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# Boyle McCauley News

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VOL. 40 NO. 8

PUBLISHED ON TREATY 6 TERRITORY

VOICE OF THE COMMUNITY SINCE 1979

## Indoor Farmers Market Opens in Boyle Street



The indoor location of the Edmonton Downtown Farmers Market officially opened on October 26th at the historic GWG Building at 10305 97 Street. The grand opening was later than expected due to a permit issue between the City and the building owner, and the following Saturday the market was closed due to another permit issue. However, the market is now open every Saturday from 9 a.m. - 3 p.m. and Sundays from 11 a.m. - 3 p.m. The building is accessible, and there is free parking. Here is a look at some of the vendors and their displays.



PHOTOS BY PAULA E. KIRMAN



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“ Our most wounded citizens deserve to be cared for with compassion and with their health and humanity respected.

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“ ... signs of a Boyle Street building boom are everywhere.

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# Thoughts on a New Decade



PAULA E. KIRMAN • BMC News Staff

## MCCAULEY MUSINGS

Those of you reading this who are old enough will remember that the months leading up to the year 2000 were fraught with anxiety. Experts were exclaiming that the end of the world as we knew it was possibly on the horizon.

Translation: all of the computers in the world were going to explode (or something like that) as soon as the clock hit midnight on January 1.

As the eve of the new millennium approached, we unplugged and turned off our computers, both our laptops and desktops. Smartphones and tablets weren't even a thing yet. Then, the chilling moment arrived, and - nothing. After

all of that hype, my computer still worked when I turned it on that morning.

Now we are on the brink of a new decade. As we enter the 20s, some people I know are reflecting on what they have accomplished in the last while and are re-evaluating their goals. I think it's good to do that on a regular basis, and not just at major intervals on the lunar cycle.

However, we tend to be really hard on ourselves if we haven't achieved certain things by a particular year or age. That's why so-called milestone birthdays seem like such big deals. Why should someone's 40th birthday be any more significant than their 39th? Any year is ripe for reaching or setting goals - or even just having fun.

After all, time is just a collection of minutes, hours, days, weeks, months, and years. It's what you do with that time that matters - not some arbitrary date on a calendar.

## EDITOR'S NOTES

Welcome to our final issue of 2019 (and, due to our publishing schedule, technically the first one of 2020). What a year it has been! We celebrated our 40th anniversary with a grand gala on March 9th. Our publication schedule changed to eight issues per year, while we focussed additional attention on our website and social media.

As always, we could do none of these things without the support of our volunteers. I have a few to thank. Gary Garrison has completed the maximum number of terms as a board member (three

two-year terms), so he steps down (for now) as a board member and as our Chair. His wisdom and presence will be greatly missed.

Also stepping down from the board for the same reason is Ian Young. We look forward to his continued involvement with the paper as a columnist.

Finally, Nathan Binnema steps down after four years on the board, as he has moved out of the community. We thank him for his contributions and wish him all the best.

And to you, our readers: have a wonderful holiday season and beginning of the New Year. We'll be back in February.

## OUR NEXT ISSUE . . .

Volume 41, Issue 1 will be published February 1, 2020. Articles and photos concerning community news, events, and opinions are welcome. We also accept submissions of poetry and cartoons. Deadline: January 12, 2020. 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 November 22.

# Boyle McCauley News

Boyle McCauley News is a non-profit newspaper published eight 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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Circulation 5500 • Since 1979 • www.bmcnews.org

VOL. 40 NO. 8 • JANUARY 2020

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# BOYLE STREET AND MCCAULEY CRIME AND SAFETY NUMBERS

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Report Problem Properties & Derelict Houses • Call 311

Report Gang Activity • (780) 414-4567

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EPS website • edmontonpolice.ca  
- click on Crime Prevention

Crisis Diversion Team • Call 211 and press 3

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

## MCCAULEY COMMUNITY LEAGUE UPDATE

# More Than a Little Problem

GREG LANE

I started writing this article about three times, and each time I found myself either not being able to capture all the information I wanted to share, or going down a rabbit hole of despair.

The issue is about Problem Properties (PP) in our and other inner city communities. These places (and we can all bring an image of them to mind) represent a clear and present danger to the health, safety, enjoyment, and general well-being of all our community. I've heard stories of threats of violence against people and their families, while others have been subjected to directed vandalism and intimidation for reporting incidents through the City's 311 line. One resident has had 11 tires slashed in the last month alone. We've witnessed everything from simple squatting and vandalism, to alleged cases of human trafficking, illicit drug sales and use, depots for stolen property,

and the practice of unlicensed rooming houses operating in plain view of the City and Bylaw Enforcement. In late November, we watched as two houses burned midday under suspicious circumstances – fire investigators will have to resolve the cause. I personally watched a drug house or “trap house” (to use the term EPS is familiar with) operate across from us unimpeded for months.

The last incident I witnessed could have been a scene from a TV crime drama unfold, with speeding cars and drawn firearms. I've watched a grown woman walk from the house sobbing like a child, her belongings stripped from her and nothing but the shirt on her back. My heart broke and I can still hear that sound as I write this. And as I researched this issue I was finding articles dating back five or six years where the City claimed it was going to *do something* about this.

Today, I was reading the City's Char-

ter and their Mission Statement. There's an item about safety and I wonder how many actually feel safe living next door to one of these places. I'm not talking about just abandoned houses and vacant lots - I'm talking about active criminal enterprises that prey on the vulnerable, thumb their noses at authority, and have been allowed to terrorize our community like some Frankenstein monster. EPS members feel like their hands are tied and have to stand before us giving the same answers time and again. Council has claimed (yet again) to actually do something and move the needle.

Six residents, including myself, pleaded our case yet again before City Council's Urban Planning Committee on Oct 29th. The plan is to come back (again) in March to present a plan. But can we wait? Why is it not more urgent? This issue does not end at 4 o'clock and take weekends and holidays off. How many more victims do we need to log before

something is done? Mayor Iveson, if this was going on next door to your family how long would you wait?

I ask you to write a letter to the Mayor and your Ward 6 Councillor Scott McKeen (who, in my experience, has been nothing less than supportive and empathetic), send an email, call 311, raise your voice – stand by your neighbours and show them your support. Tell the media, tell anyone who would listen. If you love this community like I do, then fight for it – stand beside your neighbours and say, “Enough!” While its roots are unclear, the practice of flying a flag upside down has widely been accepted as a distress call – meaning drop everything and come help. City of Edmonton, if you're listening, our flag is upside down.

*Greg is the President of the McCauley Community League. He can be reached at [mccauleycommunityleague2014@gmail.com](mailto:mccauleycommunityleague2014@gmail.com).*

## A Week in the Life of a Natural Neighbourhood Connector

KATHRYN RAMBOW

Edmonton has been at the forefront of a movement to stimulate and support the practice of “neighbouring” - of being a caring and connected, active participant in the life of your neighbourhood. You may have heard of the Abundant Communities Initiative, where community connectors find and create opportunities for people to connect and build relationships across the back fence, at the café, or while pushing kids on a swing.

While there are people who have signed up to become connectors, there are many more who practice the fine art of neighbouring every day, without support or recognition. I'm going to tell you about Shelley, one of the finest neighbours in McCauley.

Shelley Hollingsworth has long, straight, graying hair, a bit of a Maritime accent, and a fondness for rock music t-shirts and plaid flannel over-shirts. She loves dogs, kids, Halloween, and helping out around the community. This is a week in her life.

**Monday:** Up early for a walk through the halls of McCauley Apartments, a four-storey walkup just east of Sacred Heart Church, calling out “good morning, hun” to anyone she sees. If someone has been sick, she'll knock on their door and check in. In the summer, she will water the garden boxes at the back of the building, or coordinate this task with someone



Shelley Hollingsworth. Kathryn Rambow

else. At around 10:30, she arrives in front of Sacred Heart Church to help set up the folding tables that will hold all the day-old bread delivered by the Salvation Army truck at 11:00 a.m. She greets all the people gathering to collect a loaf or two, and calms frayed nerves if someone tries to push in front of others. This has evolved into a leadership position, where Shelley and a few other folks from McCauley Apartments coordinate the distribution of bread (that's you, Barry Daniels!). Later that night, she will make her rounds around the apartment building again.

**Tuesday:** Early morning patrol, plus disposing of some needles found in

the alley. Then, a stop in at the McCauley Apartments e4c office to work on the collective puzzle and ask if anyone needs bread or any other food. If it's the third week of the month, Shelley calls ahead to all of the people who have ordered a WECAN food basket to remind them of the depot on Thursday.

**Wednesday:** Shelley pops in at the office to ask if we need a snack for the Wellness Wednesday program later in the day, and if there is anything she needs to prepare for the program, as she regularly leads the scheduled activity. Memorable moments from Shelley's Wellness Wednesdays are: writing and performing the lyrics to the “McCauley Blues” during Karaoke, decorating the office for every occasion, and bringing her puppy for everyone to enjoy.

**Thursday:** Every third Thursday, Shelley helps to coordinate the WECAN food depot with long-time volunteer Elizabeth McEwan. She lugs all the supplies and equipment from the McCauley e4c office, and sorts the food delivery into individual baskets with Elizabeth, Daniel, Rocky, and other volunteers. Once that is taken care of, she hurries back to Sacred Heart for the second bread delivery of the week, then back to the WECAN depot to pack up and bring everything back to the office.

**Friday:** A few large bags of COBS

bread are delivered to Shelley's doorstep. A team of people congregate in the e4c office to separate the bread into individual bags, and then the tables go up in front of Sacred Heart once again.

This is just her regular routine, but there is more. Shelley is the auntie or fairy godmother of dozens of kids and families in the neighbourhood. If they don't have food or if they need help talking with authorities at school, Shelley is who they call. And, of course, there is her Halloween Party! Now in its 24th year, Shelley and a loose group of friends and volunteers have organized and hosted a Halloween party every year, for anyone who would like to attend. Apart from treats and games, she always has a bin of extra costumes for those kids who arrive without one. This event is now a tradition for the children of those kids who first attended Shelley's Safe Kids Halloween.

With someone like Shelley, there is always more. She is the fire-keeper at the Family Day event at McCauley Rink, and the traffic boss at the annual McCauley Clean Up. Of course there is more - sharing and neighbouring are Shelley's particular gifts. Our community is more connected, more interesting, more fun, and more kind because of Shelley.

*Kathryn Rambow is the e4c Manager of Community Development.*

## OBITUARY

# Ted Green

March 23, 1940

-

October 8, 2019



Ted Green  
Supplied

The McCauley area recently lost a very good friend. Ted Green passed away after a long battle with illness.

Ted had a long and successful career in professional hockey as a player and coach. He played many years for the Boston Bruins, Winnipeg Jets, and Hartford Whalers. He coached many years for the Edmonton Oilers (five Stanley Cups) and New York Rangers.

Ted retired in Edmonton and became very involved in the inner city. He served as Chairman of The Mustard Seed's Golf Tournament for many years which raised thousands of dollars. He also was involved with

serving meals etc. at The Mustard Seed.

In 2007, Ted had an idea to restore the old outdoor rink in McCauley. A group of businessmen and Oilers Alumni formed to raise money to restore and manage the facility. It was Ted's dream to have a safe place for kids and families to skate and play shinny. That group became KIDS and a very successful 10 years have passed with many hundreds of kids benefitting from the use of the McCauley Rink.

Ted served on the Board of KIDS until his passing, and will be greatly missed by all who knew him.

# Panini's Italian Cucina

*A truly local business.*



Rob (left) and Tony Caruso. Supplied

ANITA JENKINS

Brothers Rob and Tony Caruso opened Panini's Italian Cucina at 8544 Jasper Avenue on July 11, 2016. More than three years later, they are still enthusiastic about the venture.

Rob (age 26) is the foodie in the family. He loves to cook and is happy to be in the kitchen seven days a week, constantly creating new versions of pizza, pasta, and panini.

On the other hand, Tony (age 34) is an opera singer who studied for years at the University of Alberta, the University of British Columbia, and the Giuseppe Verdi conservatory of music in Milan. Turns out, though, that Tony has a real talent for handling the public relations side of the business, and charming the customers as they come through the door - and everything else that needs to be done other than cooking. "I am not afraid to get my hands dirty," he says.

Rob and Tony chose the location in part because this area has few places to eat, other than chains like Subway and McDonald's. As well, the population is increasing quickly as several new residential buildings are being built.

Another reason for the location is the owners' fondness for the Boyle Street and McCauley communities. Their grandparents were among the many immigrants who came from southern Italy to Edmonton in the 1950s and 1960s and settled in what is now called Little Italy. Their grandmother worked at the GWG factory a couple of blocks north of where Panini's is now.

Rob and Tony are surprised to have acquired about 500 "regulars" - people who are in the restaurant or ordering takeout every week, or even more often. They are a bit surprised as well at the level of sales via Skip the Dishes. This writer, who lives across the street from Panini's, can testify that mountains of pizza boxes get carried out every evening.

The growth of the business has caused the Carusos to upgrade the ovens in order to cook more pizzas at once. They have also had to hire more staff.

Tony says the restaurant business can be tough financially - the average profit margin is only about 10 percent. So what are their secrets of success? Although they don't say so, it is clear that the dynamic Rob-and-Tony team is a major factor. Rob says another of their secrets is "teaching the staff to love the food." The patio with a view of the River Valley is also a drawing card (although the weather this past year allowed it to be open only about 10 times all summer).

Most of the staff live within three minutes of the restaurant, as does Tony. And Rob says he might consider moving here too. These folks have deep roots in this part of town, and no doubt the customers can sense that.

Panini's website is: paninisitalian.com.

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

# New Street Prints Calendars and Cards

Also: Christmas Rock and Roll Dinner, and a new recreation program for Indigenous women.

REBECCA KAISER & MIKE SIEK

## INNER CITY RECREATION & WELLNESS PROGRAM

### Street Prints Calendars Hot Off the Press!

Over the past year, the Street Prints Artist Collective has been involved in community initiatives, art sales, and gala events. We have seen our artists grow through changes and challenges, and we have watched as they create beautiful artwork throughout the year. Each year we celebrate our artists with a calendar and hand-made greeting cards.

This year, we have brought together 12 of the most colourful pieces of frame-ready art and put them into a beautiful 2020 wall-hanging calendar, and several new designs for cards - perfect as a gift this holiday season! We just received the first batch, hot off the printer from our supportive friends at UR Signs (111 Avenue and 90th Street). The calendars cost \$20, and cards are \$5 each (or six for \$25), with all profits going directly to the collective artists!

You can contact [streetprintscollective@gmail.com](mailto:streetprintscollective@gmail.com) to order your calendar or if you have any questions. We hand deliver within the Boyle Street and McCauley area, or we can hold yours for pickup at Boyle Street Community Services. You can also



New cards and a 2020 calendar from Street Prints. Mike Siek

get your calendar from Mint Drugs on Church Street (10631 96th Street). Visit us on Facebook for more information: [facebook.com/streetprintscollective](https://facebook.com/streetprintscollective).

### Fifth Annual Live Rock & Roll Christmas Dinner Planned at BSCS

Every year for the last four years, Barefoot Bob Cook and his crew of talented musicians come down to Boyle Street Community Services drop-in on Christmas day, and perform a few hours of live rock-and-

roll music for the folks having Christmas dinner at the drop-in. They have dubbed this the Boyle Street Music Fest! This infusion of loud, energetic, and danceable music is just the ticket for a cold and sometimes lonely day. The whole crowd can be seen shaking their heads and clapping along while they eat, and the dance floor is rarely empty throughout the afternoon.

This Christmas will mark the fifth annual event, and although Bob won't be able to

make it out this time, he will be getting his gang of musicians together to once again rock the drop-in for another Boyle Street Music Fest. Come down and join the festivities if you're in the mood to share your holiday with us. Heck, you might be able to dance with a few new friends!

### Threads: An Iskwew Health Program

The Inner City Recreation and Wellness Program has launched a new program aimed at reducing barriers to recreation for young Indigenous females residing in Edmonton. Although the program caters to Indigenous females between 16 to 36, the program is open to any female-identified community members who want to learn about the basics of exercise - movement and play - in a safe space provided by the Native Healing Centre. The program runs on Thursdays at the Edmonton Native Healing Centre (11813 123 Street) at 12:30 to 1:30 p.m.

Boyle Street Community Services provides transportation departing from the Bissell Centre at 11:30 a.m. and from BSCS at 12:00 p.m. A bagged lunch, runners, exercise clothing, and a water bottle are also provided. All members of the community are encouraged to join us as we come to learn new ways to move, play, and inhabit space!

Rebecca Kaiser and Mike Siek are Program Coordinators with ICRWP.

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**Boyle McCauley News**  
FROM THE ARCHIVES: FEBRUARY 2018

*Where the language of love is great food*



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# Mashed Turnip

YOVELLA M.

In Alberta, turnips and rutabagas are an in-season produce during November and December. If you are interested in trying an alternative to traditional mashed potatoes, you might like this recipe.

Either turnips or rutabagas can be used. Rutabagas are sweeter than turnips. I recommend smaller turnips for this recipe due to larger ones tending to have a slightly more bitter taste.

To add variety to your mashed turnips or rutabagas, add the same types of ingredients as you would for regular potatoes such as herbs, milk or cream, dill, garlic, etc.

When using turnips as an alternative, you will quickly notice that mashed turnip looks different from mashed potatoes. They lack the fluffiness that we are used to seeing. Turnips also tend to have a nuttier, sweeter taste than potatoes.

This recipe is made without milk or cream to accommodate those who are lactose intolerant. Omit the butter and this recipe is vegan.

## Mashed Turnip

- 2 medium sized turnips
- 1 - 2 cloves of garlic
- ¼ cup butter
- ¼ cup brown sugar

## Instructions:

- Peel, wash, and cut turnips into 1.5 to 2-inch chunks.
- Peel the garlic.
- Place the chunks of turnip and cloves of garlic into a pot with just enough cold water to cover the turnips.
- Add a bit of salt to the water.
- Bring to a boil, then turn the temperature down to a simmer for approximately 20 – 25 minutes or until turnips are tender enough when pierced with a fork.
- Once cooked, fully drain the turnips in a colander.
- After draining, return the turnips to the pot they were boiled in. Keep the pot on low heat.
- Add the butter and the brown sugar to the pot with the turnips and mash with a potato masher or with a fork. Add salt to taste.
- Once finished, transfer the mashed turnips to an oven-safe serving dish.

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

# A Local Dining Landmark

DINING  
OUT

## Sorrentino's Little Italy

10844 95 Street  
780-425-0960

## TONY "THE FORK" FORCHETTA

This time, your ol' buddy Tony took a trip back to Sorrentino's Little Italy, just because it has been so long since we talked about one of the 'hood's finer Italian eateries.

I gotta say that Sorrentino's is a landmark here, just like the Italian Centre Shop. I remember the old Sorrento in Castledowns and have been to probably every one of Carmelo's and Stella's shops at one time or another. What makes this particular location so special (apart from it being within walking distance at 10844-95th Street) is the atmosphere. It is so reminiscent of a typical ristorante in bella Italia: the tile floor and dark wood, the open fireplace, and the simple table settings.

Much of what Sorrentino's has to offer is based on regional and familiar interpretations of specialties from where the owners come from. Quick geography lesson: Sorrento is in the Campania region of Italy along the coast south of Naples. Sorrentino means "little" or "tiny" Sorrento. So, it makes sense that dishes represent that part of the country, and a little from Calabria to the south where a lot of our neighbours are from. This is a region famous for its hospitality.

The missus and I settle in, grab some bread, and start to read the menu: lots of antipasti (first

course), with a mix of seafood, a little funghi (mushroom), bruschetta, and, Tony's favourite Sicilian street food, Arancini – balls of tender Arborio rice stuffed with cheese, fried, and served with a tomato sauce. These little "Oranges" are a great starter and worth sharing.

We skipped the Insalata 'cause Tones ate some veggies already that day. But if I was to grab something it would be the Bocconcino – little mozzarella balls with basilico fresco, pomodoro, olio extravergine d'oliva. And, always nice in the fall – a tasty bowl of Ministrone.

Now, a pasta course (primi piatto). So much to choose from. Missus Tony grabs the Penne Arabiata with spicy sausage, sugo di pomodoro, and perfectly al dente Penne. And your ol' buddy Tony? He goes for a secondo piatto (second plate or Main), a dish more familiar to those fancy northern folk from Milano, the beloved Osso Buco. Tender veal shank braised in white wine, veggies, and tomato served over creamy garlic risotto. Bone with Hole is extra special for the jelly-like marrow you can spread on a slice of bread.

Dinner with a decent tip for excellent service and a wee bit of wine was about \$80. Remember, you can get smaller plates on most pastas, and there's a special on Wednesdays where you can bring your own vino and don't have to pay for them to open it (corkage).

So, if ya just want a quick bite, it's pretty simple to pull up a chair and dig in, or you can call a few friends and make a night of it.

Tony lives in McCauley.



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# “Problem Properties”

*Innovative and aggressive measures are needed to tackle slum housing.*

## COUNCILLOR SCOTT MCKEEN

Honest, I try to keep my cool as your representative at City Hall.

But there are days.

One such day was October 29th in Urban Planning Committee. We discussed a report on how government tracks, inspects, and enforces safe conditions in what we politely term “problem properties.”

Such properties are known to us as derelict housing or slum housing, or by terms unsuitable for general audiences.

My frustration? The report was so vague in its language, so bland in its terminology, so bureaucratic in voice and structure, that it defied understanding.

Example: The Problem Properties Task Force was renamed the Residential Living Governance Committee.

Yeesh.

I’m a fan of plain language. Plain language allows us to understand issues, develop opinions, and convey those opinions to decision makers.

The report - and the rebrand to Residential Living Governance Committee - failed completely to convey: A) the problem; or B) government response.

Why the weasel words and jargon? I suspect it’s because we lack conviction to follow through on slum housing.

Why? Imagine if the City shut down each and every substandard house.

Where would the residents reside? We have few options at this point, outside of shelters. And as the recent tent city in McCauley reveals, scores of homeless folks refuse to stay in shelters.

I remain hopeful. City staff will have reported on December 4th concerning options to safely house vulnerable people in the short- and medium-term, as we plan the long-term: building 900 units of permanent supportive housing.

I’m also hopeful because governments around the world are using the lens of human rights on housing. Our most wounded citizens deserve to be cared for with compassion and with their health and humanity respected. This is in line with the federal government’s announcement of the National Housing Strategy based on Canada’s obliga-

tions under international human rights law to implement the right to housing.

Research on vacant or problem properties shows that partnership between city agencies and community members is critical in devising a strategic plan. The Safer McCauley meetings organized by Mark Davis and REACH are a great example of that. It was through one of those meetings I was alerted to the limitations of the Residential Living Governance Committee.

So I tabled a motion, supported by committee, asking administration to create an action plan with innovative and aggressive measures to tackle the scourge of slum housing. We need to call out exploitation for what it is.

**Councillor Scott McKeen represents Ward 6 on City Council.**

## Boyle McCauley News 2020 Publishing Schedule

Interested in contributing to the paper next year? Or perhaps advertising? Here is our publishing schedule for 2020.

The “distributed by” dates are the target dates to begin distribution (so bear that in mind for time-sensitive material).

Any questions or comments should be directed to the editor at [editor@bmcnews.org](mailto:editor@bmcnews.org).

### Boyle McCauley News 2020 Publishing Calendar

• **Volume 41, Issue 1**

Distributed by February 1

Editorial Deadline: January 12

Advertising Deadline: January 15

• **Volume 41, Issue 2**

Distributed by March 15

Editorial Deadline: February 20

Advertising Deadline: February 25

• **Volume 41, Issue 3**

Distributed by May 1

Editorial Deadline: April 12

Advertising Deadline: April 15

• **Volume 41, Issue 4**

Distributed by June 15

Editorial Deadline: May 22

Advertising Deadline: May 25

• **Volume 41, Issue 5**

Distributed by August 1

Editorial Deadline: July 12

Advertising Deadline: July 15

• **Volume 41, Issue 6**

Distributed by September 15

Editorial Deadline: August 22

Advertising Deadline: August 25

• **Volume 41, Issue 7**

Distributed by November 1

Editorial Deadline: October 12

Advertising Deadline: October 15

• **Volume 41, Issue 8**

Distributed by December 15

Editorial Deadline: November 22

Advertising Deadline: November 25

## Gala to Raise Awareness About Brain Injuries

The Brain Awareness Movement (BAM) is a student-led club at the University of Alberta. This group works closely with two local charities in Edmonton - the Brain Care Centre and the Networks Activity Centre - to support victims of traumatic brain injuries and their families. They also work within the community and on

campus to advocate and educate the public regarding the prevalence of brain injuries in Alberta and their preventability.

BAM will be hosting their 10th annual “Big BAM Gala,” their largest fundraising event of the year, at Meridian Banquet Hall (4820 76 Av-

enue) on February 21st at 6:30 p.m.. This fundraising event has a typical attendance of over 150 people and consists of a dinner, speakers, live performances, and a silent auction. This event will be open to members of the public, including those in the community and across campus. The ultimate goal of the gala is to raise

awareness about brain injuries.

Tickets are \$25 (early bird; \$30 at the door). Anyone interested can email [bamclub@ualberta.ca](mailto:bamclub@ualberta.ca) to reserve a ticket to purchase on the day of the event for the early bird price.

*Information supplied by BAM.*

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# Gary Garrison Receives Spotowski Award

*Dedicated volunteer has served the paper in a variety of roles.*

**ANITA JENKINS**

Gary Garrison was surprised to receive the Garry Spotowski Volunteer Appreciation Award at the annual general meeting of the Boyle Street McCauley Community Newspaper Society on November 5, 2019. Gary was chairing the meeting, but staff members Paula E. Kirman (the newspaper's Editor) and Colleen Chapman (Volunteer Coordinator) managed to introduce the award presentation without his knowledge under the agenda item, "Other Business."

Paula and Colleen also had a back-up plan in the event that their chair inquired about the award. They planned to tell him that since two Spotowski awards had been given at the society's 40th anniversary gala on March 9, they would not be offering another one at the AGM.

The Spotowski award recognizes and honours long-term volunteers who have made invaluable contributions to the paper and the community. Using those criteria, it is easy to see that Garrison is exceptionally well qualified.

Gary is a long-term, dedicated volunteer who is retiring from the newspaper's board after six



From left: Paula Kirman, Gary Garrison, and Colleen Chapman. Mike Siek

years (five as chair). He has written articles for the newspaper and is a block carrier.

"It was absolutely wonderful working with Gary," Paula says, "and I know I speak for all of the staff. He was an incredible chair, with so much wisdom and knowledge. He is an accomplished author and editor, he understands the publishing of a community newspaper, and he helped us through some difficult times. I learned a lot from him."

The "difficult times" Paula refers to include periods of political turbulence in the community, and the possible demise of the paper this past couple of years due to precarious finances. "He had heavy responsibilities, handled with kindness, strength, and competence," Paula says.

Gary's involvement in the McCauley neighbourhood since he moved here in 2003 extends well beyond the newspaper. Board member Mike Siek says, "Gary is a prominent member of

the community. I see him at most of the local events I go to, often sharing his songs and poetry."

Gary co-authored *McCauley Then and Now*, a booklet about the history of McCauley, with Sara Coumantarakis, and he wrote the copy for smaller booklets about Church Street and Chinatown.

"I moved here because I wanted to be able to live without a car in a place close to downtown where there was a sense of community in the neighbourhood, where people cared about each other," Gary says. And he stayed because of "the friendliness and hospitality of McCauley and the diversity of people from all over the world, the multi-cultural, multi-ethnic rainbow of people, including homeowners, renters, and people in need all coming together."

"I am honoured to get this award," Gary says, "and grateful for the opportunity to be part of the effort to work on a vision for the paper's future while figuring out what to do to ensure it even had a future. But in all honesty, this was a team effort, and all I did was play my part. I'm glad that was enough to keep the paper going."

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

## Lights of White, Red, and Green



The lights on the trees in Giovanni Caboto Park now represent the colours of Italy. Paula E. Kirman

## Second McCauley Dog Walkabout



The second monthly McCauley Dog Walkabout took place on November 21st. Organized by REACH Edmonton Safer McCauley, participants included 13 humans and five dogs. Mark Davis

# As Christmas Approaches . . .

LEIF GREGERSEN

As Christmas approaches, I often have warm memories of what it was like for me to celebrate the holidays as a child. For a month before December 25th, my elementary school would go all out to make it a time to remember. Year after year, we would have celebrations and pageants where there were endless cakes and cookies supplied by parents and teachers.

In those days, we always got a lot of snow, which meant that each parking lot and sidewalk had a huge pile of ice and snow churned up by the street cleaners. One of my favourite games back then was to play King of the Hill. All you really had to do was push everyone else off the snow hill and you were king.

Then, of course, there were the inevitable snowball fights, which mostly took place early in the winter season or late, because in deepest winter the snow was so cold that you couldn't make it into projectiles, and it was an absolute no-no to use chunks of ice to throw at each other. Those very cold times were reserved for sliding. The other day at the bus stop, watching the children at the McCauley School play in their yard, I felt a little bad because they only had a small hill to slide down - maybe five feet high. At my school



Frost on a leaf in winter. Leif Gregersen

in St. Albert, being further out in the suburbs, we had huge hills that would send us racing at unsafe speeds, and an even bigger hill in the middle of town reserved for evening and weekend pleasures.

Of course, there was also the hockey rink nearby where I loved to just skate around in circles by myself for hours. I never did get into hockey - my parents felt it was too violent - but still later on they put me into Air Cadets where we had real guns. I don't know if life would have been better for me if I had gone into hockey. I always felt people took the game a little too seriously, though I

liked just as much as anyone to go to a live game.

Some people out there dread the onset of our Canadian winters. I have always felt that there are so many advantages to being cold for a few months. The first advantage is that I always sleep so much better in a bit of cool air, wrapped up in bed. Then comes the fun and games like skating, sledding, Christmas parties, and having the option of listening to cheery carols on the radio at any time. Since I turned 18, I also found a new passion that I have neglected as of late: downhill skiing. In my whole life I have never had an experience

greater than skiing on a mountain in the Rockies. The feeling of speed, the excitement of cornering, avoiding obstacles, and going over jumps added to the incredible scenery is absolutely unequalled.

However, our neighbourhood is one where there is so much need. So many places need donations and volunteers, like Bissell Centre or The Mustard Seed and others. Sometimes when I haven't got much cash to donate or time to spare, I like to try to do small gestures. I go to the dollar store and buy the best quality toques they have and pass them out as I see them needed. Places like Bissell that offer showers to people who normally can't access them are in need of items like shampoo and soap. And something else I learned is that Edmonton's Food Bank can do a lot more with a cash donation than a donation of food.

It is my hope that those who read this can contemplate for a moment how to see the cold months as opportunities. Opportunities for fun, for new things to discover and see, but especially for giving. And not just to children or loved ones, but to those who need it and who should remain in our thoughts and prayers all year round.

*Leif lives in McCauley. You can learn more about him and his work at [edmontonwriter.com](http://edmontonwriter.com).*

# Booklet Explores the History of Little Italy

The latest booklet in the McCauley historical series has been released. *Little Italy: A Place of History and Culture in McCauley* was written by Adriana Davies, one of Edmonton's foremost authorities on Italian culture and history in Edmonton. The Italian Centre's Teresa Spinelli served as the project's Cultural Consultant. *Boyle McCauley News'* Paula E. Kirman handled the photography and editing, while Vikki Wiercinski did the design.

The series consists of five books, beginning with the overview *McCauley Then and Now*, written by Gary Garrison and Sara Coumantarakis, and published in 2013. Four smaller booklets on specific areas and cultures followed: Church Street, Chinatown, Indigenous, and now Little Italy. All of the booklets were created with the support of the City of Edmonton/McCauley Revitalization.

The booklet launch on November 18 at Spinelli's featured a talk from writer Adriana Davies, and the sharing of memories from some elders of the Italian community.

All of the booklets can be downloaded in PDF form from the Boyle McCauley News website at [bmcnews.org/pamphlets](http://bmcnews.org/pamphlets).



Writer Adriana Davies (centre) speaks at the Little Italy booklet launch on November 18. Paula E. Kirman

## Six Treats

MANON AUBRY

BOYLEBITS: A VIEW  
FROM BOYLE STREET

My dog Knight (a 90 pound Lab) and I have a long bedtime routine. I hand out tiny bits of dried chicken, we share popcorn, and, lastly, in the tin canister there are dried liver treats (high value moola in doggyland). I count out treats. "One, two, three, four, five, SIX! That's how many you get!" Even though the canister is full, Knight paddles away, knowing that six is how many he gets.

I've been struggling with finances these last few years. Maybe somehow I've decided that six is all I get. Maybe I've decided that's all I'm worthy of. Because of health problems I haven't worked, and if you don't work you generally don't get money. I've made money from investments in the past but somehow I'm not motivated to venture that way. Somehow I've decided that poverty is my lot in life.

Back when I was 11 years old I wrote in my diary, "life is a self-fulfilling prophecy." I don't remember how that came to me, but I've found it to be true in so many ways. If we expect trouble we often are guarded and tense, which causes people to react negatively towards us. If we think a new acquaintance might become a dear friend, we are warm and sunny

with them and sure enough we become bosom buddies. If we expect to fail at something, we use tentative language like "try, could, maybe" and our downtrodden attitude brings us to failure. On the other hand, when we are feeling positive about a project we use words like "will, going to, for sure" and we take small steps daily to bring us to success.

In the past I've used anger to program my brain to expect good things. In a fit of rage I've promised myself that I would achieve something I desired, and I would suddenly choose to do things that led me to my desired outcome. When I lost my home to an ex, I swore I would buy a new home within a short period of time, and I found myself wanting to work 15-18 hour days in order to make my promise to myself come true.

So maybe it's time for me to smarten up and stop accepting that I only get six treats. I've always known that you can't get anywhere unless you know where you want to go. I know a person needs to set goals and not be afraid to dream of better things. So, I will make a list of what a better life will look like. Will you join me in dreaming big, or at least bigger? What would your ideal life look like?

*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.*

## Heart of the City Festival: Join Our Board

CHARITY SLOBOD

It's that time again. A whole year has passed, and like the change of a season, so too must come another Annual General Meeting.

Heart of the City: A Celebration of Music, Arts, and Spoken Word Festival is looking for keen individuals to round out its board. That's right – we're looking for new board members or people who just want to get more involved with this community initia-

tive! Rumour has it, the current President - Charity Slobod – is stepping down to encourage someone else to take on the leadership role (since I'm the one writing this article, I know it's true).

Please join us for the official part of the AGM on February 9, 2020 from 3:30 - 5:30 p.m. at Parkdale Community Hall (11335 84 Street). This will of course be followed by food, fun, and fellowship! Contact [heartcityfest@gmail.com](mailto:heartcityfest@gmail.com) if you have any questions!

# Resolutions

IAN YOUNG

ABILITY AND  
COMMUNITY

*"Year's end is neither an end nor a beginning but a going on, with all the wisdom that experience can instill in us." - Hal Borland, American author (May 14, 1900 - February 22, 1978)*

The festive season is upon us, but soon a new year and a new decade is upon us as of Wednesday, January 1, 2020. Under a Waxing Crescent Moon, we will begin a new adventure.

It is a common practice for some to make resolutions and promises to keep in the new year. These could range from breaking a bad habit, making healthy choices, traveling, making amends with a situation, or moving. A new year brings the hope of new things and changes.

I personally have made many resolutions in my past. Some lasted months, some days, and some minutes!

Not sticking to a resolution is not a sign of defeat or failure. I view it as it not being the right time.

Look around you. See what you think could use a bit of a change for yourself and the community. Sharing ideas with others is one of the best ways to bring those ideas to fruition. By speaking with neighbours and community leaders, you may be able to find common ground to make positive, well-intentioned changes.

Even if you are not one to make resolutions, you can still start a new year with a feeling of hope for ourselves, our loved ones, and our community.

I will be sticking to the resolutions I try to live by daily: to listen more, care more, learn more, and be more at peace.

As a proud columnist for 10 years with *Boyle McCauley News*, I wish everyone a happy new year!

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

## McCauley Development Co-operative Raises One Million Dollars

It is with much gratitude that the Board of the McCauley Development Co-operative thanks its new roster of investors for raising \$1M in investments for The Piazza project in Edmonton's Little Italy!

To date, there are approximately 68 investors who have contributed between \$5,000 and \$100,000 to purchase and revitalize the commercial strip mall at 108 Avenue and 95th Street. Little Italy is a strong, vibrant and committed community and we are all excited for this next phase of development.

The Board lifted purchase conditions on the property Novem-

ber 26th and the purchase and possession dates are early in the new year.

The investment raise could not have happened without our committed investors, the administrative, visionary, and interim loan support of the Edmonton Community Development Company, financing from the Social Enterprise Fund, and the hard work of your McCauley Development Co-operative Board.

GRAZIE!

*Information submitted by the Board of the McCauley Development Co-operative.*

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# Urban Beekeeping

LINDSAY BROMMELAND

I TRIED . . .

My staple diet consists of homemade granola bars and energy balls, so my household goes through A LOT of honey. We all know that the world's bee population is in peril, and that we need bees to sustain our food supply. So, it seemed like a win-win for my husband and me to become urban beekeepers.

Before long, we had taken the class, registered with the City, and ordered our supplies. On the spring day I went to pick everything up from Beemaid (a familiar brand to most grocery shoppers in Edmonton, but also a co-op where small producers can sell their honey and buy bee keeping supplies), the staff was pretty skeptical that I was picking up an un-built hive and a tube of hungry bees at the same time. Apparently this is not the normal order of operations, but hey - there's a first time for everything!

After a few hours of assembly, we suited up and managed to get everyone into the hive without any major disasters. Over the next few months, we consulted our books many times to make sure we were doing everything we learned about in class. Despite our fumbings, the bees worked their miracles, and at the end of the summer we had a few frames of delicious, clean, flowery-tasting honey. City bees tend to gather pollen from fruit trees and

flowering plants (as opposed to their canola gathering country cousins) so the flavour tends to be pretty unique.

Our honey yield in the first year was pretty small since the bees were busy building honeycomb and getting their hive set up. The second year our yield was double the first (about 35 half pint jars). As an added bonus, the flavour and yield from all our fruit plants was amazing as well. We were on a roll and saving the world at the same time!

Sadly, things did not end on a high note. We had to move our hive and it did not survive the second winter. It was devastated by a wasp attack in late fall, followed by an early snow and an extra cold winter. Alberta beekeepers have only relatively recently begun over-wintering their hives. It used to be a matter of course that the hive died off over winter and new bees were brought over in spring (our bees came from New Zealand, which we were told are friendlier than grumpy American bees).

All in all, we really enjoyed our beekeeping experience and will definitely be starting up again in spring now that we are moved and settled. Every time I look at our hive with its custom paint job courtesy of my five-year old niece, I think of our calmly buzzing bees, delicious honey, happy plants, and look forward to next spring.

*Lindsay Brommeland is a McCauley resident of 14 years and will try anything once.*



Lindsay with the honey extractor. Todd Homan

## Rally On National Housing Day Demands Homes for All



A rally was held to mark National Housing Day on November 22, on 105A Avenue just west of 96 Street. It was not only across the street from one of the tent cities in the area, but was also the same location where housing activist Jim Gurnett (pictured in the photo on the right, holding a sign) organized a similar rally 20 years earlier in 1999. "And still today within a few minutes' walk of that spot there are scores of people camping, and hundreds more in inadequate, unsafe, overly expensive housing/shelter, or sleeping on mats on the floor of emergency shelters," says Gurnett. Paula E. Kirman



# McCauley Community League

[mccauleycommunityleague2014@gmail.com](mailto:mccauleycommunityleague2014@gmail.com)

[facebook.com/mccauleycommunityleague](https://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.

## 2019/20 RINK HOURS 96 STREET & 107A AVENUE

Check McCauley Community League Facebook and online at [mccauleycl.com](http://mccauleycl.com) for information about events and closures.

### WEEKDAY HOURS

**Monday/Tuesday/Wednesday/Thursday/Friday**  
4pm - 8:30pm

4 - 7pm • Family & Public skate

7 - 8:30pm • Open Ice Shinny hockey (all ages)

### WEEKEND HOURS

**Saturday & Sunday**

2pm - 8pm

2 - 6pm • Family & Public skate.

6 - 8pm • Open Ice shinny hockey (all ages)

## SPECIAL EVENTS FOR THE 2019/2020 SEASON

### McCauley Cup (Hockey game with EPS)

Saturday, December 28th, 2019

Starting at noon at the McCauley Rink

It's the annual hockey game between the Downtown

Division Beat Cops vs. neighbourhood kids. Hot chocolate, snacks, prizes. Skates available to borrow at the rink.

### New Year's Eve Family Skating Party

Tuesday, December 31, 2019

6pm - 10pm at the McCauley Rink

Our third annual! Hot dogs, marshmallows, and hot chocolate.

### MCL Family Day Skating Party

Monday, February 17, 2020

Noon - 5pm at the McCauley Rink

Hot dogs, sleigh rides, and lots of fun!

### PLEASE SHOVEL YOUR WALKS!

Please remember to shovel your walks to keep them safe. Icy sidewalks can be treacherous for walkers. Also, you have to clear your sidewalks within 48 hours of a snowfall according to City bylaws.



**BEAT THE WINTER BLUES AND AND CONNECT WITH  
NEIGHBOURS AT THE BOYLE STREET PLAZA!**

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## Winter Program Schedule

### BADMINTON

SUNDAYS, 11 A.M. TO 1 P.M.

**PIU YUM RECREATION CLUB**  
MONDAYS, 12 P.M. TO 5 P.M.

**NATIVE DRUMMING**  
TUESDAYS, 7 P.M. TO 9 P.M.

**HIP HOP RAPPING**  
THURSDAY NIGHTS

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## MCCAULEY REVITALIZATION STEERING COMMITTEE UPDATES

# HIGHLIGHTS FROM LOCAL RESIDENTS COMMENTS TO CITY MEETING AROUND PROBLEM PROPERTIES

**LAST OCT. 29, 6 LOCAL RESIDENTS FROM 4 DIFFERENT NEIGHBOURHOODS ATTENDED A MEETING AT CITY HALL TO SPEAK BEFORE THE URBAN PLANNING COMMITTEE ABOUT THEIR CONCERNS WITH PROBLEM PROPERTIES (PPS). THE RESIDENTS SPOKE ABOUT THEIR, AND OTHERS, MANY NEGATIVE EXPERIENCES THAT HAVE LEFT THEM DEEPLY FRUSTRATED AND CONCERNED FOR NEIGHBOUR SAFETY.**

Due in great part to their clear and compelling testimonies, plus the fact that too many Councilors receive an immense amount of complaints around PPs, a promise of accountability was made by the City that ensures there will be a comprehensive action plan in place by March,

2020. It is not clear at this time how the existing Residential Living Governance Committee (RLGC), a 9 agency task force to deal with PPs, will be engaged.

### HIGHLIGHTS FROM THE 6 SPEAKERS INCLUDE:

PPs come in all shapes and varieties. The more serious cases, whether lots, houses, commercial buildings or tent cities, usually involve any of the following: abandonment, drug activity, illegal boarding (houses), ugliness and garbage, whether big junk or loose litter.

All conversation around problem properties (PPs) needs to be cast as a city wide challenge. Whatever mix of nuisance or criminal activity PPs there are in any given neighbourhood, no single neighbourhood should be uniquely stigmatized or called out around PPs. That said, residents observe that criminal issue-PPs are most common in the core mature neighbourhoods and therefore residents from those neighbourhoods should be the first and most common to be engaged.

Any and all strategies addressing PPs need to consider how residents and others will be kept safe and secure and how their perception of safety and security will be maintained at high levels. How residents relay, receive and record PPs information, as to maintain their anonymity, needs to be carefully vetted through all reporting mechanisms. The question, "how is it made safe?" needs to be asked all the time.

Prevention eats cure for breakfast. Wherever investment in strategies that either reduce the demand of PP complaints and/or increase the supply of PP prevention can be made it should be done. The investment in permanent supportive housing, for example, needs to move ahead.

### GIVEN THE COMPLEXITY AROUND PPS, COLLABORATING WITH RESIDENTS ALL THE WAY ALONG THE PROCESS IS IMPORTANT FOR 3 REASONS:

1. Residents have extensive capacity to contribute: genuine engagement will access their insights, their abilities and their place-based analysis to contribute more effective ideas and strategies to respond to PPs. There is a greater chance of success.
2. Residents co-own the success and lack thereof: as residents are invited to collaborate they enter into a partnership with the other key actors and now co-own the success, or not, of chosen strategies and actions. They are no longer passive citizens waiting for experts to solve the problem - they now have agency and combine their agency with that of the other partners.
3. Residents grow in individual and collective capacity: As residents are genuinely included in addressing the challenge of PPs, their own individual and collective capacity is enhanced to address subsequent PP complications

as well as other social problems in the future.

The City and RLGC should be aware of previous and current strategies residents have initiated around PPs and understand how they can be encouraged, replicated, scaled and shared.

Attention to the values of transparency, accountability and timely feedback needs to be consistently applied. For example, getting a follow-up call about a PP complaint or being able to see the collected statistics of PPs or understand how a PP is being tracked will go a long way to communicate with citizens that reported concerns are being diligently tracked.

The root causes of PPs always need to be front of mind, making the participation of knowledgeable people around housing and homelessness a critical expectation of citizens. Exploration of other root causes needs to be given some attention. Speaker presentations linked PPs with issues of homelessness.

Diligently, quickly and consistently enforce the bylaws already in place. Enforcing accountability can mean adding any costs that PPs create to the PPs taxes. Residents are subject to too many of the impacts of PPs and there needs to be more effective assistance and enforcement by the City.

We thank all the speakers who communicated their valuable insights to the Urban Planning Committee at City Council so clearly and thoughtfully.

## BOYLE STREET COMMUNITY LEAGUE UPDATE

## From East to West: Developments to Watch in Boyle Street

JONATHAN LAWRENCE

In recent years, The Quarters district has stolen the spotlight for up-and-coming projects in our neighbourhood, but signs of a Boyle Street building boom are everywhere. Here a few developments that are turning heads, from 97 Street all the way to Stadium LRT Station.

**River Lot House  
(10434 91 Street NW)**

River Lot House is a residential project in the heart of Boyle Street. The proposed building would offer 75 residential units at six stories. The proposal provides a mix of affordable suites and three bedroom units. Please come by Boyle Street

Plaza (Willow Room), 9538 103A Avenue, for a public open house scheduled for December 10th.

**Muttart Lands at Stadium LRT Station**

Muttart Lands Phase One is well under way with the first new residents expected to move in by the fall of 2020. Phase one will include 243 rental apartments and 2,500 square feet of commercial space. This transit-oriented project provides a fantastic link to Commonwealth Stadium and Stadium LRT Station. We are very excited at potential opportunities to partner with Rohit (the developer) to welcome new businesses and residents to Boyle Street.

**Brighton Block  
9666 Jasper Avenue**

The historic Brighton Block has been one to watch. A partnership between Primavera and Sparrow Capital, this is a local Edmonton company known for revitalization of a number of Edmonton's historic gems. This project, which mixes office and retail in the fully restored building, is expected to be completed in early 2020.

**Stovel Block  
10327 97 Street**

Stovel Block has been a landmark structure in the area for over 100 years. The historic commercial building that sits kitty-corner to the new Royal Alberta Museum,

was approved for restoration and redevelopment by the City of Edmonton on October 22nd. The building was bought and is being redeveloped by Gather Co., the owners of the historic Mercer Warehouse. We are very excited to keep engaged as we know more about this future Boyle Street amenity.

For more information on the Boyle Street Community League and its programming, visit our website ([boylestreet.community](http://boylestreet.community)) or find us on Facebook.

Jonathan Lawrence is a board member with the Boyle Street Community League.

# Remembering Our Seniors During the Holidays

In a recent interview with the CBC, Margaret Atwood made a profound observation about turning 80. To paraphrase what she said: we don't know where life's road will take us, but we journey on. We cannot know what is around each corner, or how it will end.

We all know that life can be very busy. As we rush through roles of child, student, parent, and worker, we don't have much time for reflection. For me, raising a family as a single parent was full of various multiple jobs - sometimes four at a time. Besides work, life's road included caring for children, siblings, aging parents, neighbours, students, friends, family pets, and renovating old houses. I enjoyed every adventure. I won scholarships and earned three university degrees as my daughters grew into adults. As life flew by, I'm proud that I found opportunities to make a difference, I stood up for those less fortunate, and actually risked my life to make the world a better place. That mindset continues in retirement, and I want to pass on the wisdom I earned, but does anyone really care?

Many seniors will tell you about their family, of years of caring and kindness, and of career and work challenges. Now retired, they may have good friends and family close, yet some live alone, far from family, and sometimes no-

body calls them for weeks. They may still drive neighbours to the store and try to help others, and they may have pets to keep them company. But, as they age, they need to know that family, friends, and neighbours remember them and care about their welfare.

So during this holiday's family celebrations, please check in on the seniors in your life and neighbourhood. They may be a friend or neighbour, a parent, or relative. Or, you may barely know their name, but they may have shovelled your walk when you were sick. Now they need to be included and to know someone cares. Do it for your own ancestors who shaped you. Just get in touch - call them, walk with them, ask how they are and what they would like, enjoy tea or coffee together, hug them, and say thank you for being kind. It will do your heart good, and help you both remember the good things as you share life's road together.

Margaret Atwood was right in that we don't know what lies ahead in our life's journey, but we can make the present better by showing seniors that we care about their welfare. When we keep in touch, we will all enjoy the true meaning of holiday giving.

*This local senior has requested that their name be withheld, because they could be any senior in our area.*

# Revelation and Inspiration

SHARON PASULA

I was sitting in the kitchen on a bright, sunny afternoon. I asked Creator about revelation. How do we get it? How does it work?

As I sat there meditating on this, I had an open vision.\* I saw what looked like a cloud. It was whiter than white and seemed to have form and substance. Suddenly, a window appeared in the middle of the cloud. Then the window opened. After a few moments, light streamed out from the cloud through the window. It had layers of yellow and gold and translucence. It was very beautiful and seemed to have a quality of joy to it, like it was alive. I knew this was the answer to my question. Revelation is something revealed from heaven.

But what is the difference between revelation and inspiration?

Recently, I had a prayer/devotional time with a friend. We read from the November 23rd entry in *Jesus Calling, Enjoying Peace in His Presence* by Sarah Young. An action was suggested: "As you go through this day, look for *tiny treasures* strategically placed along the way. I lovingly go before you and plant little pleasures to brighten your day. Look carefully for them, and pluck them one by one."

My friend pondered this and asked what I thought. I shared an experience I had a few days earlier. While driving to a meeting I had the radio on. I wasn't fond of

the song so I changed to the AM band of Shine and one of my favourite songs was on: "I see the Lord" adapted from Isaiah 6:1: ". . . I saw the Lord sitting on a throne, lofty and exalted, with the train of His robe filling the temple." I was driving and worshipping in tears of awe, being blessed by His presence. This was a gift. This was more than a "tiny treasure" to me, but I felt this was an example of what the author was talking about.

Was this revelation or inspiration? It is not "either/or." It is "both/and." It seems they go hand in hand.

The Christmas season can be difficult for some people. I have a friend who starts to get depressed around mid-November and into all of December. For him, it is memories of residential school. For others, this may be the first Christmas without a loved one. Whatever the reason, I invite you to ask Creator to open a window of heaven and pour out some light to help you on your way. Or, ask Him to open your eyes to some of those "tiny treasures" strategically placed along the way."

I pray this Christmas season will be filled with inspiration and revelation like you have never experienced before, and may the New Year be more blessed than the last.

\*My eyes were open.

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

# 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](http://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](mailto: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.

#### 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](mailto: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.

#### 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](mailto:wilderthanthewindcreations@gmail.com).

#### 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](http://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).

#### MUSICAL MAMAS SOCIETY

We encourage, develop & support Women in the creation of Music. 8 FREE educational gatherings with open stage per year. 3rd Wed. of the month, Sept.-May (break in Dec.). Parkdale Cromdale Community League 7-9 p.m. [musicalmamassociety.com](http://musicalmamassociety.com)



#### 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 deadlines for payments are: December 6, 2019 & January 10, 2020. Payment can be made at McCauley Boys & Girls Club, during business hours, Monday – Friday 9 a.m.-4 p.m.  
Next depot dates: December 19, 2019 & January 23, 2020, 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](http://www.wecanfood.com)

#### STREET PRINTS ARTIST COLLECTIVE

**Creating opportunities for independent artists to market and sell. (Hosted by e4c/ICRW)**  
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 780-288-1778  
Facebook page: [@streetprintscollective](https://www.facebook.com/streetprintscollective)  
E-mail: [streetprintscollective@gmail.com](mailto:streetprintscollective@gmail.com)

#### DROP-IN RECREATIONAL SOCCER

**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.  
OUTDOOR Throughout Summer months (May/June-September)  
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: (587) 337-9860

#### WELLNESS WEDNESDAYS

**Fun and friendly weekly workshops and activities, which help in our wellness! (A part of the Wellness Network)**  
Hosted at McCauley Apartments, with easygoing and fun community members. Guest presenters and facilitators/instructors, outings and social engagement.  
Activities include: arts and crafts, games, group outings, music, financial empowerment workshops, 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 [krambow@e4calberta.org](mailto:krambow@e4calberta.org)

#### WELLNESS NETWORK EDMONTON: DROP-IN PROGRAMS AND COURSES

Check out the free (or VERY cheap) options for mental health recovery programming in Edmonton! ([www.wellnessnetworkedmonton.com](http://www.wellnessnetworkedmonton.com)). Topics cover a range of interests and capacities. All programs led by people with lived experience and supported by trained co-facilitators. Available to ALL. In partnership with e4c.  
Dates/Times: Generally 2-3 hours each session over 8-10 weeks  
\*\*\* No Cost\*\*\* For more info contact: [MVenkatraman@e4calberta.org](mailto:MVenkatraman@e4calberta.org) / 780-784-3492

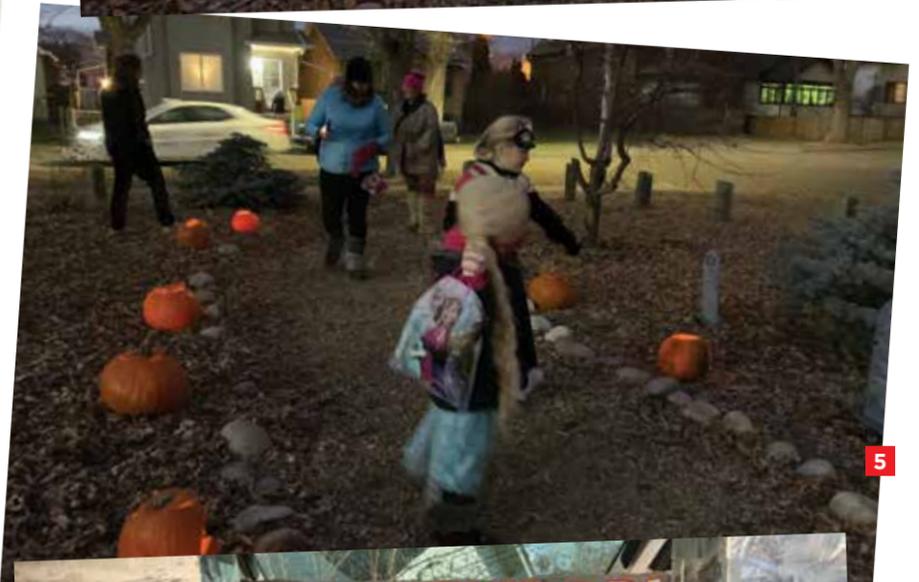
#### WOMEN'S SELF-CARE GROUP

**Activities and discussion to nurture well-being for women.**  
Do you feel depleted, worn out, unable to give your best? Self-care helps us to rebuild from the inside out. Join us!  
Time/Date: every 2nd Friday, 1 p.m. to 3 p.m.  
Location: McCauley Apartments (9541 108A Ave, Unit B08)

**More information about E4C programs can be found in the Classifieds section of our website at [bmcnews.org](http://bmcnews.org).**

# Halloween in McCauley

A number of groups and organizations held events in McCauley with fun activities leading up to Halloween - including two events on the scary day itself (one indoors and one outdoors). Here's a look! **PHOTOS BY PAULA E. KIRMAN**



**1** From left: Mike Siek, Taro Hashimoto, and Shelley Hollingsworth at the Safe Kids Halloween Party on Oct. 31st in the Boys and Girls Club.

**2** Playing games at the Safe Kids Halloween Party.

**3** The McCauley Community League's Halloween event at the Friendship Garden in Caboto Park on Oct. 31st.

**4** McCauley Families and the MCL teamed up for a pumpkin carving event at the Edmonton Intercultural Centre on Oct. 27th.

**5** Walking through the lit pumpkin lanterns in the park.

**6** One of the decorated car trunks in the parking lot of the Edmonton First Christian Reformed Church for Trunk or Treat on Oct. 26th.

**7** Another "Trunk or Treat" decorated trunk.