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ART INSTALLATION AT MCCAULEY RINK 7 ▲

# Boyle McCauley News

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VOICE OF THE COMMUNITY SINCE 1979

## Coping During COVID-19: Part Two

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



Tan Hoang (left) and Hoa Sen Dao in front of their restaurant King Noodle House Pho Hoang in Chinatown. Linda Hoang

### ANITA JENKINS

The COVID-19 lockdown has meant significant financial losses for local shops and restaurants. Some are even wondering if they can continue to operate. Still, many businesses have found new ways to serve their customers and keep their operations at least partially afloat.

Wen Wang, Executive Director of

the Chinatown and Area Business Association, notes that many of the businesses in Chinatown (along 97th and 98th Streets) are restaurants and food service stores. They are usually small family operations that are not well equipped to switch to curb-side pickup and delivery. Since some of them do not have websites and/or delivery staff, during lockdown they had to stop serving altogether.

Linda Hoang, social media strategist and Edmonton blogger, issued a "plea for Chinatown" through her newsletter and social media. "I'm seeing local businesses that weren't on social media before getting on it now due to the pandemic, like the Hong Kong Bakery. It's been in Edmonton since 1978!! Swing by and grab some goodies to go to help them out (along with other Chinatown spots)."

Hoang, whose parents own King Noodle House Pho Hoang in Chinatown, says the area was already struggling for a number of reasons. One factor is an increase in suburban communities that have their own Asian markets and businesses, so not as many people are flocking to the centre of the city to shop and visit. She thinks that even the businesses who are able to switch to pickup and delivery are experiencing income losses of as much as 70%, as is the case with her family's restaurant.

On the May long weekend, when lockdown had partially ended in Edmonton, Panini's Italian Cucina in Boyle Street hopefully put up its beautiful red umbrellas on the patio, even though the weather forecasts were dicey. A couple of weeks before that, co-owner Tony Caruso said, "We're doing okay - some days are better than others. Most of our staff are still working with reduced hours - some not even reduced at all. All the regulars are still coming by and picking up, and Skip the Dishes is almost business as usual. We've been blessed in that regard. Of course, it's not like before but we're just happy to be moving and working."

Miranda Ringma, Director, Zocalo, says, "The first initial shock was really tough. We had to pivot quite a bit to online and phone orders."

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### Dining Out

TONY'S STILL EATING AT HOME

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### MCL UPDATE

“The well-being of our community is our primary focus and part of everything we do.”

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### SAFER MCCAULEY

“Cleanliness is critical to community well-being.”

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### BSCL UPDATE

“Boyle Street community members have shared their vision for a new playground . . .”

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# Coping During COVID-19: Part Two

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That was a complete change, as Zocalo was a sort of gathering place full of tactile experiences. We had to switch to straight shopping."

"Our customers have been amazing," Ringma adds. They have been calling and sending notes of support. At the beginning, we had a whole bunch of tulips for sale. They sold out immediately and we had to order more."

At the same time, Ringma says it was difficult navigating the new requirements. Although Zocalo's greenhouse is deemed an essential service, and it happens to be the beginning of gardening season – two positive benefits for the business – the new normal involves intensive procedures such as extensive front-end sanitizing, explaining and making room for social distancing rules, and ensuring all staff and customers are safe.

Christine Svensson, owner of Sugar Soul Studio, makes hats and hair accessories to sell at the Edmonton Downtown Farmers Market. She says being a one-person business allowed her to switch to providing an essential service: non-medical face masks. "You look around, see what resources you have, and pivot," she says.

"My friends knew I could sew, and they trusted my sewing. They began

asking me to make them a mask," Svensson says. "I am in the fashion business, so I thought. 'Might as well make them cute.' Why not move away from, 'don't love it but have to wear it?'"

"And wearing a fabric face mask makes sense," she says. "Leave real PPE for frontline workers."

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



A selection of Sugar Soul Studio masks at the Downtown Farmers Market. Christine Svensson



Robert Caruso (red mask) and Tony Caruso (blue stripes) of Panini's. Supplied

## McCauley Children's Garden



The McCauley Children's Garden. Ruth Sorochan

The McCauley Children's Garden is operating for the 2020 season. It is located on an empty lot on 107 Avenue and 92 Street. The best access is on 93 Street.

The garden hosts weekly meet-ups, but is welcoming to all

who would honour the space as a playful destination.

For information about the times of the weekly meet-ups, follow the McCauley Connect & Share Community Aid group on Facebook.

## Letter to the Editor

A Welcomed Issue of Boyle McCauley News

It was great to receive the May issue! It's especially nice to hear what the people of our area are doing to cope with COVID-19. Certainly, I have been enjoying long walks in the area, keeping in contact by email and snail mail. Like Anita, I am missing the art events, as well as activities at the Sage Seniors Association and ELLA (Edmonton Lifelong Learners Association).

I have been going to the Farmers Market on 97th Street every second Saturday. It is a spacious place and easy to maintain your distance. Ocean Odyssey has a stall right at the front door. Actually, I order and pay for my coho salmon on Friday and pick it up as I enter. I hope more residents of Boyle Street and McCauley patronize our farmers.

- Cecily Mills

## A McCauley Sunset



A colourful sunset over McCauley captured in late April. Leif Gregersen

# A New Normal



PAULA E. KIRMAN • BMC News Staff

## MCCAULEY MUSINGS

At the time I am writing this, phase one of the Alberta government's plan to relaunch the economy has just gone into effect. As well, allowable outdoor gatherings have increased from 15 people to 50, as long as proper physical distancing is maintained.

Some are embracing the loosening of restrictions; others are being more cautious. I fall into the latter category. My philosophy of the situation can be summarized as: just because I can, doesn't mean I should.

However, I totally understand that others have been frustrat-

ed with what they perceived as restrictions on their freedom and a desire for things to get back to normal.

But normal as we knew it is not the "new normal" that we speak of now. Many of the restrictions that were and continue to be in place were not only for individual safety, but for the protection of others, particularly those in vulnerable groups who have to continue to self-isolate.

COVID-19 is still out there. The virus doesn't care if we're angry or frustrated. It will remain a threat until there is a viable vaccine and treatment options.

No matter how much we want to go back to the way things were, that world is gone - whether we like it or not. It's a different world than it was just a few months ago. What that world will look like in the weeks and months to come, largely rests with us and our choices. Choose wisely.

## 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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### EDITOR'S NOTES

Summer is here! Even though community events are still on hold, we can at last enjoy warmer weather and sunshine.

That said, please note that we are living in an ever-changing world. Government guidelines for COVID-19 are constantly evolving, and readers are advised to consult the relevant AHS websites for up-to-date information as to whether any activity is deemed safe and lawful.

Thank you to everyone who has contributed to our micro-donation campaign. Even donating as lit-

tle as \$2 each month can go a long way towards helping the paper remain sustainable. Do you enjoy reading our print edition, visiting our website, or checking out our social media? Would you like us to continue to bring you stories and photos highlighting the wonderful events and people of Boyle Street and McCauley? Then please consider supporting us financially. Head to [bmcnews.org/donate](http://bmcnews.org/donate) for more information.

Comments? Questions? Want to volunteer? Drop me a line at [editor@bmcnews.org](mailto:editor@bmcnews.org).

All of us here at the paper hope you are staying safe and well!

### OUR NEXT ISSUE. . .

Volume 41, Issue 5 will be published August 1, 2020. Articles and photos concerning community news, events, and opinions are welcome. We also accept submissions of poetry and cartoons. Deadline: July 12th, 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 July 12th, 2020.

# 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

# We're Still Active and Engaged

GREG LANE

It's been three months since we've come into a new world of NOT being social. The League Board has not met apart from some emails. I don't think that is likely to change and, as such, we have decided to meet virtually at least for the next little while. By the time this has been published, we've likely met.

Much of our focus and efforts traditionally have been spent on community events and programs like the Summer Sports program, Movie Night in the Park, and the Spring Fiesta – which now looks like it might be a Fall Fiesta, if at all. That's all changed, and until we have a better sense of where things are at, and guidelines from AHS, it's hard to know. We do know that the City of Edmonton cancelled all sports field bookings at the beginning of the lockdown period in March. That sadly meant that our Summer Sports Program went out the window, as did the Movie Night in the Park. We were not alone in that. Heart of the City was also a casualty (at least in the traditional sense - it's an online event this year).



The McCauley Litter Squad cleans up during a physically-distanced litter blitz in late April. Greg Lane

While the playgrounds are set to be open later this week (at the time of writing), and access to the fields is open to whomever, it seems unfortunate that the programs we loved to host have been shelved. The same went for the Green Shack Program in Giovanni Caboto Park. But here's what we can do. We have a bunch of soccer balls. If you and your friends or family want to play in the park and

kick a ball around – email me and I'll get you a ball for free. While we can't organize any of those events, you are welcome to participate yourselves and with your friends and family. So have at it.

While the programs and events are a part of what we support, we also play an active role in the safety, enhancement, and continued development in

making McCauley a great community for all. We work actively with Safer McCauley and Revitalization on various initiatives that have impact on the community, like participating and supporting the Litter Squads and tackling the issue of problem properties. A lot of this goes on outside of the mainstream and public eye, but I wanted to let you know that we have been active and engaged always. The well-being of our community is our primary focus and part of everything we do.

If there are issues you need support on, or aren't getting anywhere when dealing with the City, please let us know. We have access to your Ward 6 Councillor Scott McKeen, City Council as a whole, and various departments and agencies. We are committed to making a difference and helping build capacity in McCauley. If you need help, just ask - we're here for you.

Be well, stay healthy, and wash your hands.

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

## Safer McCauley: Cleaning Up in the Time of COVID-19

MARK DAVIS

When the pandemic arrived, we could only imagine how it might affect us, collectively or individually. Those of us fortunate enough to support community from the safety of home soon realized how privileged we are. But how would we continue to build connectedness without face-to-face engagement? How would we adapt? And how would we maintain the momentum of existing work?

More than two months later, much remains unknown. But we can marvel at the adaptability and resilience of community in the face of an unprecedented challenge. And Safer McCauley is grateful to be able to continue to partner with community in support of well-being in our neighbourhood.

Cleanliness is critical to community well-being. Together, Safer McCauley, McCauley Revitalization, and the McCauley Community League have focused increasingly on garbage, dumped large items, needle debris, and problem properties. This collaboration relies on support from numerous partners - and community-minded individuals like you. Much progress has

been made and momentum has increased regardless of COVID-19.

This spring, one individual's post to the Facebook group McCauley Connect & Share, about cleaning up her block, prompted dozens of others to pitch in. Within a week, Safer McCauley distributed 40 litter kits from a front porch. Community members were soon seen cleaning up wherever and whenever they could. And a physically distanced Litter Blitz took place, attended by MLA Janis Irwin and Councillor Scott McKeen. We have acquired another 50 litter kits (including litter grabbers) from Capital City Clean Up. Households wanting a kit and/or sharps container can contact me directly at [mark.davis@reachedmonton.ca](mailto:mark.davis@reachedmonton.ca).

Efforts to maintain a clean community are ongoing. An annual McCauley Community Clean Up is a mainstay of the neighbourhood calendar. This season, to adapt to COVID-19, a contractor provided by the McCauley Community League, McCauley Revitalization, E4C, and Safer McCauley will pick up large items free of charge. If you have items you'd like to dispose of, please place them in the alley behind your property the morning of

June 19 and/or 20. A second event will take place September 18 and 19. The McCauley Litter Squad will activate to support these events. Please consider joining us.

For large items illegally dumped on your property and/or public property throughout the year, please contact McCauley Revitalization Coordinator, Greg Brandenbarg at [gregory.brandenbarg@edmonton.ca](mailto:gregory.brandenbarg@edmonton.ca) to arrange to have them removed.

Where possible, please lock up your garbage or keep it out of view until collection day. To reduce garbage rummaging please consider using clear transparent bags.

Please call 311 to report needles on public property. Capital City Clean Up will respond. Boyle Street Ventures cleans up needles on public and private property, Monday to Friday (9 a.m. - 4 p.m.) and Saturday (9 a.m. - noon). Please call 780-426-0500 for service. This spring, Downtown Proud has also been spotted cleaning up litter and needles deep into McCauley. Stay tuned for details regarding the resumption of the Mustard Seed and McCauley Revitalization's partnership in needle clean up services.

Cleanliness is linked to the issue of problem properties. Recently, there has been significant progress in addressing problem properties in McCauley. The Problem Property Initiative (PPI) has developed a stronger action plan in consultation with community members. Confidential online reporting is now available. New Municipal Enforcement Officer (MEO) positions have been created to respond to online complaints, and to target the most problematic properties. EPS and Alberta Health Services have noticeably increased enforcement and closure orders. And there are plans to redevelop several properties into something more positive for the community. For more about the PPI and/or to file a confidential report, please visit [edmonton.ca](http://edmonton.ca) and search "report a problem property."

Issues regarding problem properties and all other bylaw infractions can also be reported via 311, allowing the City to track all complaints. Anyone reporting via 311 is advised to request a file number and can request a call back from the MEO for McCauley.

Visit Facebook @safermccauley for updates.

*Mark is REACH Edmonton's McCauley Community Convener. He can be contacted at [mark.davis@reachedmonton.ca](mailto:mark.davis@reachedmonton.ca).*



## MCCAULEY REVITALIZATION STEERING COMMITTEE UPDATES

# STICKING TOGETHER AND BUYING LOCAL

### SEVERAL THINGS HAVE BECOME APPARENT SO FAR FROM THIS PANDEMIC.

Pets are loving the pandemic with so much attention. People didn't need that much toilet paper sitting idle in our homes - we didn't need to store a year's supply on hand. What were folks thinking was going to happen? For safekeeping we might as well just store our extra stores of TP at the store.

Another thing that is clear is that just as we have heavily undervalued school bus drivers and others who work directly with the safety of our children, those working with our elders in seniors homes play critical valuable roles. Same for truck drivers and grocers. It is not quite a world turned upside down but perhaps it has exposed where some realignment has been overdue. Maybe the hedge fund manager shouldn't make 10-20X what the personal care attendant makes.

Of course a lot that is going on right now that is not fully rational. What does seem rational is people's heightened(?) drive to connect and communicate. We know that to care for each other we need to connect somehow. A lot of connection choices evaporated on March 13 but people find ways. McCauley residents began a neighbourhood wide Facebook page that seeks to make sure each other is safe and basic needs met.

**IF YOU ARE NOT YET PART OF A TRIED AND TRUE NEIGHBOURHOOD COMMUNITY CONNECTING IN A NEW WAY PLEASE FEEL ENCOURAGED TO JOIN MCCAULEY CONNECT & SHARE AT [FACEBOOK.COM/GROUPS/544223456204805](https://www.facebook.com/groups/544223456204805)**

Across Edmonton and Canada many residents are signing up to Nextdoor which is essentially a customized platform that helps neighbours connect within their neighbourhood and look

into the activity of the adjacent neighbourhoods. Nextdoor is a free, private social network. Right now 3% of McCauley is on Nextdoor with 86 people signed up.

In other Edmonton neighbourhoods such as in the Allard neighbourhood 28% of the neighbourhood is connected with 393 people, in Bulyea Heights 420 people are on Nextdoor at 27% while there are 328 connected in Blackmud Creek at 22%. For more information use this link: [help.nextdoor.com](https://help.nextdoor.com)

Here is a little bit of what Nextdoor says about themselves including their Manifesto - you can tell their origins are not in the Commonwealth from their American spelling.

Nextdoor is the neighborhood hub for trusted connections and the exchange of helpful information, goods, and services. We believe that by bringing neighbors together, we can cultivate a kinder world where everyone has a neighborhood they can rely on.

Building connections in the real world is a universal human need. That truth, and the reality that neighborhoods are one of the most important and useful communities in our lives, have been a guiding principle for Nextdoor since the beginning.

### NEXTDOR'S MANIFESTO

We are for neighbors.

For neighborhood barbecues. For multi-family garage sales. For trick-or-treating.

We're for slowing down, children at play.

We're for sharing a common hedge and an awesome babysitter.

We believe waving hello to the new neighbor says, "Welcome" better than any doormat. We believe technology is a powerful tool for making neighborhoods stronger, safer places to call home.

We're all about online chats that lead to more clothesline chats.

We believe fences are sometimes necessary, but online privacy is always necessary.

We believe strong neighborhoods not only improve our property value, they improve each one of our lives.

We believe that amazing things can happen by just talking with the people next door.

### SHOPPING AND BUYING LOCAL

As if we had all heard a call to "live off the land" many of us are having a feeling to go "back to the basics". There is greater demand for yeast, flour, gardening supplies and DIY supplies. While courier deliveries are going crazy we know that many of our local businesses are critical to our mutual vibrancy and success. The Edmonton Chamber of Commerce's research suggests as many as 60% of businesses may not survive. In Chinatown there are approximately 208 businesses and another 75 in Little Italy and throughout McCauley. Outside of the grocery stores almost all of our businesses are and will be facing unprecedented challenges to survive.

After 2 months of closure most restaurants will find it difficult to survive 50% seating vacancy. Even with a few government supports, where received, it is anticipated that the deferment of rental fees, utilities etc. will make matters very difficult in autumn. There is no need to tell most people in McCauley but shopping local, a value for many before March 13, might become a bit of dealbreaker in the coming weeks and months. For those that can, for those still working and/or employed, let's figure out innovative ways to connect with our neighbours and local businesses. It is an important time to stick together in mutual support.

# Unique Fence is a Family Project

PAULA E. KIRMAN • BMC News Staff

There's an old saying stemming from a Robert Frost poem, that "good fences make good neighbours." The intricate and beautiful work of a McCauley family demonstrates that good fences can also be functional, attractive works of art.

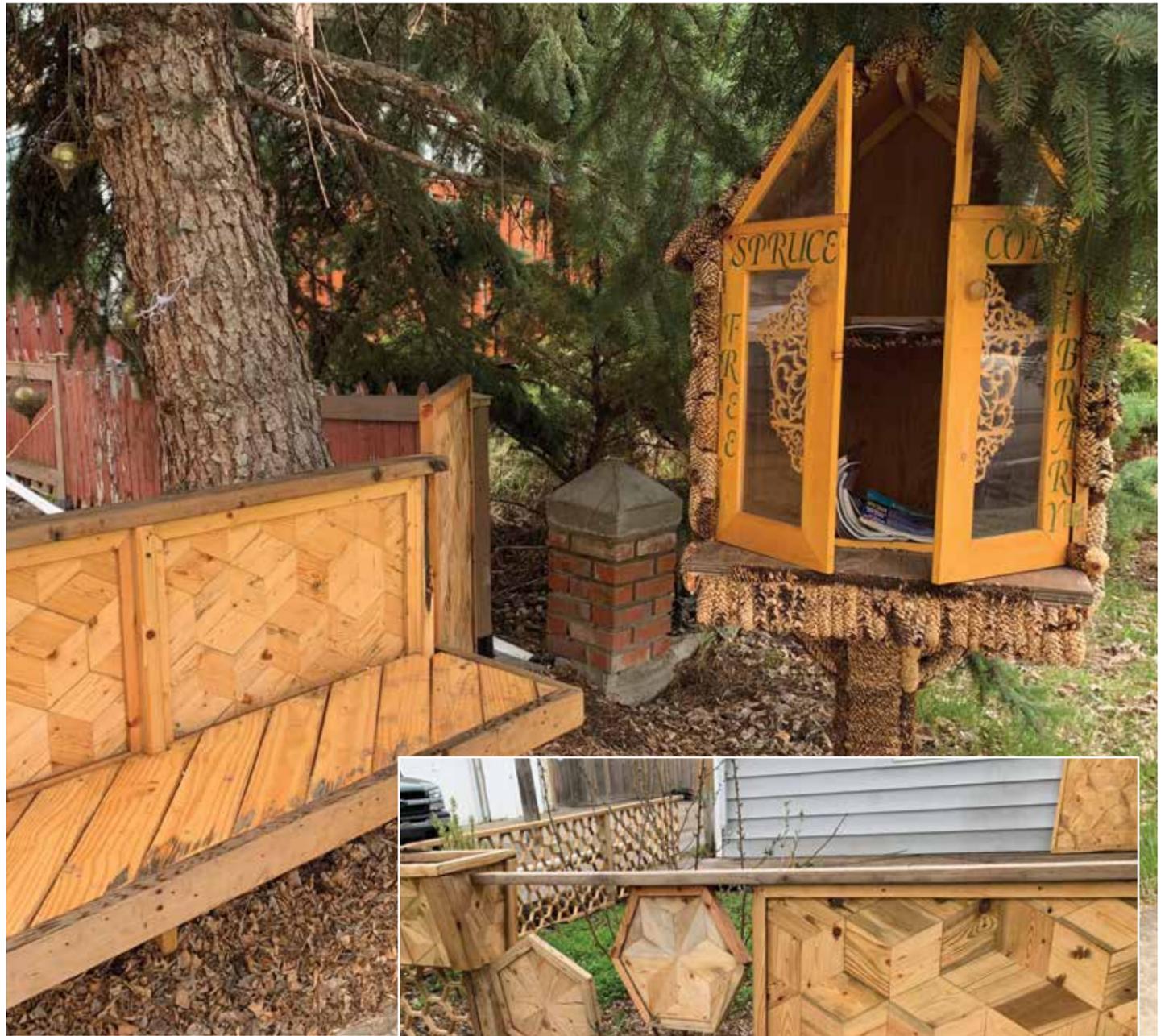
Ruth Sorochan lives with her partner Rebezar and their daughter Maia on 96 Street and 109 Avenue. In the last year, Rebezar built a wooden fence featuring unique geometric patterns and a functional bench on the outside.

"Rebezar's passion is log home building," Ruth explains. "He's a builder who will do projects of any size. He loves the craftsmanship, and putting the patterns together."

As well, during the same time period, Ruth conceptualized and Rebezar brought to life a Little Free Library named the "Spruce Cone Library," after the spruce cones from their tree which decorates the structure.

"I love the idea of Little Free Libraries. I like to share" says Ruth, adding that it has been well-used in the community with people taking and dropping off books.

Ruth and Rebezar came up with the idea of having a bench attached to the fence because Maia, when she was younger, would often play in



The bench and Little Free Library. Inset: the fence, with its geometric patterns. Paula E. Kirman

front of the house on the sidewalk. "It's nice to have a comfortable place to sit," says Ruth.

The bench is an old wooden bed frame that was intended to be turned into a bed for Maia. However, a better frame was found for that purpose, so it was turned into the bench instead. It is extremely sturdy, and has a slight slant to



prevent rain from pooling.

In fact, most of the materials for the fence, bench, and library were reused. The only purchased component is the

plexiglass for the windows on the library.

Keep an eye out for this one-of-a-kind arrangement – it is definitely worth a second look.

## Celebrating Front-Line Workers



A colourful message thanking front-line workers on the public chalkboard in the lot on 95 Street near 103 Avenue. Jim Gurnett

**Porch Concerts Bring Music to McCauley**



Porch concerts have become popular during the pandemic as a way of presenting live music while allowing for physical distancing. Here in McCauley, Ann Vriend (top) has been playing weekly on Sunday afternoons from her home porch (photo: Paula E. Kirman). Father-daughter duo Steve and Stella Johnson (middle) performed from their home to people on the outside sidewalk (photo: Jody Johnson), and Dana Wylie (bottom; with flautist Kirsten Elliott) also did a porch concert at the Johnson's (photo by Jody Johnson).

**Art Installation Brings Inspiration to the McCauley Rink**



An art installation from third year Nursing students at MacEwan went up at the McCauley Rink in late April. The installation recognizes people and places making an impact on the connectedness, engagement, and mental well-being of the community during this time of COVID-19. Top: Here is a look at the final product (photo by Tatiana Unger). Bottom: the team of students: (from left) Jordana Perri, Tatiana Unger, and Emma Hetherington (photo by Adam Larson).

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neighbourhood?  
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BOYLE STREET  
COMMUNITY LEAGUE

## 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).

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# McCauley Senior Woman Walks for Women's Safety and Shelters



Joanne McNeal (pictured with her dogs) is walking around Caboto Park to raise awareness of family violence and to support survivors. Doug Rygalo

## JOANNE MCNEAL

On Mother's Day, I began walking around Caboto Park daily to support women and children who need safety after experiencing family violence - because I, too, am a survivor of family violence.

Why am I doing this? Because it takes a great deal of courage and strength to acknowledge what is happening, and find a way to safety. I want to do something positive to help women who are going through this—I want them to see they can become survivors, not just victims of horrific violent actions. It takes the help and awareness of friends and neighbours who know the signs, and how depressing and demeaning abusive actions are. We all can help.

I know first-hand what it is like to be verbally and physically abused. As such, I hope this walk will also help me to heal unresolved issues and do something positive to help other women. It is a long and scary

process to find safety, but no woman or child should have to experience violence. If you are in these circumstances, know that you are valuable. You deserve to be treated with respect, and women's shelters are here to help support you with accommodation, risk assessment, safety planning, and more.

To support my effort to raise awareness and help women, please direct donations to the Alberta Council of Women's Shelters at [acws.ca/donate](http://acws.ca/donate).

Although I fell and was injured, I plan to continue walking every day until about mid-August to reach 80 days of walking to celebrate my 80th birthday. Hopefully, my walking around Caboto Park will help bring awareness of family violence, and help women see they can become survivors instead of victims.

Joanne C. McNeal, Ph.D., McCauley senior.

# Take Time for Yourself

**IAN YOUNG**

**ABILITY AND COMMUNITY**

*"I wonder what it would be like to live in a world where it was always June." -Lucy Maud Montgomery(Canadian writer; author of Anne of Green Gables,1874-1943)*

June is the sixth month of the year, marking the halfway point. 2020 will be a memorable year in the history of the world, because of the outbreak of the COVID-19 pandemic. We are still in the realm of the unknown, with some things attempting to get back to a modified version of what they were. We are adapting. This situation doesn't have to make us sink into despair. Instead, we can focus on hope and kindness.

Taking a walk is one of the most invigorating things I do. Walking really lets me see the beauty of nature and the stunning community we have. I call my walks "mini adventures." Fortunately, I have a

canine companion, so I partake in this enjoyment three or four times per day. Seeing the flowers bloom, hearing the call of the birds, and enjoying the long daylight are not only energizing, but also give me hope.

It is important to do things you enjoy during uncertain times. You can plan a daily "you time" by reading a book, calling a friend, watching a television program you enjoy, taking a walk, or doing anything you find enjoyable. It really does help.

If you feel overwhelmed, remember: you are not alone. I am grateful we have support services. The 24-Hour Distress Line -780-482-4357 (HELP) - is a non-judgmental service where experienced staff will listen and support, not only at this time, but 365 days a year/24 hours every day.

As always, take time for yourself, relish pleasant thoughts, stay safe, and stay well.

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

# Being Our Best Selves

**MANON AUBRY**

**BOYLEBITS: A VIEW FROM BOYLE STREET**

Springtime usually fills me with a renewed sense of optimism. I look forward to seeing what plants have decided to grow. What good things will I have to eat growing in my garden? I can go out wearing lighter clothes. Boots are replaced with freedom-loving shoes.

This year, there is no such freedom. Life is very different than anything most of us have ever experienced. Yet there are people in all corners of the earth who are refugees dealing with war or famine (in addition to the virus), who would gladly trade for our existence. I hope that the fight we are having with this virus will help us reflect on the plight of other people who live with the fear, the shortages, the potential loss of their lives.

This will no doubt bring out the best in many, who will go above and beyond to help others. Others will only be able to do a little, and many will just survive because that is the best they can do. There are some who

will seek to profit from the fear of others. They will be the worst, most selfish version of humanity.

We might see sides of ourselves during this pandemic that will surprise us. We might think thoughts that we didn't think we were capable of, both good and bad. We will see which of our friends get to stay and which ones get to go. Sometimes we pick friends who have the same traits we can't accept in ourselves. When we face our own foibles, those friends slip out of our lives. We will forge new friendships based on a shared goal. We'll encourage each other.

In the coming days, things might get worse. Like the saying goes, it's always darkest before the dawn - and it might take a long time for dawn to break. I'm hoping I have the strength to come to the other side a kinder, gentler person. How would you like to be?

*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.*

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# Community Classifieds

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

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:

Hope Mission Health Centre  
Family Doctor Monday to Friday  
Walk-in: 9:00-3:00 p.m.  
Psychiatrist Monday to Friday  
by Appointment only - call 780-422-2018 Ext. 278

### NICOTINE ANONYMOUS

RICK (780) 474-5593  
GWYNN (780) 443-3020  
Support for smokers who are trying to quit.  
Call Nicotine Anonymous.

### SACRED HEART CHURCH OF THE FIRST PEOPLES

(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.

### 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.

### 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.

### HANDYMAN

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

### e4c's MAKE TAX TIME PAY HAS LAUNCHED VIRTUAL TAX FILING!

This free service is available by appointment only. Dial 211 or call e4c directly at 780-424-7543 to make an appointment. A representative will tell you which documents are required for filing, to ensure you are prepared for your appointment. Your taxes will be filed over the phone to protect the health and safety of our community. A phone number that you can be contacted at is required to access this service.

### EDMONTON INTERCULTURAL CENTRE

EIC (9538 107 Avenue) is still operating under revised building hours of 9 a.m. to 5 p.m. Monday to Friday. All bookings were cancelled until May 31st. EIC will, however, start accepting reservation requests (for gatherings of 15 people or less) providing that groups adhere strictly to the most current restrictions posted by Alberta Health. Types of activities EIC will accept bookings for include business and education seminars/workshops. No indoor sports activities will be allowed until restrictions are lifted by the Province.



The McCauley Apartments Office remains closed for the time being. We miss everyone so much! However, the McCauley Apartments gardeners have transformed the south of the building, and you are invited to stroll past and admire their work.

WECAN food co-op is a great way to stretch your food budget. The City Centre depot currently runs out of the McCauley Apartments office: Suite B08, 9541-108A Avenue. To place an order, call Kathryn at 780-964-3444.

Free tax help: e4c Make Tax Time Pay program is available over the phone for folks on a low income. Internet is not required for an appointment, but is recommended for obtaining consent. Call 211 or 780-424-7543 to book a phone appointment.

## BOYLE STREET COMMUNITY LEAGUE UPDATE

# New Boyle Street Playground Plan in the Works

**JOELLE REINIGER**

The surveys are in. Boyle Street community members have shared their vision for a new playground, which will be to be built just outside The Quarters district.

Boyle Street's new play space – located next to the Boyle Street Plaza and Melcor YMCA Welcome Village – will complement Kinistinâw Park, a neighbourhood green space located one block south along 96 Street. Kinistinâw Park features a contemporary design, which is meant to be enjoyed by people of all ages, but does not include traditional playground equipment.

The Boyle Street playground survey presented two concepts. The first features standard playground elements, such as slides, ramps, and ladders. The second features natural play elements such as rocks and logs for climbing. While the majority of survey participants favoured the naturalized design, 94 percent of survey respondents said it was important to incorporate traditional playground functions, such as swings and slides.

Survey responses, which came from community members of all ages, also emphasized safety features, such as fencing and clear sightlines, as well as equipment that can be enjoyed by chil-

dren of all ages.

The Boyle Street playground will be funded through a City of Edmonton grant, matched by funds from the Quarters Community Revitalization Levy and the Boyle Street Community League. Work on a draft design for the park has already begun and will be refined further, based on community feedback, later this year.

*Joelle Reiniger is Vice President of the Boyle Street Community League.*

\*\*\*\*\*

**Message from the BSCL Board:** During this time of physical and social

distancing, we recognize, more than ever, our need for community. We are social beings and we must find new ways to connect for Boyle Street to emerge from the COVID-19 pandemic as a healthy neighbourhood. If you have some time to spare, please consider volunteering for the Boyle Street Community League. Let's put our heads together and find creative ways to lift each other up for a stronger, healthier, more resilient community.

To get involved, go to [boylestreetcl.com](http://boylestreetcl.com) and click on "I want to volunteer." If you are new to Boyle Street or haven't already joined the community league, you can sign up from our home page as well. Memberships are free.

# Forgiveness: A Path to Health

**SHARON PASULA**

If someone told you that forgiveness enables you to release toxic thoughts of anger, resentment, bitterness, shame, grief, guilt, and hate, would you be willing to take the leap?

Or have you rehearsed your toxic thoughts for so long and so frequently that there is no light at the end of the tunnel? Your heart is so hard you could crack a nut on it. In either case, my adage is, "Where there is breath, there is hope."

I consciously began a healing journey many years ago. I knew I had huge issues and, in some cases, really didn't want to release some of it. As a follower of the Jesus Way, I knew I had spiritual resources and should use them. The idea came to me: "Pray and ask God to give you a desire to stop doing the undesired behaviour and give you a desire to do the good." Wow. This was a revelation which I still access. The key was, I had to walk it out. It worked.

Recently, still on a healing journey, Creator has brought forgiveness to my attention. In my Indigenous community, this is a controversial topic for many reasons, mainly negative ongoing consequences of European

contact. This is given as a reason for not forgiving. I feel like I understand partly because I am still angry about much of it. But when Creator speaks, I want to listen. So, in this, what some have called a "post-truth culture," Creator is giving me truth - from a scientist. Currently, my favourite devotional book is *Switch on Your Brain Everyday: 365 Readings for Peak Happiness, Thinking, and Health* by Dr. Caroline Leaf. Her "Brainy tip" for Day 140: "Forgiveness positively impacts our mental and physical health." She continues, "Forgiveness enables you to release toxic thoughts... It disentangles you from the source of the issue, removing the negative energy from toxic thinking. People who develop an ability to forgive have greater control over their emotions and are significantly less angry, upset, and hurt, and are much healthier."

Interestingly, this is knowledge my ancestors knew also, but without the science.

Creator, put a desire in my heart to have a forgiveness mindset. Help me to release the darkness and embrace the light, causing me to walk in self-control and good health!

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

# YONA-Sistema Music Program Deals with COVID-19

**ANITA JENKINS**

In the February 2020 issue, *Boyle McCauley News* described the Youth Orchestra of Northern Alberta (YONA)-Sistema program at St. Teresa of Calcutta School. This remarkable program of the Edmonton Symphony Orchestra has been offering great musical training and experience to Edmonton-and-area students since 2013.

But then in March of 2020, COVID-19 arrived, and the school, parents, and community had to figure out how to adapt to the changes the pandemic presented. The YONA-Sistema team reached out to families, asking them if they would still like to be involved in YONA in a different capacity. The response was a resounding, "Yes!"

So, YONA Online was launched.

This involved more than 100 instrument deliveries/pick ups, on-line group and private lessons, peer group phone calls, and other innovative approaches to the new normal.

One Grade 3 student was new to the program this January and had only a few months' lessons on his viola before lockdown occurred. He opted to continue online. He says the weekly half hour lessons are hard, but he is determined. He told his teacher that his dad's birthday was coming up and he needed to know how to play "Happy Birthday." That was quite a challenge, but he managed to play a version of the song, and his family did not care if his performance was worthy of Carnegie Hall.

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

## Lining Up to Shop Local



Customers practise physical distancing in the line up to enter the Downtown Farmers Market. The market now has outdoor vendors on Saturdays. It is open indoors on Saturdays and Sundays. Stephanie Ould

# Tony's Still Eating at Home

TONY FORCHETTA

## Dining Out

Yo everybody! How's it goin'? Wowza, it's been three months now and ole Tones is aching to get out again. But with all those restaurants closed for so long and the new rules around, what they gotta do? I ain't so sure I wanna go anywhere. I mean how's a guy gonna eat with a mask on? Not that it's a bad idea, cuz there's some folks I just don't wanna watch eat, like my cousin Gino for example. Dat guy is always chewing with his mouth open and talking at the same time. It's like watchin' someone throw a pizza into a wood chipper.

So me and da missus figure we'll just keep eatin' at home for a little while longer. So dat means - you guessed it - Tony's gonna toss you some more wisdom *al la cucina*. Ain't you lucky? Shaddup.

I'm sure you all have seen that disgusting and shocking tragedy known as canned pasta. Apart from it being bad for ya, I'm thinkin' if there ever was a reason for Italy coming over here and kicking our butts, that would be it. Well, that and pineapple on pizza. So, instead of cracking open a can, let's make the real deal, ya?

So here goes. First I'm gonna give you a base tomato sauce. Then, we're gonna make some meatballs and I'll give you some other options as well.

Here's where you can kick it up a notch or two. Try adding some meats to it when you're baking it. Toss in a few Italian Sausages (I like Massimo's sausages at the Italian Centre Shop) cut into big chunks, a couple spare ribs and maybe a pork chop. Let them simmer and cook

with the sauce, then remove before blitzing. It makes a nice lunch or *secondo* (second plate).

Or, add some meatballs. I make mine the proper way with all three meats: ground beef, veal, and pork.

Pick a pasta of your choice - there's more than just spaghetti. Try a proper Maccheroni from Calabria or Puglia. Cook the Maccheroni in well salted water to *al dente* (firm to the bite). Drain the pasta and add it to the sauce and meatballs, stir to properly coat. Place in an ovenproof casserole and top with some fresh mozzarella or cacio-cavallo and bake for 30 minutes at 350 F. **Buon Appetito!** And don't let old Tony ever see you with a can of Beef-A-Roni!

Tony lives in McCauley.



Spaghetti and meatballs. Tony Forchetta

### Tony's Tomato Sauce (Makes 2 litres of sauce)

1 onion chopped  
6-7 large cloves of garlic smashed  
1/4 good EVOO (Extra Virgin Olive Oil)  
2 x 28 oz cans San Marzano Tomatoes crushed by hand - make sure it says DOP on the can  
1 tbsp real oregano  
1 tsp red pepper flakes (your call)  
1 jar Mutti brand Passata (uncooked tomato purée)  
Handful of torn fresh basil  
Salt  
Ground black pepper

#### Method

Preheat oven to 325 F. Heat a large oven proof pot with the oil over medium-low heat. Toss in onion and garlic and sauté 8 or so minutes until aromatic. Toss in oregano and red pepper flakes and stir to combine. Add tomatoes and stir. Toss in basil and place the pot partially covered in the oven. Bake for 3 hours stirring once an hour. After three hours add the Passata and cook for another 30 minutes. Remove from oven and let cool for 1/2 an hour. Blitz with an immersion blender until silky smooth. Make sure to scrape off brown bits from the sides. Return to stove top and season with salt and pepper.

This is a base sauce. If cooking with meatballs or meat, toss it in and simmer it until it's done. This will develop the sauce flavour and incorporate the sauce into the meat.

### Tony's Meatballs

1/2 Cup fresh bread crumbs  
1/2 Cup whole milk  
1 lb each ground veal, ground beef, and ground pork  
1 large egg lightly beaten  
2 Tbsp chopped Italian parsley  
1/2 Cup grated Parmigiano-Reggiano  
1 Tbsp Red Chile Flakes (your call)  
salt and pepper

#### Method

Add the breadcrumbs and milk in a bowl and let sit a couple minutes. Add the rest and mix well by hand - really get in there and mix it all together. Shape into meatballs about the size of a walnut and roll between your palms until firm and round then place on a tray. Put them in the freezer for about 1/2 an hour to firm up. You can now bag them and freeze for later use. Or, add a dozen to your sauce and cook them for about 1/2 an hour at a slow simmer.

**Janis Irwin, MLA**  
Edmonton-Highlands-Norwood

f t JanisIrwin

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