything associated with the spirit

world. I was intrigued and was determined to learn more.

Another “teaching” I heard was about someone who can “see” in the spirit world but lives in this world. The person with this gift may have been referred to as a shaman or “two-spirited” because they “live” in two worlds.

Some time passed then I had the pleasure to attend the Annual International Pow Wow in Toronto in 2015. The day I attended there were all day, one-hour workshops, one of which was advertised “Two-Spirited” at 2:00 pm. Of course, I wanted to attend that one.

The speaker was articulate, charismatic and introduced himself with, “I am Native, I am

gay, but I am not ‘two-spirited’.” He then talked about how the term “two-spirited” became connected with Native people. There was a conference in California. (I don’t remember what it was about). Apparently, a Native person was talking about “two-spirited” and happened to be gay. Someone thought they were directly connected and that is how “two-spirited” became associated with gender. I regret not writing down his name.

I talked to the speaker afterward and asked him about what “two-spirited” meant. I told him my understanding was that two-spirited was someone who walked in two worlds: could see in the spirit world but walked in this world. It had nothing to

do with gender. He agreed that could be it.

Most recently, August 2019 I attended a cultural session presented by Dean Cardinal, originally from Saddle Lake. He shared some of his own story, tipi teachings, and very interesting and inspiring knowledge. One of the most interesting things he shared was, “The old men say we all have one spirit. When you say you are ‘two-spirited’ you put yourself above God. Even God has one spirit.”

This is one of the most powerful teachings I have ever heard. I’m still processing it.

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



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.

mccauleycommunityleague2014@gmail.com
facebook.com/mccauleycommunityleague

McCAULEY COMMUNITY LEAGUE
 INVITES YOU TO A

"HALLOWEEN IN McCAULEY"



THIS YEARS HALLOWEEN EVENTS ARE:

**KIDS PUMPKIN CARVING AND
 KITCHEN TREATS (DATE TBD)**

(STAY TUNED TO THE McCAULEY FACEBOOK PAGE
 FOR DATES AND TIMES LEADING UP TO HALLOWEEN)

**'TRUNK OR TREAT' - HALLOWEEN
 NIGHT OCT 31, 2019**

(PARK NEAR THE FRIENDSHIP GARDEN WITH
 YOUR HALLOWEEN DECORATED CAR AND HAND
 CANDY OUT TO THE KIDS - GREAT FOR THOSE
 WHO DON'T GET TRICK OR TREATERS
 PRIZES FOR BEST DRESSED CAR)

**HOT CHOCOLATE AND TREATS
 HALLOWEEN NIGHT OCT 31, 2019**

(LEAGUE TABLE WILL BE HANDING OUT CANDY AND HOT
 CHOCOLATE WITH A FIRE TO WARM UP BY)

**GOT AN IDEA FOR
 PROGRAMMING
 YOU'D LIKE TO SEE IN
 THE COMMUNITY?**

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.

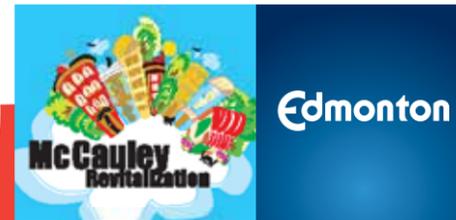


A burst of late summer colour. Photos taken by Paula E. Kirman at Zocalo.

LINTON 10724-97 St.
 (Across from Lucky 97)
DRUGS 424-6577

Prescription Drugs

TONY'S
 TONY'S PIZZA PALACE AND ITALIAN RESTAURANT
 9605 III AVENUE • (780) 424-8777 • TONYSPIZZAPALACE.COM



MCCAULEY REVITALIZATION STEERING COMMITTEE UPDATES

BIG JUNK PICK UP IN BACK ALLEYS AND LITTER SQUAD ON SATURDAY, SEPT. 14

In conjunction with the City of Edmonton Big Bin Event happening at Commonwealth Stadium on September 14 and 15, McCauley Community League, Safer McCauley and McCauley Revitalization will again be partnering to pick up big junk from McCauley back alleys and take it to the Stadium. We will be contracting a private company to go through all the lanes and pick up couches, mattresses and other larger items ready to go to the dump. We hope to clean up all the illegally dumped big junk at that time. We will meet at Giovanni Caboto Park at 11 am to do a one hour blitz across McCauley to pick up litter - materials provided.

OPEN INVITATION TO REVITALIZATION STEERING COMMITTEE MONTHLY MEETINGS

In McCauley, there are many great efforts going on and people trying different things, making real changes and initiatives strategically and/or artistically to the many things that are happening. McCauley Revite monthly Steering Committee meetings are just one place McCauley residents and people who work in McCauley can talk about what they are up to and who they are connecting with to do it. We are always looking for ways to help connect and support each other in our efforts and initiatives.

The McCauley Revite monthly Steering meeting is open to all. Usually we meet at a McCauley restaurant for a meal and then share with each other the things we are noticing and the things we are up to. And we often try to figure out how we can better partner or even find more or different partners. We will meet at the Emperor's Palace at 6:30 pm on Wednesday, September 18. You are welcome!

NEW KID ON THE BLOCK FROM THE BUSINESS COMMUNITY, THE EDMONTON COMMUNITY DEVELOPMENT COMPANY

Outside of City partners there are many other partners working for McCauley revitalization from civil society and the private sector - mostly small and medium enterprises. After about 40 years of gestation the Edmonton Community Development Company (ECDC) officially got off the ground in January 2019.

We are very happy that they made their first Edmonton head office right here in McCauley at 9613 - 111 ave. and as they say in the business world, "they are open for business". Almost since their first day they have been in business in McCauley spearheading the conceptualization process of the development of the Paskins site which is the City owned property on the east side of 95 st. just due north on the first block sections of the LRT tracks.

They will be coming forward in September-October to discuss the conceptualization ideas that the McCauley committee has brought forward.

ECDC has already gone through a similar process with Alberta Avenue and surrounding neighbourhoods bringing forth their conceptualization of the \$43.7M Arts on the Avenue project. They are also working with the Fraser neighbourhood to help conceptualize a great plan for a significant open property that has not really improved Fraser to date.

The Mission of ECDC is as follows from their website edmontoncdc.org/about/mandate/

Edmonton CDC engages and collaborates with urban core neighborhoods to understand their needs and aspirations, and to help build community capacity to further their economic and social development. The Edmonton CDC works to foster:

- adequate income.
- affordable and relevant housing.
- attractive local businesses.
- enhanced employment opportunities and
- supportive social programs.

Besides the considerable work they have done on the Paskin's site there are 2 other opportunities to get engaged to make an even better McCauley. If you are interested in the idea of living in a small or tiny house then please join their sign up for that. You will see the sign up link in this link: edmontoncdc.org/projects/exploring-tiny-homes/

SOCIAL ENTERPRISE BOOTCAMP

The other area you may be interested in is creating a social enterprise or a profitable small business that is structured to benefit or support others in the community. If you are at all interested please check out their information for the Social Enterprise Bootcamp starting this September: <https://edmontoncdc.org/bootcamp/>. If you are at all interested in going to the Social Enterprise Bootcamp we at Revite have subsidy money for that.

Please contact either Todd at toddjane@gmail.com or Greg at gregory.brandenbarg@edmonton.ca. Especially if you have an idea that you would like to turn into action we would highly recommend this course that has been taught and received with great success in other places in Edmonton.

Please help us welcome to McCauley the three staff people from ECDC - Mark Holmgren, Executive Director; Karen Gingras, Director of Neighbourhood Development; and brand new Kirsten Goa, Community Animator.

POSITIVE CHANGES IN REVITALIZATION EFFORTS IN MCCAULEY

Towards McCauley revitalization there have been many positive changes to both the way McCauley residents, McCauley civil society groups (be they associations or agencies), McCauley businesses as well as the City of Edmonton have adapted to changing challenges. McCauley has many new positive assets and many new partners. But of course there is lots to do and different things that need to be done given the many changes in McCauley.

From the City side, many new partners have showed up along with the faithful neighbourhood Revite partners who have been here since the start of the Revite back in 2010-2011. What used to be Community Recreation Coordinators (CRCs) have now expanded their role and their area to be called Neighbourhood Resource Coordinators (NRCs). Heather O'Hearn is our NRC and she has and can support all kinds of initiatives in McCauley. Please feel free to contact her at heather.ohearn@edmonton.ca.

A Community Development Social Worker (CDSW) has been in McCauley before and since Revite started working on the social challenges and social justice side of things. Lise Robinson has been in that role long enough to have made great relationships and helped support many cooperating partnerships.

We have long had a Municipal Enforcement Officer (MEO) that has tried to stay on top of all issues related to bylaws on private property. Our present MEO like our last is very attentive to McCauley residents so please feel free to contact him directly. You can call Marko Skendzic at 780-496-3970 or email him at marko.skendzic@edmonton.ca. Remember, if there is a problem with illegal back alley dumping or other private property issues he is your first point of contact.

Peace Officers have been with us for quite some time and their role relates to any issues around bylaws on public property. Phoning 311 is the best way to get their attention. Closely related but larger in role are the Edmonton Police beats officers. We have really great officers partnering with us in McCauley and they can be reached at 311 or 780-423-4567. When you run into one ask for their card so you can also contact them by email.

There are several other long time City partners working with McCauley as well but we have had lots of new additions. Capital City Cleanup has grown from a few volunteers with a few City dollars to a much bigger offering from the City to support litter pickup materials, Big Bin events, graffiti cleanup to name a few. McCauley was offered an additional \$2000 in 2019 to clean up back alley dumping.

Newer to the block is REACH (a City of Edmonton initiative and partially funded organization) with its local expression called Safer McCauley. Even newer is Recover trying to deal directly with agencies and people that work with the most vulnerable in Edmonton. Right now Revitalization and Recover are collaborating with McCauley residents to host its first Back Alley Block Party in September.

A new department in the City was created to work with stronger economic viability. Some McCauley businesses are working with the new Local Economy office to collaborate around better ways of improving their appearance and or functioning.

There are more City partners but these are most of the main ones all trying to work together with McCauley towards revitalization although coordination remains a challenge.

BOYLE STREET COMMUNITY LEAGUE UPDATE

Making Boyle Street Feel Like Home

JORDAN REINIGER

What does it mean to be homeless?

It's a question asked by one of my neighbours as we were chatting at the Long Table Feast on August 18th.

To be homeless, he mused, was to be without family. It was to live - whether housed or not - without people who love and care for you.

Home is much more than a house. It's the feeling of living in a place where you are known and loved. It also includes knowing and loving others around you. In that way, I think a lot of us are home-less.

Our job as neighbours is to make our collection of dwellings feel a lot more like home by building relationships and getting to know one another. There is no better way to do this than over a meal, which is why the Boyle Street Community League was so excited about the Long Table Feast on August 18th.

Hosted by the Downtown Farmers Market in partnership with the Chinese Benevolent Association and the Boyle Street Community League, the Long Table Feast was a community meal accessible to all in our neighbourhood in celebration of Alberta Local Food Week. It was an expression of the incredible diversity and vibrancy that we all know exists in our neighbour-

hood. And the food was really, really good!

We are grateful to the many community groups in our neighbourhood that bring us together. Some, like the Chinese Benevolent Association, have been doing that in Boyle Street for decades. Others, like the Downtown Farmers Market, have just started with the new Sunday Market outside the old Army and Navy building on 97 Street and 103 Avenue. All make Boyle Street feel more like home.

Other opportunities for us to get together as neighbours were coming up at the time of my writing this. On September 8th at 1 p.m., the Downtown Farmers Market

hosted the Mid-Autumn Festival and on September 14th, the street that won the Chalk Your Block competition hosted a block party that everyone was welcome to attend. We'll have more about those events in the next issue of the paper.

Go to the Boyle Street Community League Facebook Page or www.boylestreet.community for all upcoming opportunities to get to know more neighbours.

Together, we can make Boyle Street feel more like home for all of us.

Jordan is the President of the Boyle Street Community League.

Poverty Justice Walk



A Poverty Justice Walk was held on August 7th. Supported by the John Humphrey Centre for Peace and Human Rights, Righting Relations Edmonton, and the YEG Dignity Campaign, the walk was led by activist Johnny Lee and included locations around the downtown and inner city area, including parts of Boyle Street and McCauley. Jim Gurnett

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 Nieviodomy
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. Eucharist is held each Sunday at 10 a.m., 11:30 a.m. and 7 p.m. Bimonthly programs available to prepare parents for their child's Baptism, First Communion and Confirmations. Traditional Native Wakes, in First Nations, Métis, and Inuit traditions. AA meets in the Parish Hall. Eating Disorder Group meets each week. White Stone Project and Edmonton Inner City Children's Project Society run their programs in conjunction with Parish programs. Gospel music festivals, dances, youth dances, pancake breakfasts and Feasts are held in the hall throughout the year.

THE LEARNING CENTRE LITERACY ASSOCIATION

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

NETWORKS ACTIVITY CENTRE

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

NEW MEMBERS WELCOME TO JOIN MCCAULEY CLUB.

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

P.A.L.S. PROJECT ADULT LITERACY SOCIETY NEEDS VOLUNTEERS

Work with adult students in the ESL - English as a Second Language program. Training, materials, and supplies provided. Call (780) 424-5514 for more information.

BUILDING BRIDGES

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

COMMUNITY EVENTS AND ACTIVITIES

NEIGHBOURHOOD PAINTING

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

WIRELESS NETWORKING

Are you tired of your street using your wireless Internet connection? I can set up your Wireless Router and increase your network security. Call Kevan at (780) 983-5343.

HANDS ON LTD. CONTRACTED SERVICES

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

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
churchofthesurrection.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!

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 FALL AND WINTER

Experienced and qualified piano teacher trained in the UK and Australia offers piano lesson for all ages. \$60/hour or \$50/45 minutes. Children/adults welcome. 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: October 4 2 (November 8). Payment can be made at McCauley Boys & Girls Club, during business hours, Monday – Friday 9 a.m.-4 p.m.

Next depot date(s): October 17 (November 21), 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 easygoing 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

TRADITIONAL APPROACH TO HEALING - SIT RECOVERY COURSE (OCT.-NOV.)

The AHS Recovery College in partnership with e4c Alberta, is offering recovery courses across Edmonton. One of such courses is an extension of The School for Indigenous Teachings. "Traditional Approach to Healing" is an eight week course which is lead by community Cree traditionalist instructor(s) in collaboration with Wellness workers.

Location: e4c Alberta - Alex Taylor School Building (9321 Jasper Avenue)

Dates/Times: Mondays* - Oct. 7th, 7 – 9 p.m. (*Tuesdays on long weekend weeks)

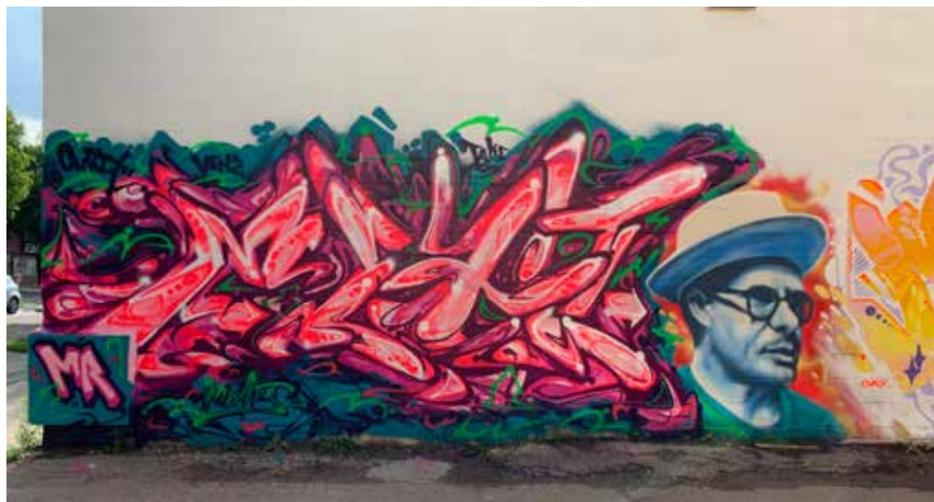
Cost: No Cost** (Registration through ... required**)

For more info contact: thashimoto@e4calberta.org / 780-424-2870

More information about E4C programs can be found in the Classifieds section of our website at bmcnews.org.

Rust Magic Brings Murals to McCauley

The Rust Magic International Street Mural Festival made walls come alive throughout the city in early August. In McCauley, the walls in the alley behind and on the south side of Lucky 97 were activated with art. The murals were created by artist Rath (@heavylox on Instagram). Here's a look. **PHOTOS BY PAULA E. KIRMAN**



MILE ZERO DANCE SEASON 2019-2020 | Field Guide to Dance in the Anthropocene (SEP-DEC)



DANCE-A-THON FUNDRAISER
September 21 | 6 p.m.



INTERNATIONAL DANCE CRUSH
Oblivion
Mari Osanai with designer
Shohei Yamashita (Japan)
October 25 and 26 | 8 p.m.



DANCE CRUSH
Running Piece
Jacques Poulin-Denis
(Montréal)
November 1 | 8 p.m.



DANCE CRUSH
Sara does a Solo
Sara Porter (Toronto)
December 13 & 14 | 8 p.m.



SECOND SATURDAYS
September 14 | October 12 |
November 9 | December 14
12-2 p.m.

DIRT BUFFET CABARETS | 8 p.m.
October 3: Tim Mikula | November 21: Isabelle Rousseau | December 5: Mackenzie Brown



WWW.MILEZERODANCE.COM

