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# Boyle McCauley News

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VOICE OF THE COMMUNITY SINCE 1979

## Coping During COVID-19

How Boyle Street and McCauley residents are dealing with the crisis.



The playground in Giovanni Caboto Park after being closed, along with all playgrounds in Edmonton. Alan Schietzsch

PAULA E. KIRMAN • BMC News Staff

The COVID-19 pandemic has affected everyone's life in Edmonton. In March, we were asked to stay at home and practise social distancing to help "flatten the curve" - to prevent infections spreading at too fast a rate for our health care system to keep up. Many also had to self-quarantine after returning from abroad or due to having symptoms of illness (whether of COVID-19 or anything else). Others self-isolated due to being part of a high-risk group such as seniors or those with autoimmune diseases.

"I still walk my two dogs twice a day around the neighbourhood," says McCauley resident Joanne McNeal, who was self-isolating. "We all need the exercise and fresh air. At home, I am using the time to sort through boxes to clear my house of stuff I don't need. That's a win-win. I keep in touch with family and friends through e-mail and Facebook."

Cleaning up appears to be a common activity while staying at home. "I am doing a much-needed cleaning, and decluttering my little apartment," says McCauley resident Ellen Lambert.

Over in Boyle Street, Anita Jenkins had to self-isolate in mid-March. "I had brunch with my brother on March 15, and a couple of days later he developed symptoms of COVID-19. So I wasn't able to leave my home at all, which is not my usual style. I was pacing like a caged lion."

However, Anita found solace in watching a livestream of a musical performance online. "As part of #CanadaPerforms, Rafael Hoekman (ESO Principal Cellist) and Jeremy Spurgeon (Music Director for All Saints Anglican Cathedral) gave a free one-hour concert of

pieces by Tchaikovsky, Elgar, Fauré, and Popper - a safe distance apart. This was the first time I was able to calm down and sit still since I self-isolated," she says.

"We are immensely grateful for the doctors, nurses, EMS workers, and so many others in the helping professions and essential services," Anita adds. "This concert made me remember, though, that the arts community is also a tremendous healer of our souls."

Heart of the City Festival volunteer Charity Slobod stocked up on music. "I use my home as a tiny dance studio when I need to expel some energy. I bought a whole bunch of \$1 records from Freecloud Records to keep the groove going," she says, adding that she used the store's safe and sanitary curbside pickup service.

Krista Mitton, who lives in McCauley, is balancing the demands of working at home and caring for her young children. "We go for dog walks in the River Valley each day (looking for gold or dinosaur eggs). We dressed up like for Halloween and went trick-or-treating in the house. I'm not getting much work done, but having fun with the kids!"

Boyle Street resident and writer Candas Jane Dorsey has a philosophical observation about this unusual and difficult time. "A weird shift happens. Suddenly this small life becomes all there is. Like being in a spaceship. On our way to somewhere but we won't arrive for a while. Maybe we're not sure how long. Each one of us is a colony ship heading for the future."

>> Continued on page 12.



### Dining Out

TONY EATS IN  
■ PAGE 12

### MCL UPDATE

“... in a new world like this, when so much of our social interaction is gone, we are all at risk.”

■ PAGE 4

### HOTC IS GOING VIRTUAL

“Heart of the City Music and Arts Festival has been a member of the McCauley community for 17 years, and we intend to fulfill our annual tradition.”

■ PAGE 9

### BSCL UPDATE

“As a community league, we want to thank those people who we know are caring for their neighbours.”

■ PAGE 11

# Farewell to Pagolac

Long-standing Chinatown restaurant closed at the end of March.

ALAN SCHIETZSCH

Is your mouth watering for some Vietnamese flavours? For Boyle Street and McCauley residents and visitors alike, the food that immediately springs to mind is often from Pagolac Restaurant – but the venerable eatery operated by the Luong family has now closed after three decades.

Pagolac's distinctive bright red "laughing cow" sign has graced the corner of 95th Street and 106 Avenue since Vietnamese restaurants started opening in Canada, adding synergy to traditional Canadian-Chinese cuisine.

Pagolac's sign features a cow because the restaurant was first famous for beef dishes. Their "Bo 7 Mon" was beef served in seven different courses. The variety included beef-filled leaf wraps, beef congee, seasoned cubed beef, and more. Families and friends came from all over the city to share these tasty delicacies.

Before long, Edmontonians learned

to enjoy more flavours from the menu. Spicy satay beef stew, crispy green onion cakes, and comforting pho soup (noodles with sliced beef, Vietnamese meatballs, seafood, or chicken) were once "exotic" choices, but became trendy when friends shared their discoveries of these new taste sensations.

Pagolac became a go-to place, and the menu grew to nearly 200 choices. With popularity, the demand for these new foods grew, the restaurant prospered, and Pagolac launched additional locations in South Edmonton.

The original Chinatown eatery has now closed its doors (their other locations remain - visit [pagolacrestaurant.com](http://pagolacrestaurant.com)), and we'll all miss the spring rolls, vermicelli bowls, and the vintage look of their dining room with the delicious smell of spicy hot soup bowls rising to meet your nose as you entered their glass doors on a cold winter day.

*Alan lives in McCauley. He is the Chair of the Boyle McCauley News Board of Directors.*



Pagolac's storefront. Alan Schietzsch

# Nesting for the Apocalypse

LINDSAY BROMMELAND

I Tried . . .

It's a sunny afternoon as I sit down to write this, having just fed my sourdough starter in anticipation of baking a loaf tomorrow. No, that's not a hipster brag. It's a positive side effect of #QuarantineLife: making bread from a wild starter is one of the things I have checked off my "I should try that someday" list in the last few weeks. I am happiest when I'm busy (not on the list: constant cleaning. Is my house usually this dirty and I just didn't notice?), even if I can't leave the house.

Online learning has been a great way for my husband and me to engage in different interests while at home. Online services like Coursera or Udemy offer classes on pretty much any topic. Most can be accessed for free or on deep discount (my drawing class was around \$20 for 16 hours of content), which is great value, especially if it keeps us from getting on each other's nerves.

The pandemic has led to spending more time in the kitchen. Our friends, (Nancy and Conrad at Buffet Royale), were forced to close their restaurants, leaving them with a mountain of random produce that they gave to family and friends. We took home lots of pineapple, cabbage, and bananas. The Hubs and I spent a pleasant afternoon dehydrating fruit and making sauerkraut for the first time. I have always wanted to try making sauerkraut. Now we have six jars of gut-friendly goodness for BBQ season.

The other day, wondering what to do with a few leftover egg whites led me to an online class about the three different kinds of meringues: French (for cookies/drops), Swiss (for icing and baking), and Italian (for pies, pavlovas, and blowtorching!). The class resulted in the lovely White Chocolate Strawberry Meringues in the photo. The strawberries in the meringues were bought on bulk discount at the start of the pandemic, then sliced and dried in my dehydrator without my knowing what future Lindsay would use them



Some of Lindsay's culinary creations. Todd Homan

for. I know - I'm basically an inner city Martha Stewart.

Unfortunately, all this sedentary learning and eating needs to be balanced with exercise. I have always preferred home workouts, so this isn't a big change in routine for me, but it is a chance to experiment with different plans and providers. Right now, there are lots of Facebook groups and Youtube channels with free live daily workouts, as well as free trials for online training sites. Most as-

sume you have no equipment, and you can get a great workout at home using only bodyweight.

Of course, all this is no substitute for human interaction. I can't wait until we can get out and see our friends and neighbours. I will have some amazing sourdough bread to share with you when we do!

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

# Our Ever-Changing Times



PAULA E. KIRMAN • BMC News Staff

## MCCAULEY MUSINGS

There is an old Yiddish saying that roughly translates to: "People make plans and God laughs."

Whether or not you believe in the Almighty, the last couple of months have been a rollercoaster of change leading most of us to make unprecedented changes in our lives. Whether we are working from home, having the kids home from school (while the school year is still on), limiting when we leave our homes, where we go, and with whom we physically associate, current restrictions are testing our resilience, patience, and, in some cases, our relationships.

The speed at which everything is

changing is also stressful, requiring quick adaptation. When our previous issue of *Boyle McCauley News* went to the printer, we were just hearing about the first cases of COVID-19 in Edmonton. Within days of the paper hitting the streets, all events were cancelled and we were being asked to stay at home as much as possible. From there, we have seen schools and businesses close, the number of people that can attend gatherings drop dramatically, and everyone being asked to practise social distancing and not to leave home unless absolutely necessary.

As I write these words in late March (at my home office, in between washing my hands), I have no doubt that by the time you are holding this issue in your hands (or reading it online) we will be experiencing even more changes to our lives. This community newspaper can hopefully make people feel less isolated and bring us together - even though we have to be apart.

## EDITOR'S NOTES

Welcome to our May issue. You may notice the paper is smaller than usual. Given the cancellation of all community events, we have fewer stories to report. Still, we have important community news and updates for you.

Our micro-donation campaign is in full swing. We need your support more than ever so we can continue bringing the community together. Committing to a small monthly donation can help us out a lot. Head to [bmcnews.org/donate](http://bmcnews.org/donate) for more information.

While we still plan to do an-

other raffle this year, COVID-19 has changed our plans since we currently can't be out and about selling tickets. We are also looking into changing the prize from a trip to cash. We'll let you know when we have more details.

Our new and improved website has launched. Visit [bmcnews.org](http://bmcnews.org) to check it out. If you use Facebook or Twitter, we're on there as @bmcnews. On Instagram, we're @bmcviews.

Comments? Questions? Interested in volunteering? Drop me a line at [editor@bmcnews.org](mailto:editor@bmcnews.org).

Stay safe and stay well!

## OUR NEXT ISSUE . . .

Volume 41, Issue 4 will be published June 15, 2020. Articles and photos concerning community news, events, and opinions are welcome. We also accept submissions of poetry and cartoons. Deadline: May 22, 2020. Send submissions to: [editor@bmcnews.org](mailto:editor@bmcnews.org). Articles should be 400 words or less and accompanied by photographs (JPG, in high resolution) whenever possible.

## LETTERS TO THE EDITOR

Do you want to respond to something that you read in these pages or that is going on in the community? Share your thoughts with a Letter to the Editor. Send your letters to [editor@bmcnews.org](mailto: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 May 22, 2020.

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

# BOYLE STREET AND MCCAULEY CRIME AND SAFETY NUMBERS

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

Report Problem Properties & Derelict Houses • Call 311

Report Gang Activity • (780) 414-4567

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

EPS website • [edmontonpolice.ca](http://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

# Help is Just a Call Away

GREG LANE

At the time I am writing this, we're in week four (or five? I've lost track) of this new world we live in now, and it still seems surreal in so many ways. I was reading and watching various news outlets for the first couple of weeks. I've since stopped and only watch a wee bit each day. I've found that this overwhelming flood of stories and reports from healthcare experts and government leaders really isn't doing anything to keep me any safer than I was, nor improve my spirits.

My mother, like her mother before, was a nurse. I grew up in a home where hand-washing and proper hygiene was the norm. I have been working from home for years, so a lot of this was perhaps easier for me to adjust to. And I have two puppies and my wife to keep me company.

But my real concern is for those who are alone - who do not have either family or pets to keep them entertained or occupied. Even a pet who cannot talk can listen, doesn't judge, and requires some interaction throughout the course of the day. I've found myself thinking about friends and family that I've not spoken to in a while, and have been making a point to reach out and connect. I've sent emails weekly to the other MCL board members to check in and see how they are making out. And, while most of them have family and friends within their circles, it is the social interaction outside of the home that we rely on so much.

We are social creatures. The lack of external stimuli can have a dramatic impact on our overall sense of self. It is the little things that matter and in a new world like this, when so much of our social interaction is gone, we are all at risk.

I learned many years ago to identify and deal with stress head-on. It was not a natural behaviour, but a skill I had to learn. I found that stress had a physiological impact on my overall well-being and, by learning to identify it, I was able to navigate through it. Not avoid it or pretend it wasn't there, but to keep an eye on it much like watching the handrail when descending a steep set of stairs. You don't need to grab it, but your mind knows where it is.

We are that stair rail for each other. When we are together, we recognize if someone is happy or sad and react appropriately. That's not so easy now, and even harder to notice when we rely on merely text or email. Even videoconferencing doesn't always do it, and not everyone has a computer to access. But you can call and talk to someone, listen and share with them, hear what

they are saying, and connect.

If you're stuck and feeling alone, know that there are others out there like you. I encourage you to call your neighbour or an old friend. Connect with someone, anyone. And, if you're really stuck, you can always call the Hall & Oates Emergency Helpline (Callin' Oates) at 719-266-2837 (that's 719-26-OATES)\* and listen to one of four amazing hits by Hall and Oates. If that doesn't cheer you up just a little, I don't know what will.

Be well, wash your hands, and look after each other. We'll see you all on the other side of this.

*\*Editor's Note:*

*Long-distance charges may apply.*

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

## It Might Be Grief

SHARON PASULA

When we feel we have no control over much of what is going on in our lives, we can unconsciously feel vulnerable. People handle vulnerability in different ways.

A positive way to look at it, is an opportunity. We have choices to make. Most people did not see COVID-19 coming. The governing systems have dictated how we should and, in most cases, must, mitigate the perceived crisis. Experiences during this time range from fear to anger to victimization to resignation. One thing to consider is grief. Many people realize they miss a myriad of things, especially civil liberties. When you miss something, grief can be triggered. Whatever seems to diminish us physically, psychologically, or spiritually - any unwanted experience - can be grieved.

Grief often presents as illness - physically as nausea, weight change, or sleep disturbance. Emotionally, it can look like depression, anger, loneliness, fear, guilt, or anxiety. Mentally, it can present as poor concentration and poor memory. Spiritually, you may be doubting and examining beliefs. These symptoms of grief can often frighten or confuse people. It does not mean you are weak or going crazy. Fortunately, something can be done about this. Here are some ideas.

- Think about your life experiences. What have you lost and never grieved? For example: moving, losing a job, not getting accepted in school, or missing a funeral. Unresolved grief ac-

cumulates and can explode when you least expect it. Keep the slate clean.

- Consider your cultural and spiritual beliefs. Have you answered for yourself "big life questions?" What is the meaning of life? What happens after death? Does God exist? When does life start and end? When encountering trauma and chaos, having answers to these questions can be a source of strength and help keep you balanced.
- Develop a ritual or ceremony. This is often done to mark life transitions and milestones like birthdays. It can also be done to get a sense of closure, release something, give yourself permission, break through untruths, and affirm your self-worth. Whatever you need to keep yourself healthy and walking in a good way.
- Join a community for support. There are so many choices: sharing circles, 12-step groups, men's groups, seniors, survivors' groups, faith groups, public speaking, self-help groups, etc.

Take this opportunity of "self-distancing" and "social isolation" to get to know yourself. If you do you can learn to recognize grief and embrace the initial discomfort of it knowing it is a process, and you are not going crazy.

For more information, or to go deeper, search for my channel on YouTube (Sharon Pasula) and check out my video "Grief and Children Part 1."

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

## Italian Centre Tea Aisle

GARY GARRISON

Read fine lines of print on tea-bag boxes through your 2.0-power reading glasses to find Earl Grey decaf.

In the 1.5-meter-wide aisle, stay two meters away from shoppers who scoff at social distancing rules, who think COVID-19 is for everybody else or believe their bravado and sweat-crafted six-pack can crunch any pipsqueak virus. Backtrack. Circumnavigate the chocolates, the fridge stocked with spiced sausages if someone approaches or has his nose next to a label to decipher Polish text. Wait until the path is clear. Try to understand why Italians fixate on caffeine: here, decaf is anathema. Go home with chamomile.

*Gary is a poet and author in McCauley. He is a former Chair of the paper's Board of Directors.*

## Belated Photo Credit

The photos that accompanied our cover story in the last issue about the Lego contest, were taken by Teresa Spinelli. Thanks Teresa!

## Giving Thanks

Thank you to Teresa Spinelli for once again donating bags from the Italian Centre for our carriers to use while delivering papers. You are awesome!

Also, thank you to all of the people who have stepped up to donate to the paper's micro-donation campaign. Most of you asked to remain anonymous.

If you would like to help us out, more information is at [bmcnews.org/donate](http://bmcnews.org/donate)



# SAFER MCCAULEY

## NEW INFORMATION AND USEFUL RESOURCES IN MCCAULEY

### NEW FACEBOOK GROUP: MCCAULEY CONNECT & SHARE

In response to COVID-19, several McCauley community members have created a Facebook group for individuals to offer or request support. You are invited to visit and join Facebook @McCauley Connect & Share: [facebook.com/groups/544223456204805/](https://www.facebook.com/groups/544223456204805/)

### REACH COVID-19 COMMUNITY DATABASE

REACH Edmonton, of which Safer McCauley is part, has developed a thorough and easy to navigate COVID-19 Community Database. Visitors are welcome to add to the database and provide feedback about other resources they'd like to find. Please visit REACH Edmonton COVID-19 Community Response: [reachedmonton.ca/covid-19-community-response/](https://reachedmonton.ca/covid-19-community-response/)

### PROBLEM PROPERTIES

The new Problem Property Initiative has created a confidential online reporting tool. Community members wishing to report a problem property, can search "report a problem property – City of Edmonton" to access the resource: [edmonton.ca/residential\\_neighbourhoods/report-a-problem-property.aspx](https://edmonton.ca/residential_neighbourhoods/report-a-problem-property.aspx)

### ILLEGALLY DUMPED JUNK

For issues related to items at a problem property, please use the online reporting form above. For large items illegally dumped on your property and/or public property, for the moment, please contact McCauley City of Edmonton Revitalization Coordinator, Greg Brandenburg ([gregory.brandenburg@edmonton.ca](mailto:gregory.brandenburg@edmonton.ca)), who can arrange for a private contractor to remove them

### LARGE ITEM PICK UP

Community organizations have collaborated for many years on community clean ups. This season, to adapt to COVID-19, a private contractor provided by McCauley Community League, McCauley Revitalization, E4C and Safer McCauley, will circulate McCauley to pick up your unwanted large items free of charge. If you have large items that you would like to get rid of, please place them in the alley behind your property in the morning on the following dates:

Friday, June 19 & Saturday, June 20, 2020

Friday, September 18 & Saturday, September 19, 2020

### NEEDLE CLEAN UP

Boyle Street Ventures' (BSV) continues to clean up needles on private property. Service is available Monday to Friday (9am-4pm) and Saturday (9am-noon). Please call BSV at 780-426-0500 for service. Calls to 311 requesting needle clean up on private property are now referred to BSV. Please call 311 to report needles on public property. Capital City Clean Up (CCCU) continues to respond to these calls.

With support from CCCU, Boyle Street Community Services' Downtown Proud is providing proactive clean up of needle debris and litter on public property in McCauley's Chinatown several days a week.

The Mustard Seed and McCauley Revitalization have partnered for several years on needle clean up in McCauley. Stay tuned for details regarding the resumption of this service.

If your household requires a sharps container, please contact me directly at [mark.davis@reachedmonton.ca](mailto:mark.davis@reachedmonton.ca)

### MCCAULEY LITTER SQUAD

Safer McCauley is supporting community members who have requested litter clean up kits. A typical Litter Squad event is not possible at this time. But, if your household requires a free kit (including litter grabbers), please contact me directly at [mark.davis@reachedmonton.ca](mailto:mark.davis@reachedmonton.ca). All volunteers are reminded to adhere to Alberta Health Services directives regarding physical distancing. Please visit Facebook @safermccauley for further details: <https://www.facebook.com/safermccauley/>

### LITTER PREVENTION

Remember where possible, lock up your garbage or keep it out of view till the day of collection. To reduce garbage rummaging please use clear transparent garbage bags if and when you must use plastic garbage bags.

- MARK DAVIS

REACH NEIGHBOURHOODS CONVENER

# McCauley Writer An Open Book About His Mental Health

PAULA E. KIRMAN • BMC News Staff

McCauley's Leif Gregersen is a prolific writer and poet. Much of his work is autobiographical, dealing with his mental health and experiences with medications and the system. His latest book, *Alert and Oriented X3*, is about a hospitalization in 2019.

"The book is about a psychosis I went through (a breakdown which includes loss of contact with reality) as a result of a simple change in my medications," he says. "I was given the change in medications in the fall of 2018, and by the last day of January 2019, I was literally certifiable."

The book is not just a narrative of what happened. Leif includes poetry, observations from others, and even clinical notes from his nurses and doctors. "Some of this book was written while I was in the hospital. There are around 30 poems in it that were handwritten, which I pasted into the book and to which I added my own commentary. There are also introductions (family impact state-

ments, if you will). I add in such things as essays and poetry from a time when I was not ill, and other things like an appendix for mental health services and a glossary of terms. Lastly, I added in my actual clinical notes from my nurses and doctors," he explains.

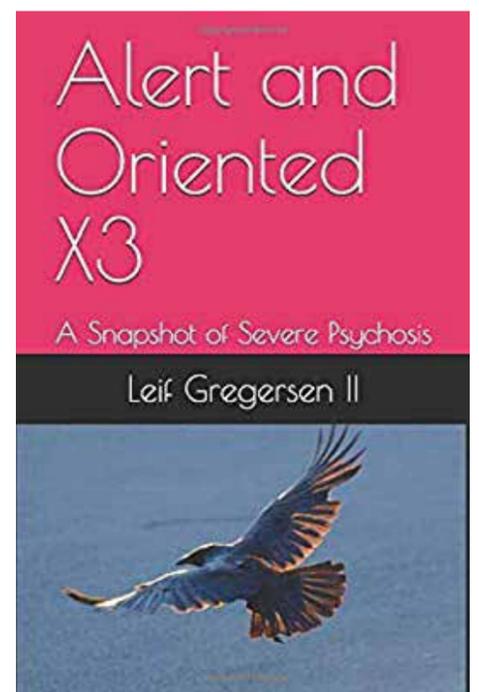
"I am hoping that just about anyone with a family member who has a mental illness, professionals who work in the field, and, certainly, people who have mental illnesses themselves will read this book and find comfort in it," says Leif of his intended readership.

Leif writes candidly about his personal experiences throughout his collection of 12 self-published books, which include autobiographies and poetry collections. "I feel one of the ways I help others with mental illness is by being open and honest about it. It is not a shameful thing to get sick, and I really feel that attitudes towards mental illness need to change," he says. "If more people were able to talk about mental illness when I was younger, I wouldn't have

lost years of my life being in denial and feeling ashamed about having schizoaffective disorder."

In fact, writing helps Leif, who also does in-person teaching and speaking engagements, deal with his mental health. "It is something that takes my time and energy, and also something I greatly enjoy doing that allows me to have productive and meaningful days. I never feel worse than when I let a day go by and I haven't engaged in something I love doing. I also love writing because it gets me out in the public teaching others about what I have learned and what I have experienced in public talks through the Schizophrenia Society and in the classes I teach in places such as Prosper Place and Alberta Hospital," he says.

Readers can order the paperback version of the book directly through Leif, or through Amazon. The eBook version of *Alert and Oriented X3* is available as a free download from Leif. You can reach him at [viking3082000@yahoo.com](mailto:viking3082000@yahoo.com). His website is [www.edmontonwriter.com](http://www.edmontonwriter.com).



Top: Cover of *Alert and Oriented X3*.  
Bottom: Author Leif Gregersen. Supplied

# Volunteering: "What's In it For You?"

*The benefits of giving back to the community.*

ANITA JENKINS

"The meaning of life is to find your gift. The purpose of life is to give it away." - Author Unknown

Most of us volunteer because we want to give back. We want to be charitable, and we see ourselves as good citizens. But taking on a volunteer role that is right for you can provide significant personal benefits.

For me, the primary benefit is meeting many fine and interesting people. With Editors Canada, it was thoughtful and erudite people from across the country. At CKUA Radio, it was the announcers and the fans and the musicians. At the Highlands Historical Society, it was neighbours and people who shared my interest in heritage, and in some cases had lived in the Highlands all their lives.

The payback can include enhanced self-esteem, and the chance to use and develop skills you may not even

know you have. Perhaps, most importantly, you can become engaged in an enriching experience. That experience could be supporting the ballet, or it could be visiting a maximum security prison, as McCauley resident Gary Garrison has done.

Garrison, always ready with a witicism, says, "It gets me out of the house." But, he adds, he appreciates the chance to become connected with people he would not meet otherwise. He taught writing to prisoners at the Edmonton Institution, and this experience took him into a world that he knew nothing about.

Garrison is also an Artist on the Wards at the University of Alberta Hospital. His assignment is to visit patients and ask them if they would like him to write a poem for them. If they say yes, he goes away and comes back with a finished product in about half an hour. He says this activity helps him to overcome his tendency to be too much of a perfectionist.



Gary Garrison. Supplied



Rosalie Gelderman. Supplied

Rosalie Gelderman has pursued a wide variety of volunteer roles in the McCauley community. She has been active with the community league board, community revitalization projects, art classes, music festivals, and Abundant Communities Edmonton. Gelderman especially values the connection with neighbours that her activities provide.

It is important to her to "build a sense of community so I can greet people on the street, and in the stores and restaurants. I like the diversity of residents in McCauley. Often, every interaction is unique!" Gelderman also feels it's to her benefit to "work together to keep the neighbourhood strong."

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

# Jonathan Hooton

*"Why Retire When I Can Help Traumatized People Heal?"*

**GARY GARRISON**

We've all seen movies or read about the aftermath of war-zones, abusive families, genocide, or other violence and how every trauma leaves a scar. Even a dish shattering on the floor can shock a person back to when their life was under threat. Post-traumatic stress syndrome (PTSD) can freeze a person emotionally, fracture their relationships, and lead to drug or alcohol addiction.

We know, too, about intergenerational trauma from residential schools and other racism, for example. But most of us probably don't realize that unresolved trauma can affect anyone, even if the trauma is three generations away.

Jonathan Hooton helps people with these issues and teaches others to do the same. He does one-on-one counselling as well as group work. Unresolved issues in a family, he says, may be avoided and denied, "but our bodies remember."

People abused as children or whose parents, for example, survived the Holocaust, often can't talk about it. The secret buried in their bodies disrupts their lives and their descendants' unless they can work with it. Likewise, in the Canadian prairies a hundred years ago, settlers rarely had time to grieve the deaths of family members because they had to

focus on survival. Unresolved grief like that can surface generations later as violent nightmares, suicidal thoughts, an inability to conceive a child, and mental or physical illness.

Jonathan worked with a woman who kept hearing voices say she had to kill herself. The work revealed her grandparents had survived the Holodomor, when Stalin forcibly starved millions to death in Ukraine. "Once they were honoured," he says, "the voices stopped."

The process Jonathan uses is "family constellations." It has nothing to do with stars in the sky. It's called constellations because finding patterns in a family is like looking at stars and seeing a bear (Ursus Major) or a big dipper instead of random points of light. The process engages participants as a group to explore issues, relationships, and family history in a confidential setting. Jonathan says it's an "embodied process" where "I can represent your father or your grandfather, even your grandmother, and I will start to feel feelings she was feeling and have movements in my body that are very like hers."

Jonathan says it's hard to explain an embodied process to somebody who hasn't had the experience, but "we all do it; we all have this capacity." An Indigenous teacher learned about constellations and told Jona-



Long-time McCauley resident Jonathan Hooton uses an expandable spherical model to illustrate the family constellations process he uses to help people heal from intergenerational trauma. Gary Garrison

than, "We know about this! This is the way we look at the world!"

Jonathan is 72 now and doesn't see himself retiring anytime soon. He is passionate about helping people and finds the work profoundly fascinating. "We're all mysteries," he says. "I never know what's going to happen."

Jonathan has lived in McCauley for 21 years, in the house he shares with

his wife, Martha Brooks. The house is old style and has as much character as the neighbourhood: high ceilings on the main floor, a balcony at the back, and in the front, Caboto Park, which the laughter of children playing brings to life in the summer.

For more information about Jonathan's work, visit [soul-guide.com](http://soul-guide.com)

**Gary lives in McCauley.**

## Edmonton Resource Connect 2020



Over 90 organizations took part in the 2020 Edmonton Resource Connect on February 28 at the Santa Maria Goretti Centre. More than 500 people attended throughout the day. In its third year, Edmonton Resource Connect brings organizations together to share information about programs and services with the public, and each other, with the goal of creating a more connected and collaborative community. The event was organized by REACH Edmonton. Paula E. Kirman

Enjoying pictures of your neighbourhood?  
Loving stories about your community?

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**If only 15% of the 5500 people who read this paper gave a tiny amount every month, we'd be in great shape!**



## Connect During COVID

*While the Boyle Street Community League has cancelled its regular programming due to restrictions on public gatherings, there are other ways to connect with your local community.*

- Download Nextdoor, a social networking app that fosters connections between people who live in the same neighbourhood.
- Follow the Boyle Street Community League on Facebook.
- Visit us online at [boylestreetcl.com](http://boylestreetcl.com) and sign up as a member or volunteer. Our memberships are free.
- If you have an idea for how to connect neighbours during the COVID crisis and beyond, or would like to join our team of volunteers, send us a note at [info@boylestreetcl.com](mailto:info@boylestreetcl.com).

VISIT US ONLINE AT [BOYLESTREET.COMMUNITY](http://BOYLESTREET.COMMUNITY)  
EMAIL US [HELLO@BOYLESTREET.COMMUNITY](mailto:HELLO@BOYLESTREET.COMMUNITY)

[/boylestreetcommunityleague](https://www.facebook.com/boylestreetcommunityleague) [@boylestreetcl](https://twitter.com/boylestreetcl)



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9605 III AVENUE • (780) 424-8777 • [TONYSPIZZAPALACE.COM](http://TONYSPIZZAPALACE.COM)



[league@mccauleycl.com](mailto:league@mccauleycl.com)

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

Due to restrictions on gatherings, limited public spaces available, and concern for personal well-being, the MCL Board will revise meeting schedules to include video conferences or email as required.

Our bylaws state we need only meet once a quarter and have no guidance or allowance for a situation of this nature. We appreciate your support, and wish all McCauley residents the best during this trying time. If you need help or just need to reach out, feel free to email or call. We will get back to you as soon as possible and support you however we can.

Here are some key points as provided by the WHO we'd like to emphasize.

Stay connected and maintain your social networks. Try as much as possible to keep your personal daily routines, or create new routines if circumstances change. If health authorities have recommended limiting your physical social contact to contain the outbreak, you can stay connected via telephone, e-mail, social media, or video conference.

During times of stress, pay attention to your own needs and feelings. Engage in healthy activities that you enjoy and find relaxing. Exercise regularly, keep regular sleep routines, and eat healthy food. Keep things in perspective. Public health agencies and experts in all countries are working on the outbreak to ensure the availability of the best care to those affected.

A near-constant stream of news reports about an outbreak can cause anyone to feel anxious or distressed. Seek information updates and practical guidance at specific times during the day from health professionals and the WHO website, and avoid listening to or following rumours that make you feel uncomfortable.

Be kind to one another, be safe, be healthy, and be compassionate.



# Community Care

**IAN YOUNG**

**ABILITY AND COMMUNITY**

*"The greatness of a community is most accurately measured by the compassionate actions of its members." - Coretta Scott King*

As of my writing this, we are in the midst of a pandemic, with no date set as of my writing this as to when things are expected to change. All we can do is keep informed, keep safe, and listen to reputable information, like from Alberta Health Services.

Out of the darkness, I have seen some light in our community. There are those who banded together to voluntarily help each other out. I am also very impressed with YEG Community Response to COVID19 Facebook group, which quickly grew, with

citizens banding together to help each other and complete strangers with deliveries, resources, information, and comfort.

Knowledge is power in emergencies. It is just comforting to know amazing people in our community have bonded together to help. I get tears of pride when I read the comments that someone received a service and how grateful they were. Asking for help can be tough, but there is no judgement within this group.

When things get slowly back to a version of how they were, we will accept a new normal. We will pick ourselves up, and we are going to look back at those who showed compassion and care.

Stay safe, stay well, and remember: you are not alone.

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

# Heart of the City 2020 is Going Virtual

**JAKKI DUTTENHOFFER**

In times of uncertainty and social isolation how is one supposed to cope? How can we fulfill our need for community when it seems so inaccessible?

One positive outlook is that we've been given an opportunity to create new platforms and new ways of connecting with our community. Some say the silver lining of the current situation is how we've managed to adapt and build digital communities. Our children are learning and connecting with their teachers and classmates online, we're using apps to stay in touch with our family and our friends, and a lot of our population are able to work from home by means of the internet. But in the midst of these confusing times, while we're all learning a new tempo-

rary way of life, our arts community has truly stepped forward and done an extraordinary job of providing us joy and relief.

Heart of the City Music and Arts Festival has been a member of the McCauley community for 17 years, and we intend to fulfill our annual tradition. In light of current events, we have decided to produce a virtual mini-series that will continue throughout the summer. Each committee is working hard to put together programs highlighting our city's arts community and emerging artists. We will be updating our website and social media with news in the coming weeks.

*Jakki is the President of the HOTC Music and Arts Festival Board of Directors, as well as the festival's Music Director.*

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[bmcnews.org/donate](http://bmcnews.org/donate)

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<p><b>ITALIAN BREAD</b> White or Brown Sliced buy 10 loaves for \$20 and get 2 free</p>	<p><b>DELI</b> Great Selection Cheeses &amp; Coldcuts</p>	<p><b>ITALIAN SANDWICHES</b> Made Fresh Daily Small for \$4 Large for \$8</p>
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marketdrugsmedical.com **422-1397**

# Community Classifieds

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

PLEASE NOTE: THE PROGRAMS AND SERVICES LISTED ON THIS PAGE MAY BE AFFECTED BY HEALTH REGULATIONS CONCERNING COVID-19.  
PLEASE CONTACT THE SPECIFIC ORGANIZATION/AGENCY IN ADVANCE TO CONFIRM.

## CHURCH AND AGENCY SERVICES

### BISSELL CENTRE

780-423-2285  
Community Space: Mon.-Fri. 8 a.m. to 2 p.m.  
Child Care Centre: Mon.-Fri. 9 a.m. to 4:15 p.m. (reservations preferred)  
Health For Two: Book an appointment with a Family Support Worker  
Parenting: Rhymes That Bind is from 9:30 a.m. to 10:30 a.m.  
Parenting Plus starts at 11 a.m.-2 p.m. on Mondays. No classes during July and August.

### BOYLE MCCAULEY HEALTH CENTRE

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

### BOYLE STREET COMMUNITY SERVICES

10116 - 105 Avenue  
(780) 424-4106  
Monday - Friday 8:30 a.m.-4:30 p.m. Youth night: Wed. 4-7 p.m. Adult Drop-In open all day - 8:30 - 4:30 . Lunch: Monday-Friday at 11:30. Free repairs for eyeglasses every Monday, 9 a.m.-1 p.m.; housing, family, youth, mental health and outreach programs available.

### INNER CITY PASTORAL MINISTRY

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

### THE ROCK OUTREACH

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

### THE SALVATION ARMY ADDICTIONS & RESIDENTIAL CENTRE

9611-102 Avenue  
(780) 429-4274  
Men's Transitional Housing, Transformations Addiction Recovery Program, Community Support Services, Chapel Service, Volunteer Opportunities.

### WOMEN'S HEALTH CLINIC

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

### THE MUSTARD SEED

10635 - 96 Street  
(780) 426-5600  
Drop-In: Tues.-Sat. 5:00-10:00 p.m. (social activities after dinner)  
Evening Meals: Tues.-Fri. 7:00-8:00 p.m. / Sat. 5:00-6:00 p.m.  
Art Class: Mon. 12:30-2:30 p.m.  
Food Depot: Tues. and Thurs. 1:00 p.m. / Wed. (for students or workers) 8:00 p.m.  
Women's Lunch: Weds. 10:30-2:00 p.m.  
Call to learn about our summer programs!  
For more information call The Mustard Seed, at (780) 426-5600 or visit: [www.theseed.ca](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 Abbotsfield 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.

### FRESH ROUTES MOBILE GROCERY STORE

Thursdays from 3:00 p.m. - 5:00 p.m.  
YMCA Boyle Street Plaza, 9538-103A Ave.  
Healthy affordable food including veggies, fruit, bread.  
Cash, credit, and debit accepted.  
Bring your own bags.  
Open to all community members.

### FREE COMPUTER LITERACY, DIGITAL SKILLS, AND INTERNET SAFETY WORKSHOPS

Drop-in sessions, Thursdays 4-7 p.m.  
YMCA Boyle Street Plaza  
9538-103A Avenue  
For information call: 780-426-9265

### BOYLE STREET PLAZA/YMCA FAMILY RESOURCE CENTRE WEEKLY COLLECTIVE KITCHEN CLASSES

Tues. 1-3 p.m.  
Wed. 10 a.m.-noon and 1-3 p.m.  
Thurs. 11:30 a.m.-1:30 p.m.  
Cost \$3/portion  
U/G Parking \$1/hr - access on 104 Avenue between 95 Street and 96 Street  
For information and registration call Jody at 780-429-5701

## 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 [wildertanthehindcreations@gmail.com](mailto:wildertanthehindcreations@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. [musicalmamassocociety.com](http://musicalmamassocociety.com)



### Dear Neighbours,

All of our community programs are cancelled until further notice, in order to safeguard everyone's health and safety. During the pandemic, e4c's housing programs have been deemed an essential service. All staff teams are engaged in ongoing training to ensure that residents continue to receive the highest standard of care.

**WECAN Food Depot:** Our apologies for the gap in service for the month of April. The City Centre depot will be up and running again in May.

### Payments:

The ONLY method of payment available right now is by MAIL. Send payments to WECAN c/o Jerry Forbes Centre 12122-68 Street, Edmonton AB, T5B 1R1

**May Payment deadline:** postmarked by Friday, May 8  
**June Payment deadline:** postmarked by Friday, June 5

### Depot/Pick Up Days:

Curbside Pick-Up only (cannot come inside)  
May Date: Thursday, May 21, 10 a.m. - 2 p.m.  
June Date: Thursday, June 18, 10 a.m. - 2 p.m.  
Location: McCauley Apartments (south parking lot)  
9541 108A Avenue

Questions: Call WECAN administration at 780-413-4525

## BOYLE STREET COMMUNITY LEAGUE UPDATE

## Crisis and the Neighbouring Effect

Seeing all the good will in our city and our neighbourhood is encouraging, heartwarming, and has been fundamental to an ongoing sense of well-being through the COVID-19 crisis. It has been a reminder that when trouble hits, the ability for us as neighbours to contact each other can be among the most valuable assets we have.

The first assets in a crisis are neighbours. In fact, it turns out that your neighbours have everything to do with your well-being in a crisis. Your neighbours and their collective extended connections determine how well and how fast a community will recover.

Often before agencies arrive, there are neighbours. Neighbours check on the well-being of others nearby and provide immediate lifesaving assistance. Following the March 2011 earthquake, tsunami, and nuclear meltdowns, survivors in Japan indicated that many of the elderly and infirm were saved from the incoming tsunami not by their own actions, but by the assistance of neighbours, friends, and family.

The more connected the neighbourhood is before a crisis hits, the stronger its ability to bounce back. Resilience describes the collective ability of a neighbourhood to deal with stressors and efficiently resume the rhythms of daily life through co-operation following shocks.

As a community league, we want to thank those people who we know are caring for their neighbours. Our "collective ability" depends on ensuring that no one falls through the cracks. As we move through, and past, this frightening and uncertain time, we as a community league want to ensure that every neighbour knows who on their block they would call if they needed help.

In Boyle Street, this means having one person or a group of neighbours on most blocks who might take the responsibility or be the point person to organize their block. If you would like to know who to call on in the event that you may need help please be in touch. If you would like to assist on your block, also be in touch.

Article submitted by the Boyle Street Community League.

## Quick and Easy Cherry Cheesecake Dessert

YOVELLA M.

During a pandemic, when the government requires us to stay home and self-isolate, we can easily fall into a routine of eating a lot. It's easy to do when the weather isn't the warmest and you're in your house for most of the day.

With food items wavering between

out-of-stock and limited supply, it's a good idea to have readily available ingredients for meals and desserts. This dessert is simple and quick, requiring items that are less likely to be in high demand and out of stock at the grocery store.

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

## Cherry Cheesecake

20 Golden Oreo Cookies (crushed or chopped)  
4 tablespoons unsalted butter (melted)  
8 ounces cream cheese (room temperature)  
1 cup powdered sugar  
1 teaspoon vanilla extract  
8 ounces Cool Whip  
1 (20 ounce) can Cherry Pie Filling

## Directions

For the crust: In a bowl, stir Oreo cookies and melted butter together until the cookies have been well-coated by the butter. Next, place the mixture into an 8x8 inch pan. Press the mixture into the bottom of the pan. Place the pan with the mixture into the fridge, allowing the crust to chill.

The filling: Using a hand mixer, mix the powdered sugar and cream cheese. Add the vanilla and then the Cool Whip. Next, remove the pan from the fridge and cover all of the crust with the filling.

The topping: Next, spread the cherry pie filling on as the top layer. Allow the dessert to chill for a minimum of 2 hours before consuming.

## WHAT SHOULD BE BUILT HERE?

a hardware store?



a food emporium?

a maker's space?

The Paskin site at 106 Avenue and 95 Street is an area of great potential in one of Edmonton's oldest neighbourhoods. The Edmonton Community Development Company wants to hear your thoughts on the best possible use of the property.

Working with a resident-led McCauley Concept Design Team, we have identified three development concepts. If you have ten minutes, please take our survey to tell us what sort of business is most likely to fit, succeed, and enhance the lives of its future visitors.

TAKE THE SURVEY TODAY AT:

EDMONTONCDC.ORG/PROJECTS/PASKIN



## WANTED: Your Input on How to Develop a Community Hub in McCauley

MARK HOLMGREN

The McCauley community and the Edmonton CDC invite you to weigh in on a major development at the Paskin site at 95th Street and 106 Avenue. Three design/program concepts have been identified by a resident-led design team, and we are seeking your input and ideas about which concept is preferred. You can participate online at [www.edmontoncdc.org/projects/paskin](http://www.edmontoncdc.org/projects/paskin).

The three options include a food emporium, a makers' space, and a hardware store. We are also exploring whether we should add housing on top of these developments. We are interested in what you think. The link identified above includes design concept sketches and a description of each option. The overall goal is to contribute to the development of a commercial zone on 95th Street.

According to Karen Gingras, Edmonton CDC's Director of Neighbourhood Development, "Now that we have some concepts, we are at the important step of finding out which of these ideas is most likely to fit and succeed in the neighbourhood."

We invite all readers of *Boyle McCauley News* to take this important survey and to share it with anyone they know who has a stake in the future of downtown Edmonton.

The Edmonton CDC is a non-profit community development company working primarily in urban core neighbourhoods to engage with residents, local business, and other stakeholders on initiatives that strengthen social and economic life, and that reflect their interests and ideas about how to do that.

*Mark Holmgren is the Executive Director of the Edmonton CDC.*

# Tony Eats In

TONY FORCHETTA

## Dining Out

Yo, how's it goin'? I know everybody is stressed these days, and your old buddy Tony is no exception. Me and Missus Tony ain't spent this much time together since we was first married. Our favourite spots are all closed down, and somehow eating fancy chow in your bathrobe or sweats just ain't the same.

I heard last week that it was now mandatory to wear a mask at home. Not to protect you as much as stop you from eating. I wonder how many folks stocked up on groceries and toilet paper and then went on an eating binge and blew through the majority of both.

So, with all the frantic stuff going on and people trying to make their own sourdough at home – I figure this was a good time to maybe just eat at home for a change. Your old buddy Tony knows his way around the kitchen just a little bit, and having Teresa's Italian Centre Shop close by it's a good excuse to eat in. So this time around I'm gonna throw you a little wisdom and share a *ricetta* with ya. *Prego!*

### Tony's Forchetta's Bucatini all'Amatriciana

This dish is amazing in its simplicity and rich in flavour. It is attributed to

Amatrice, a small town in northern Lazio, that sadly experienced a tragic earthquake on August 26, 2014. The dish does not have an abundance of seasoning. Both the guanciale and cheeses are quite salty, so there is no need for any additional salt. Guanciale is a cured bacon made from the cheek meat, which is very tender and fatty. Pecorino Romano is a harder cheese made from sheep's milk and Parmigiano Reggiano is the king of cheese from the North. All products are available at the Italian Centre Shop. You can easily double the recipe to make more for your friends or family.

Serves 2

Time: 20-30 minutes

#### Ingredienti

- 1 Package of good quality dried Bucatini (Rustichella d'abruzzo or Molisana)
- 4 fresh Roma Tomatoes cut into large pieces.
- 4 thick slices of Guanciale cut into small 1-2 cm chunks. (Panchetta or Bacon will work)
- Good quality Olive Oil
- Grated Pecorino Romano
- Grated Parmigiano Reggiano
- Peperoncino secco (Dried red chile flakes)

Put a large pot of water on to boil and salt it with three big tablespoons of salt.

Put the guanciale into a cold pan and



The finished product. Tony Forchetta

place on the stove over med-low heat. Let it slowly render the fat and crisp, this will take a few minutes. Relax, have a glass of wine.

Once the water is at a rolling boil, grab enough pasta for two people. Maybe half the package? And cook to its directions, usually 11-12 minutes. Read the package.

Once the guanciale has rendered the fat, you'll have crisp bacon bit-like pieces and a lot of fat in the pan. Increase the heat to medium-high and add the tomatoes and chile flakes (just a pinch – you can't take them out but you can add more). You can cover the pan to help steam and break down the tomatoes until they

are soft, so about 5-6 minutes.

Your pasta should be almost done by now, so drain it and reserve the water.

Check your tomato and guanciale. They should be still in chunks, but you can easily crush them with a fork. Add about ½ cup of the pasta water to help thin the sauce, just a small ladle at a time. Toss in your cooked Bucatini, mix with the tomato and guanciale, and remove from the heat.

Cover with a healthy handful of both cheeses and toss again and serve. Drizzle a decent shot of good olive oil over each and dig in.

Tony lives in McCauley.

# Coping During COVID-19

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McCauley resident Colleen Chapman lives with two roommates, and signed up for a couple of online movie streaming services for everyone to enjoy. She

has also been cooking more meals at home from scratch than she has in years.

A high-risk senior, Colleen benefits from the strong sense of community in the area through offers of assis-

tance. "People who wanted to ensure my pantry was full, ones who wanted to bring me anything I needed, offers of personal shopping and, finally, two friends loaned me their second vehicle, which gives me an incredible sense

of mobility," she says.

"I am blessed to be surrounded by people who lean in (from two metres) during traumatic events, rather than avoid out of fear."

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