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# Boyle McCauley News

CIRCULATION 6000 • BMCNEWS.ORG

APRIL 2018

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## Boyle Street Construction and Renewal

An update for the spring of 2018.

ANITA JENKINS

The residents of Boyle Street regularly hear about plans to improve and enhance their neighbourhood through new construction projects and other types of development. We get excited for a while, but then resign ourselves to long delays before any visible changes actually appear.

All the same, there is movement. Two major, longer-term projects are being planned for the eastern edges of the community. One is a project that will enhance Dawson Park and Kinnaird Ravine, and improve our access to those areas. Another is LRT-focused residential construction near Stadium Station.

As well, a number of other projects are proceeding, and one is in full flower. The Moth, self-described as a “plant-based café,” opened at 9449 Jasper Avenue at the beginning of 2018. It appears to be thriving.

### Dawson Park

For the past several years the City has been working on a 25-year vision and guiding principles for the renewal of Dawson Park and Kinnaird Ravine. Dawson Park, just below the river bank that forms the southern edge of Boyle Street, has remained essentially the same since the 1970s. The most recent (August 2017) report notes, “The growing communities of Cromdale and Boyle Street, while visually linked to the park, remain physically disconnected.”



A section of Dawson Park, with buildings in Boyle Street in the background. City of Edmonton

The public and key user groups were most recently consulted about a preferred concept plan in November 2017. The concept includes a new formal entrance into the park under Latta Bridge (90-91 Street on Jasper Avenue), with both a gravel path and stairs connecting to 91 Street. The entrance would support increased use of the park by the Boyle Street and McCauley neighbourhoods.

A final report will be presented to City Council when the 2019-22 budget is set. If the plan is approved, there will be further opportunities for public input.

### Muttart Lands

Earth is being moved around on the Muttart Lands near the Stadium LRT Station. That project was approved by City Council in 2014 but it hasn't progressed as quickly as expected. The City and the owners of the land, Brookfield, are going 50-50 on a plan to build a high-density, transit-oriented neighbourhood that includes pocket parks and new bike and pedestrian paths.

One feature of the plan will be of particular interest to many of those (including the writer of this article) who live in the high-rise apartments and

condos on and near Jasper Avenue between 90 Street and 84 Street. A new road will cross the LRT tracks near 106 Avenue and 86 Street.

This road will give Boyle Street residents a more direct and walkable connection with the Commonwealth Stadium and Recreation Centre. Currently, these amenities are visible from apartment windows and appear very near as the crow flies. But the only (roundabout) access is through the Stadium Station or on 92 Street.

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### OUR MCCAULEY

“ We want to acknowledge and concentrate on the assets we have as a diverse neighbourhood to make positive change!

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### FOR THE FREEDOM FIGHTERS

“ My take on freedom is that we can associate feelings to the word, but true freedom is beyond our emotions because freedom is often determined by physical space.

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### HEART OF THE CITY: IT'S ON!

“ Can you sing, dance, play a tune, strum a few chords, or harmonize with a group? We'd love to have you on our stage!

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# Freedom: A Double-Edged Sword



PAULA E. KIRMAN • BMC News Staff

## McCauley Musings

Freedom can mean different things depending on where we are in life, and can change over time - just like we do. When I was a child, finishing school at the end of June was freedom. I had two summer months ahead of me where I didn't have to get up early, do homework, or take exams.

Then, many years later, I viewed finishing my formal education, as freedom. However, now I had to work as well as do other things that fall under the broad category of "adulthood."

In his classic song "Me and Bobby McGee," Kris Kristofferson wrote that, "freedom's just another

word for nothing left to lose." I did some research as to what Kristofferson meant by this line. In an interview in *Performing Songwriter* magazine from 2015, he said that the main character in the song leaves the girl, so he has freedom, but at the same time he's devastated. So, in this case, freedom is a double-edged sword. (A point of explanation: "Bobby McGee" is a woman. The interpretation seems different when Janis Joplin, who made the song famous, sings it.)

You're retiring? Now you have to figure out what to do with your time. Ending a relationship? You must find a way to heal and move on. Finally purchased a house of your own? Congratulations! However, with that comes new responsibilities.

Every situation in life has its pros and cons. Freedom is just another word for learning to live with the consequences of our choices and circumstances.

PAULA E. KIRMAN • BMC News Staff

## Editor's Notes

April is here, and hopefully by the time you read this the snow will be turning into a memory. The theme for this issue is "Freedom," and I always associate spring with being free - especially free from snow.

We also have our usual gathering of community news and views, such as coverage of the annual Family Day Skating Party at the McCauley Rink, a delicious recipe from Yovella, and our usual line-up of columnists.

That being said, we are always looking for writers and photographers. If you have a desire to put some words together or take some photos for the paper, drop me a line at [editor@bmcnews.org](mailto:editor@bmcnews.org).

Our other major volunteer need is block carriers in the McCauley area - the great news is that all of our routes are currently taken! If you would like to be put on a waiting list if something becomes available, you can reach me at that same email address.

Have a great month, and don't forget to check us out online at [bmcnews.org](http://bmcnews.org).

## Our Next Issue. . .

Our theme for May is "Home." What does "home" truly mean to you? Why did you choose to make your home in Boyle Street or McCauley? What are some of your best housekeeping tips? Advice for other homeowners or renters? Deadline: April 12. Send submissions to: [editor@bmcnews.org](mailto:editor@bmcnews.org). Articles should be 500 words or less and accompanied by photographs when possible.

## Letters to the Editor

Do you want to respond to something that you read in these pages or that is going on in the community? Share your thoughts with a Letter to the Editor. Send your letters to [editor@bmcnews.org](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 is the same as other content: the 12th of the month.

# Boyle McCauley News

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

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

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

# Boyle Street and McCauley Crime and Safety Numbers

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

Report Problem Properties & Derelict Houses • (780) 496-6031

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

# Our McCauley

*Initiative to host monthly cultural programming.*

**SHERYLE CARLSON**

Are you interested in sharing your talents, learning about each others' cultures, meeting neighbours, and making friends?

Then come out to the Our McCauley intercultural Gathering! Starting Sunday, April 15 (1-4 p.m.) at the Edmonton Intercultural Centre, we are hosting monthly programming that will give voice to community members' personal stories of life in McCauley, create space for workshops, celebrate our diverse cultures, and give opportunities for making connections and building intercultural relationships.

## Who We Are

The Our McCauley initiative was created to foster intercultural relationships and enhance community engagement in the McCauley area to address racism and poverty. We are a collaboration of multiple Indigenous and Newcomer service agencies in the area, the Abundant Communities initiative, and the McCauley Community League, along with a Community Connector Programmer

# Our McCauley

Fostering Intercultural Relationships



contractor to help realize our goals - that's me, Sheryle!

Last year, we hosted an Intercultural Dialogue, historical walking tours, and a Photovoice project that brought community members together to deliver messages about their community using photo storytelling.

The Our McCauley initiative has been reignited with another year of funding to encourage intercultural sharing between cultures that are predominant in McCauley. These cul-

tures include Vietnamese, Somali, Chinese, Indigenous, Filipino, Ethiopian, Eritrean, Italian, Ukrainian, and more. We are excited to invite you to intercultural activities and events that serve you as community members with learning opportunities and fun!

## Monthly Intercultural Gathering

Come to the Our McCauley Intercultural Gatherings to share your skills, share your culture, meet each other's families, build relationships, and gain opportunities

that can help you become more empowered in your community.

The gatherings will be planned according to what you, as community members, would like to be involved in and what you would like to share.

Participant engagement and collaboration with other organizations will help inform ongoing and sustainable programming. We want to acknowledge and concentrate on the assets we have as a diverse neighbourhood to make positive change!

At each gathering, there will be intercultural sharing circles, Indigenous knowledge sharing, food, kids' activities, and arts!

If you are interested in attending, sharing a skill or hosting a workshop, please contact ourmccauley@gmail.com. Check out our Facebook page [www.facebook.com/ourmccauley](http://www.facebook.com/ourmccauley) for updates about April 15 and future events. Everyone is welcome!

I am looking forward to meeting you, and helping make our McCauley a community of understanding, vibrancy, safety, inclusivity, and friendship we want to see!

# Boyle Street Construction and Renewal

>Continued from page one.

Several other projects are expected to reach completion a bit sooner than the two major initiatives described in this article.

- A crane has appeared on the northeast corner of 95 Street and Jasper Avenue, where a large hole in the ground resulting from an abandoned building project has remained for several years. The Calgary-based Cidex Group is beginning construction of a 199-unit, 24-storey, market-rental residential building.

- Progress is visible on the new EPINSS (Edmonton People in Need Shelter Society) building on 103A Avenue, across from the Boyle Street Plaza. It is scheduled for completion in the fall of 2018.

- Work on Kinistinâw Park was expected to begin this summer but there may be delays because of contamination. Kinistinâw Park is on the east side of the Armature (96 Street), between 102A Avenue and 103 Avenue.

- Construction of the Valley LRT line is moving ahead. Unfortunately, this work has necessitated the closure of 102 Avenue for two years, with considerable inconvenience and stress for Chinatown South and other nearby businesses and agencies.

- Primavera Development has appointed architects to redevelop and restore the historic 1912 Ernest Brown Building, aka the Brighton Block, at 9666 Jasper Avenue. This building has been vacant for 15 years.

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

## Mercury Opera's La Traviata in McCauley



A scene from Mercury Opera's production of *La Traviata* at one of the matinees at Studio 96 during March. The opera also played to sold-out audiences at Chez Pierre Cabaret. Cecilia Ferreyra

# Cultivate McCauley

Edmonton's Gardening Community.

**DUSTIN BAJER**

In the fall of 2014, I was looking at a house just off Church Street - I decided on a whim to knock on the door of each potential neighbour and introduce myself. At one door, Naomi Pahl answered. Within minutes Naomi was giving me a tour of her yard. By the time I drove home, she had emailed me a list of fruit trees growing in her yard - in the event that I wanted to cross-reference it for cross-pollination purposes. I put an offer on the home, and I moved in at the end of October.

McCauley's spirit of cultivation and community is alive and well. Everywhere I look I see gardens. Apples, pears, plums and cherries dot back and front yards. Long-skinny beans grown up long-skinny poles. A rare blackberry shrub. A yard filled with roses. A 50-year-old grape vine of unknown variety. The gardens in McCauley are as diverse as its inhabitants.

## Growing A Gardening Movement

While there are a lot of fabulous gardens in McCauley, a group of passionate residents believe that there are opportunities to expand upon, stitch together, and share what's happening in our neighbourhood.

A few weeks ago we started circulating a garden survey as a way to connect with fellow gardeners - it takes about 10 minutes and is a way for us to identify neighbourhood gardeners, resources, and opportunities. If you're reading this, we'd love to hear from you. You can find our survey at:

<https://cultivatemccauley.ca/survey/>

While results are still coming in, we're starting to see common themes and opportunities. Here are a few highlights:

Neighbourhood Garden Workshops

Gardening is a lifelong passion that includes a diverse set of skills. While one gardener might be an expert in fruit trees, another gardener might grow perfect tomatoes or beautiful roses. With so many skills to learn, there are plenty of opportunities to offer formal and informal workshops throughout the growing season.

## Garden Crawls & Social Events

We keep hearing that residents want to tour each other's gardens. Half learning opportunity, half social event, garden crawls are a great way to meet neighbourhood gardeners, explore the community, and to get new ideas.

## Plant Exchanges and Seed Swaps

Dividing perennials and collecting seeds is a cost-effective way to grow a garden and share in the bounty. Neighbourhood plant exchanges would offer opportunities to meet other gardeners, access a wide variety of unique plants at low (or no) cost, and beautify the community.

## A Place to Connect and Share

We are currently creating CultivateMcCauley.ca as an online resource to connect gardeners, ask questions, and share. It's also where we'll explore, advertise, and share information about the workshops, events, and plant exchanges mentioned above.

## Sharing Our Stories

Where else in the City can you find such a deep history and culture of gardening? What other community has multiple community gardens and an orchard? I believe that McCauley has something special that's worth growing and sharing. I believe that McCauley is Edmonton's Gardening Community.

Visit [CultivateMcCauley.ca](https://cultivatemccauley.ca) for more information or to get involved.



Top: A hardy magnolia flower in a McCauley backyard in 2017. Bottom: An urban beehive watches over a back yard food forest in McCauley in 2016. Dustin Bajer



## MCCAULEY COMMUNITY LEAGUE

Bring your ideas to the AGM! Let's talk about the kind of community we want. Great things are happening in McCauley! Come and be part of it!

## Annual General Meeting

SATURDAY APRIL 21, 2018

2:00-5:00pm

Edmonton Intercultural Centre (former McCauley School)

9538 107 Avenue

Membership is \$5. \*Identification of McCauley residency is required.

# ICPM Meatballs: An Award-Winning Recipe

**YOVELLA M.**

In March, contestants from the Inner City Pastoral Ministry (ICPM) became team 96th Street Chefs and submitted their unique recipe for meatballs at the first annual Ecumenical Meatball Cook Off at Ascension Lutheran Church.

This event was part of a fundraiser to benefit E4C. The competition was tight with a variety of meatball dishes which included: bacon and maple, elk and pork, mushroom, and a white sauce.

Team 96th Street Chefs (Chaplain Rick Chapman, Jim Gurnett, and Michelle Nieviadomy) took home the second place trophy. The ingredients include a mixture of items commonly used in Indigenous meals within Northern Alberta areas.



From left: meatball cook off winners Rick Chapman, Michelle Nieviadomy, and Jim Gurnett. Yovella M.

## ICPM Meatballs

Mix moose meat with toasted pine nuts.

Flavour to your liking with sage, rosemary, salt, chives, and celery.

## For the Sauce:

Combine vegetable broth, saskatoon berries, chokecherries, and maple syrup; thicken with corn starch. This recipe calls for birch syrup, however, maple syrup was used as a substitute due to the difficulty in acquiring this ingredient.

This meatball dish goes well with a basic side dish of yams, mashed potatoes, rice, or mashed cauliflower.

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

## “Culture is not a product. Culture is a process.” - Elder Jerry Saddleback\*

**SHARON PASULA**

This wizened, good natured, Indigenous man shares some wisdom of the ancients. He carries experience from time immemorial.

Such a stark contrast to what has become known as a “western worldview” that allows “Indigenous cultural sensitivity training” where it is expected of people to actually understand an Indigenous worldview. The event is known by many names: “F.N.M.I. cultural awareness”, “Aboriginal professional development,” “Indigenous corporate training,” and, perhaps the worst one of all, “Indigenous cultural competency.” Imagine this inanimate creature sometimes consumes as little as one day, often two days, or in some rare exotic instances, one week after which participants (and their bosses) anticipate their world will be much better because now they know and theoretically understand those people who make them so uncomfortable, who take them outside of their comfort zone, who impinge on their (white) privilege: Indigenous peoples - be they clients or learners, many of whom are legal wards of the crown.

How is it possible for people who still adhere to and base decisions on that evil Doctrine of Discovery, and treat all things as secular to be consumed at will - how is it possible for people with this worldview to possibly understand and respect original peoples who traditionally “pray with smoke” or smudge daily, perform a ceremony



The National Gathering of Elders was held in Edmonton October 11-14, 2017 at the Edmonton Expo Center. The attendance was more than anticipated. Sharon Pasula

of thanksgiving before harvesting medicines, thank the animal for giving its life to give us life, who believe everything is sacred because it all was created by a sacred being, and who don't believe in land or resource ownership because we are only stewards - it all belongs to Creator. Is it possible? Seems like someone has to change.

“Culture is not a product. Culture is a process.”

\*Engaging with Indigenous learner's event, Maskwacis Community College, March 2, 2018.

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

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# Freedoms and Responsibilities

**JOANNE MCNEAL**

We often think of freedom as the opposite of slavery. In Canada, and in Edmonton, we have many freedoms, but they come with responsibilities. We do have choices about what freedoms we accept. Is there such a thing as freedom without responsibility?

Africans were caught, chained, brought to North America, and sold as possessions to landowners. They had no choice, no freedoms. They did what they were told, and didn't have a choice of who they could talk to or marry. Their lives were completely ruled by their owners. A few chose to run away to find freedom, and some came to Canada. Some were caught and whipped or hung - they were punished for making the choice they made, which served as examples so other slaves would not try to run away.

Today in Canada, in Alberta, in Edmonton, we have many freedoms and choices. We can choose to live wherever we want, if we can afford to buy a house or condo, or pay rent. We can choose to furnish our homes however we want, if we can afford it. We can choose to maintain our yards or behave however we want within our homes, as long as we do not disturb our neighbours, or hurt our families. Basically, we are free to do whatever we want as long as it does not hurt or bother others. That is the responsibility of choice - our rights or freedoms are limited by consideration for others. Our freedoms cannot infringe on our neighbours.

If we choose to live in any community, neighbourhood, town or city, province or country, we accept the rules or laws that govern those lands. The laws guide our freedoms.

If we break the local laws, our freedoms may be taken away, and we may be sent to jail, where we lose our freedoms.

All freedom has responsibility. Some people choose to live in rural areas, where they seem to have more freedoms, but they also have more responsibility for providing their own water and services. We lived on an old farmstead outside Edmonton for six years, and had to keep the well water flowing and our long driveway clear. My daughters and I learned how to maintain the well and driveway, we mended fences, but there were no sidewalks to keep clear. We quickly learned about the trade-offs. We paid lower taxes but were responsible for more upkeep on the farm. In Edmonton, we had a smaller yard to keep up, and kept our sidewalks clear, but

we paid more taxes, because we had more services.

So are we really free to do whatever we want? No - we must always consider the rights and freedoms of all our neighbours. Freedom comes with responsibility - we can express ourselves however we want, shout, play music, or party all night, or be as messy as we want, as long as what we do doesn't bother or hurt our own families or our neighbours. The choice to live in a community is a freedom in itself, but common rules and laws guide us. We have the responsibility to consider the welfare and freedoms of our neighbours - and all the people around us, wherever we choose to live.

*Dr. Joanne McNeal is a retired art education professor, artist, singer and musician. She has lived in McCauley for almost 12 years.*

## Abundant Community Program Seeking Feedback

*Residents willing to share their experiences and skills are encouraged to get in touch.*

**NAOMI PAHL**

Abundant Community McCauley

At the end of 2016, I was feeling lonely and afraid for our world. Due to the stresses of becoming a new mother, I had become highly anxious and felt trapped by my isolation. Watching the news, I realized that the loneliness and fear I was feeling was endemic of society at large. It seemed like everywhere one turned there were angry people shouting over each other about how to find freedom from the fear.

To venture out into the world (or online) was to perhaps come into contact with someone who disagreed with the way you lived your life and wasn't afraid to scorn you because of it. Not much has changed. Yes, I can understand why building an eight-foot perimeter fence and bunkering down inside appeals to so many of us. The problem is that while walls (physical or mental) may help one feel safe for a time, they eventually become a lonely jail cell.

So many residents in communities across North America have secluded themselves from their neighbours. Newer neighbourhoods have been specifically designed so you can have the LEAST amount of contact with the people you are sandwiched in-between. As a society, we have lost the will to intentionally connect with the people who live beside us, and in

doing so we have lost a valuable support system that many have unwittingly overlooked.

When we discuss freedom we have to talk about the freedom that can only come when one feels like they have a support system. And early in 2017, it dawned on me. The only way to break my loneliness and fear cycle was to intentionally venture into my community. I broke out of my jail of isolation to see how my talents and passions could contribute to a safer and more engaged neighbourhood. I was completely overjoyed when I learned about the Abundant Community program!

The whole point of Abundant Community is to provide a system where residents can contribute to "intentional connection." What do I mean by "intentional connection?" Intentional connection is any time you make a point to go out of your routine to try to forge a relationship with those living around you. It could simply be saying "hi" to a family that moved in two doors down, or shovelling the walk for your elderly neighbour. It could be joining our McCauley gardening group (Google "Cultivate McCauley"), meeting new friends at a block party, or supporting local businesses.

We can all agree that life has become exceedingly fast-paced and we have responsibilities that keep us more

than occupied. Most of us are lucky to belong to some sort of support system, but a lot of the time those networks don't live in our physical community.

So why should you invest your time and energy into your community? The advantage of intentionally getting to know your neighbours is that through relationship building and effective communication, we will undoubtedly build a positive support system for ourselves, all the while, making our streets safer, and our community more vibrant - not just socially, but economically as well.

The Abundant Community program has provided McCauley with an ingenious framework where we can identify who wants to be engaged in intentional community action and link them to where they can offer support or be supported on a neighbourhood level.

What Abundant Community seeks from you, its residents, is your thoughts on what makes a vibrant neighbourhood. What activities do you enjoy doing with your neighbours? What skills or abilities would you be willing to share with others? How can you contribute to the quality of life of our community?

We want to collect these informal thoughts and feed them into our database so Abundant Community,

in coordination with the McCauley Community League, can map all the ways in which we can connect.

Also, along with the Our McCauley project (see page three), we recognize that a strong and safe community celebrates its cultural diversity and we would like to hear from residents who would be willing to share their experiences and skills from their unique cultural perspectives.

Due to some health issues that are keeping me close to home, for the next few months I will be focusing on how I can implement social media strategies that will improve our ability to connect online. I am extremely grateful for one of McCauley's longest standing community activists, Rosalie Gelderman, who has agreed to take over my frontline responsibilities and will be conducting informal surveys to acquire community feedback.

I encourage all McCauley residents who have access to connect on the McCauley Community League Facebook page (which also has the "translate" function for ESL folks). If you would like to be the point person on your block to help us gather this crucial feedback please email either myself or Rosalie at abundantcommunitymccauley@gmail.com. To share your feedback from home, please visit: <https://mccauleyblockconnectors.wordpress.com>.

# Cars and Community

JANIS IRWIN

For the past few years, I have chosen a "car-free" lifestyle, choosing instead to mostly get around by foot, running to and from work everyday. For me, this is a type of freedom, in that I treasure the daily interactions that I experience through our neighbourhoods, and I love the mental clarity that I get from running. However, having car freedom is also a bit of a paradox, in that for many folks, not having a vehicle in a very car-dominated city can be quite challenging.

I witnessed an example of this a few weeks ago. On one of the coldest days of the year, I had bundled up and walked over to the Cromdale Safeway. As I was psyching myself up to go back into the cold after buying a few things, I saw a young couple with a baby and a number of bags of groceries. They seemed to be quite stressed about something. It took me a minute to figure out what the issue was - they were watching for the bus and didn't want to miss it. They couldn't both be outside, as it was too cold for the baby, but if just one of them waited outside, they were worried that the bus driver wouldn't wait for the others to join them. I figured that the bus driver would wait, and I told them that, but I said I'd wait outside and they could be certain that the

driver would wait. In the end, they got on the bus and all was okay. But, I'd wished at that moment that I'd had a car, so I could just offer them a ride home and they wouldn't have to wait in the cold any longer with their baby and bags.

I tell this story because I think sometimes that we forget how hard it can be to get around in this city, especially if you don't have a car, are elderly, have mobility issues, and/or have a disability. I understand as well that I am car-free from a place of privilege, recognizing that many folks don't choose to go without a car - for various reasons, they may not be able to have one.

So, for many, having a car means freedom, and for the odd person like me, not having a car can mean freedom. For others, being without a car can be a real barrier. Thinking about this, I'd encourage you to reflect upon the people in your communities who could perhaps use your help. If you have a car and a bit of time, why not offer a ride for someone to help them run some errands? It's a simple enough thing, but you might just make someone's day. And maybe yours too.

*Janis Irwin is a Parkdale resident who spends a lot of her time in the Boyle Street and McCauley neighbourhoods.*

# McCauley Community League AGM

*Saturday, April 21, 2-5 p.m.*

*Entertainment and neighbourhood connections.*

PHIL O'HARA

Great things are happening in McCauley. What can we do together to make our terrific community even better?

Community members are invited to celebrate our community and share their ideas about how to make it even better at the McCauley Community League AGM on Saturday, April 21 from 2-5 p.m.

This year the AGM is being held at the Edmonton Intercultural Centre, the former McCauley School at 9538 107 Avenue. This is intentional as we want to highlight the many efforts underway to connect with diverse residents in our neighbourhood.

The programming and meeting spaces at the Centre are terrific as-

sets for McCauley and its presence in our neighbourhood is a catalyst for helping to bring community members together. You will learn about the many activities currently in progress to connect with and include diverse residents in community life

In addition to reporting on the MC-L's activities with its partners over the past year, there will be entertainment and you will also have a chance to have your say on recommendations from the City to address parking problems in McCauley.

Consider becoming a board member or being on a committee. Be part of the great things happening in McCauley.

*Phil is President of the McCauley Community League.*

# For the Freedom Fighters

*We must acknowledge those who stand for social justice.*

TARO HASHIMOTO

As we journey down our path of existence, there come moments where we are uplifted and enveloped with a feeling of grace and "freedom." It might be when we are on a walk in nature, or visiting a special place. This feeling is often fleeting, and as we return to our duties and civic responsibilities, the feeling lingers and eventually fades into the mundane routine of societal obligation. Despite this, we can seek the feeling again, and find new ways to capture that feeling for a time. This makes it a great goal to have, however endless like a dog chasing its tail.

Is the feeling of "freedom" misleading? Because, true freedom would have no end, and true freedom would grant us everlasting peace - would it not?

My take on freedom is that we can associate feelings to the word, but true freedom is beyond our emotions because freedom is often determined by physical space. The word "utopian" may come to your mind and, somehow, we associate this word with dreamers and rebels. But, if we look at the world and the structures which restrict freedom or enslave us,

whether through dependency on oil, sugar, streaming media, or other things, we may very well be our own captors.

If there is freedom granted to only those who hold the power and money, then is it really freedom? And can the people and the planet under the rule and weight of imperial and capitalistic regimes, in the end, even have freedom of breath and life?

This is why we need to acknowledge those who stand up against the systems and oppressors. To the First Nations people who are tirelessly working to preserve and rebuild the ways of their people, to the workers who dedicate their lives to helping those less fortunate, to those who have never had the means or supports to get beyond the claws of poverty, to the advocates and activists who put their lives on the line, to the individuals who know and see the imbalance and try to do something about it, to the single parents; to the young people in foster programs and systems, to those who speak out, to those who listen - thank you for the fight. You are proof that there is hope.

"Righteousness will someday prevail..." - Bob Marley



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# The Success of the 2017/18 Skating Season

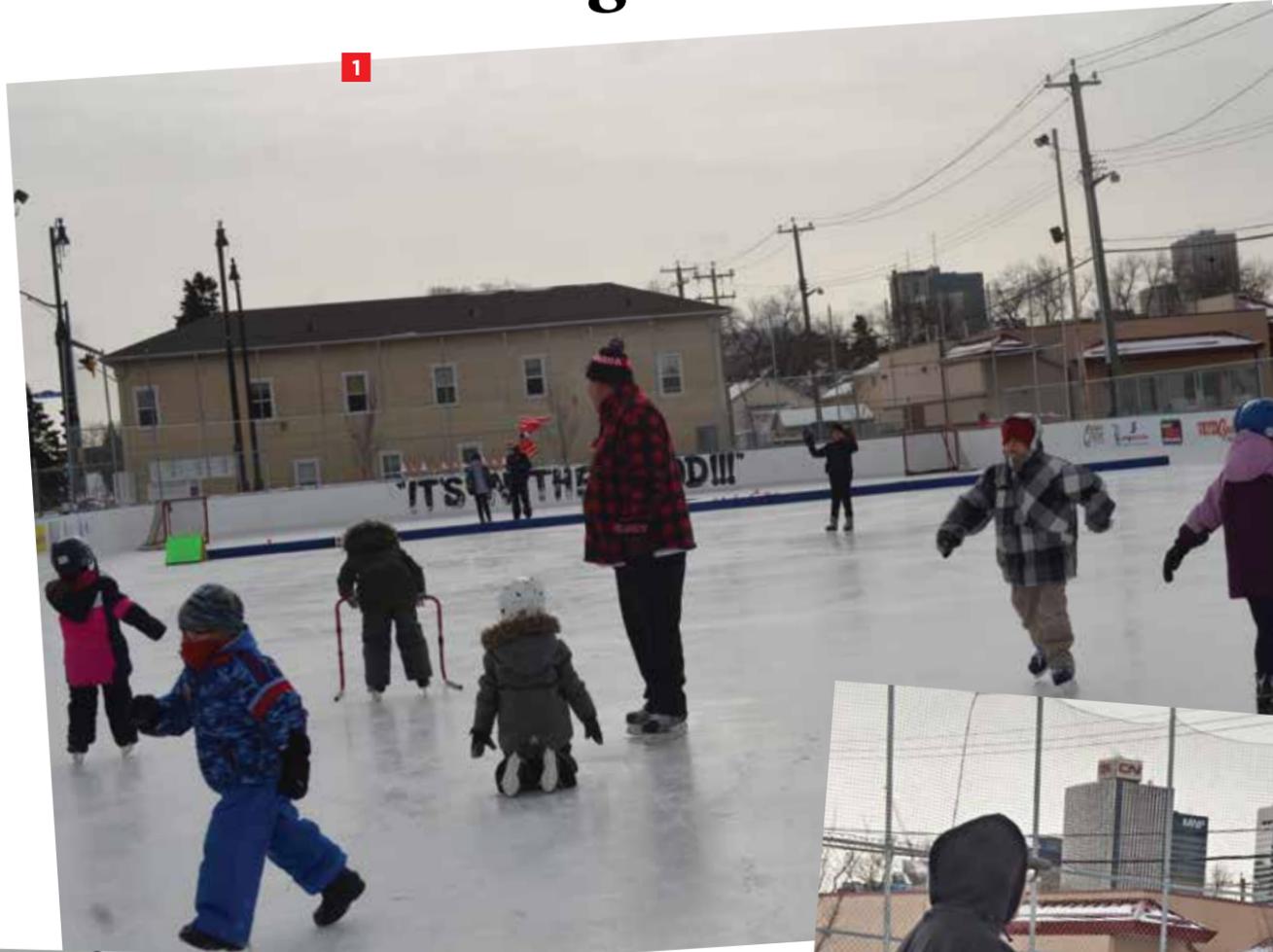
DAN GLUGOSH

## Around the Rink

“Success” was the word for the 2017/18 skating season. The rink opened on November 9 and the last day of operation was March 9. We had in total 2369 people who came out to use the facility for the season. Inner City High School youth, Hope Mission Men’s Break-out Recovery Program, and Victoria School of the Arts (King Edward Academy) were some of the programs that came out to use the ice. The McCauley Community League does not charge any groups that come out after hours of operation and the KIDS organization provides the staff to come in and assist with the skaters. A thank you goes out to Sports Central who provides skates, helmets, and hockey gloves to the rink for all programs.

The Family Day Skating Party was a success. We had close to 200 people come out - it was a cold day but that didn’t stop anyone. There was a magician, face painter, horse and wagon rides, hockey skills competition, and bannock on a stick over the bonfire. There were lots of draws for prizes and everyone had a fun time. The McCauley Community League funded the event and Challenger Insurance provided the snacks for the day. We also want to thank Challenger Insurance for providing snacks during regular hours for the season.

To end, it takes many caring, kind, and generous people to help make the McCauley Rink one of the best skating rinks in the city. People like Al Hamilton who does a lot of fundraising and volunteering, and uses his many connections to help get things done at the rink. Also, thanks to the entire KIDS organization board who fundraise and volunteer. Thank you to all the staff at the rink who deal with the good and bad. A special thanks to the EPS Downtown beat cops who put on the McCauley Cup that is the talk of the city every year, and thanks to all the volunteers who come out and help with special events, and people who put on dinners and take the time to help fill some tummies. A big thanks to the McCauley Community League which funds the facility and programs. Finally, thanks to all the kids, adults, and families who come out and make the rink alive and special every night. We all look forward to next winter and doing it all over again.



1

7

6



## Photos from the Family Day Skating Party

ALL PHOTOS BY PAULA E. KIRMAN

- 1 Family skating action on the ice.
- 2 Volunteer Roma Stephaniuk with a tray of hot dogs.
- 3 Hockey skills competition.
- 4 Roasting marshmallows.
- 5 Sparky with Grace Kuipers.
- 6 Wagon rides.
- 7 Dan Glugosh with volunteer Shelley Hollingsworth.

# Freedom: Having What You Need

**MANON AUBRY**

## BoyleBits: A View from Boyle Street

Freedom is both high priced and highly prized. Is it really, like the song says, that freedom means having nothing left to lose? Being free of attachments means being free of the pain of loss and fear of losing our precious relationships and possessions, but at what cost? There is also freedom from being beholden to anyone, not being obligated to do things in our relationships that we would not freely do.

Not having expectations of people or even of ourselves is to be free of disappointment. To live in a world where we take heed of Kiplings "If" and no one counts too much for us. The price we pay for this freedom is to live in a hollow world where it's not better to have loved and lost - just to be free of mourning a loss.

And yet it's also in the pursuit of freedom that we strive to acquire enough money so that we can do as we like instead of having to do as we must. We engage in relationships to be free of loneliness. If freedom is the ability to avoid negative things like disappointment, loss, grief, and loneliness, then what do we call it when we strive for better things? What is it called when a person seeks an attachment to let their souls soar? What is it called when our expectations are high and we strive to be our better selves? To love someone selflessly and find that they heal our souls? What is this thing that uplifts our spirit? Is the winged thing called Hope or

Freedom? What is this force called that marries Hope to Freedom, if it isn't called Love?

Freedom, Hope, and Love - the holy trinity of Happiness. And while we might seek happiness from others and from things, the holy trinity can only come from our own minds, in our hearts and souls. A person must cultivate each one at a time and learn how to let those feelings be at home with us. So let's start with Freedom. Each choice that we make is an expression of our freedom. When we have no choice, it's because we've given away our freedom in exchange for some other commodity often at the expense of our happiness. Freedom is like air - it's something we seldom really think about until we don't have it. To me, freedom in my work means doing something I love. And freedom in my relationships means giving freely and without expectations and all parties being there because we want to be.

Thinking about what freedom means to each of us is the first step towards having it. We can work towards freedom or we can let nature take charge in the rhythm of our lives. While in youth we strive to acquire and are slaves to our wants, in old age we want to shed these things and in that we find freedom. Actively seeking freedom means that we can consciously choose to have only as much as we need and no more.

*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.*

# Freedom is a Human Right



**IAN YOUNG**

## Ability and Community

*"The secret to happiness is freedom... And the secret to freedom is courage"- Thucydides (Greek Historian, 460 B.C.-395 B.C.)*

Human rights and freedoms have been around since humankind was established. Living in a democratic country such as Canada, we have the right to express how we live our lives to those in power to help shape our country.

One of the best freedoms I enjoy is the right to speak out to address, assemble, discuss, and peacefully raise awareness.

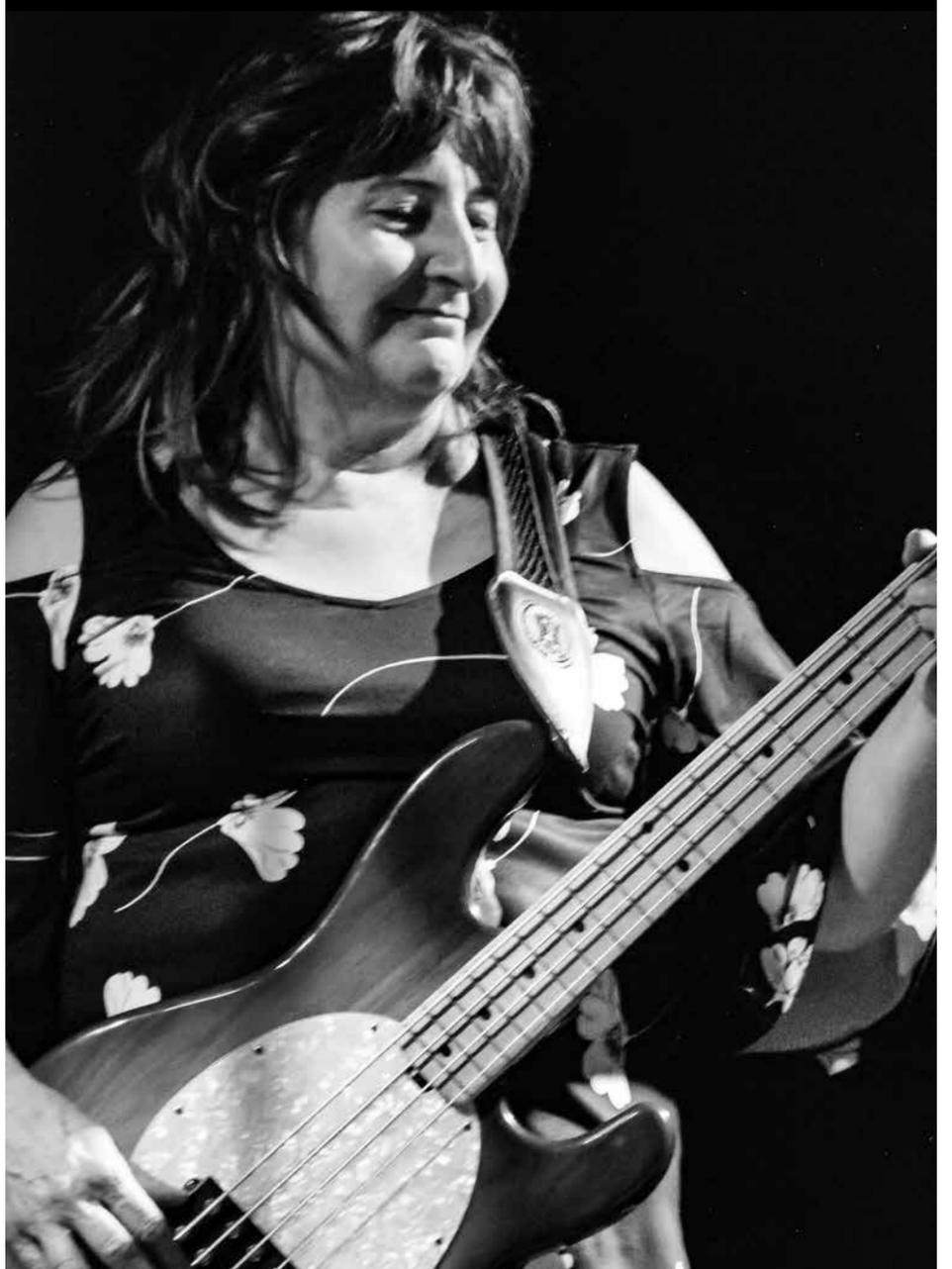
A society fueled by violence is not

freedom. When we elect our officials by a fair system, it is comforting to know we have freedom!

In 2015, I participated in a training course to be a Human Rights Facilitator. It was one of the most eye opening courses I ever took! It was offered by the John Humphrey Centre for Peace and Human Rights ([www.jh-centre.org](http://www.jh-centre.org)). We discussed human rights and freedoms throughout history, from the Magna Carta to present day. The Centre is a plethora of knowledge on these topics in a friendly, factual, educating way, and can teach us all about our freedom and rights. History cannot be re-written but education and knowledge can make us look at what works and what doesn't.

In our beautiful country and community, freedom is not a luxury - it is a human right.

## More Music from Musical Mamas



The Musical Mamas, a group of women singer/songwriters who meet and mostly live in or near the area, released their second volume of original music in March. Pictured is performer Sylvia Khoury. For more information visit: [www.musicalmamassociety.com](http://www.musicalmamassociety.com). Shauna Specht

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# Freedom: Just Another Word?

KERI BRECKENRIDGE

## Keri's Corner

Freedom is a complicated idea. It's as complicated as individuals themselves. It's dictated through personal and societal values, which makes it an ever-changing ideal with many facets. Due to its intricate nature, freedom is something that we rarely come to a consensus on. Freedoms run in so many directions. There are individual freedoms, corporate sovereignties, societal liberties, and so many more. All of these are interdependent of each other. Which are most important? How do we decide that?

Freedom should never be set in stone. It can run rampant in the other direction. The basis of a capitalistic society is pursuit of profit. All things being equal, a

person should have the liberty to develop an idea, market it, and earn money from the endeavour. In today's society the more prevalent question derived of that statement is: are all things equal? Does the profit motive supersede environmental concerns, local economies, or public health?

Where is the balance? Essentially, the balance is found in each of us. I know that isn't a clear-cut answer. It shouldn't be, though. Freedom must be constantly strived for. It must be asserted again and again. As we evolve, as our species evolves, so must our values.

Do we all have the same values? If you were to jot a list of those things you hold as precious, would it be the same as mine? No. It would be easier if I had said yes, wouldn't it? There is, however,

a high probability that we would have enough in common to agree on some basic things. From there, you build laws, economies, and concepts like courtesy and kindness. If we're really lucky we can build institutions that reflect the love we hold true in our hearts, like libraries and schools and art galleries.

Freedom is not a simple concept, but it is one worth pursuing. It is worthwhile to have these conversations and debates, to articulate where our values meet and how to build on that ground. It must be carried out of our hearts and home and into the world where it can breathe life.

*Keri enjoys her freedom living in Boyle Street.*



ISABELLE FOORD

## Something Funny

Why do people have eyebrows? Better yet - if we're supposed to have eyebrows, why do some people insist on plucking them out and painting them back on?

I used to think duct tape was actually "duck" tape and thought to myself, "why would anyone tape a duck?"

*Isabelle is a writer who was a long-time resident of McCauley.*

# The Possibility of Freedom

REINHARDT HEINRICH

Sixties folkie Donovan said, "Freedom is a word I rarely use without thinking." There are many go-to lines from somewhere that people can recall for a certain concept - that one comes to me for "freedom." Donovan's comment makes me think of many possible concepts we thoughtlessly abuse.

I am sitting here writing while watching Gerard Depardieu as Georges Danton facing execution during the Terror period of the French Revolution. "They kill

freedom before your very eyes and you do nothing," Danton tells his guards. Georges Danton was a man executed by the revolution he helped lead. The French Revolution was a history subject that came up in high school from the same teaching team that gave us *The Catcher in the Rye* and *Dr. Strangelove* in the curriculum. I would find Napoleon disappointing afterwards. I think I even told my teacher I didn't want to write about the pretentious Corsican. I was told to write about why I didn't like him. After all that effort, could there not have been a better idea than another

dictatorial force? That sounds like hippie idealism now that I'm looking at it and that class was 31 years ago.

"Freedom fries" was a phrase used to sell potatoes to Americans when France disagreed with their government. However, what more ubiquitous symbol of freedom is there than New York's Statue of Liberty? The statue arrived as a gift from France. Freedom is something that takes effort. The efforts of the past will be echoed in the future, because we are living in the freedom that came from the work of individu-

als in the past. There are easier choices that could have been made. France gave us the "Rights of Man" and more concepts of freedom would be heard in the West subsequent to these rights. These were universally intended, not just for the West.

Freedom is as large a concept as air or water. Freedom can feed so many possibilities. Losing it can mean darkness and death.

*Reinhardt lives in Boyle Street with his wife, Keri Breckenridge.*

# An Appreciation for Freedom

LEIF GREGERSON

I feel freedom is something I can understand a little more than most. Though I have never been in jail, I have had psychiatric problems that have made it necessary for me to be secured in an institution for a number of months on different occasions.

Something I have heard at from the church I wish I had the chance to go to more often (Sacred Heart) is to "feed the hungry, clothe the naked, visit the sick and in prison, and bury the dead." Visiting someone who is sick is something that I have tried to do as much of as possible because I know how hard it can be to not be able to take care of yourself and need 24-hour treatment.

One of the volunteer jobs I have had was to visit patients in a veteran's hospital around 17 years ago. I really loved this work because I had two grandfathers, but one never spoke English or travelled outside Europe, and the other lived in Montreal. These men were incredible gentlemen, always offering me free coffee and snacks (even though they were already free) and they loved to tell their stories. There is such a power in telling a story - the symbolisms you can use, the descriptions and arguments you can weave into the text. I heard so many interesting things that I eventually decided I would try my hand at writing short stories. A couple of times I have used little scenes from these men's stories and even their names to honour them.

These men, who now were old and infirm, lost their freedom despite the fact that they had done so much for our freedom: to choose our own path in life, to raise our children, to vote for our own leaders, and much more. It broke my heart one day to see that one man I visited often had lost his freedom to the point where, for his own safety, he had to be secured to his bed.

So now I look at freedom in a different way. I take great pleasure in cooking my own food, and in going shopping and picking out the things I like that are healthy for me. I no longer have to line up for second-rate institutional food. I have the freedom to stay up all night writing or to take two hours and go for a long, relaxing walk in the

fresh air. I have my freedom now, but it comes with a price. It was a price paid by the men and women who fought for us in our many wars; it is a price in dollars that we have to earn for ourselves and our families five or more days a week; and it is a price we also have to pay in following the laws of this great society we live in. Freedom is really a very fluid and difficult thing to put a finger on, but after what I've been through and now am able to do, it is something I find is worth every penny, every drop of "blood, toil, tears, and sweat" to quote Winston Churchill.

*Leif is a writer living in McCauley who has self-published 10 books, which are available for free in paperback and digital ebook through the Edmonton Public Library.*

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7-10PM HIP-HOP (FREE)  
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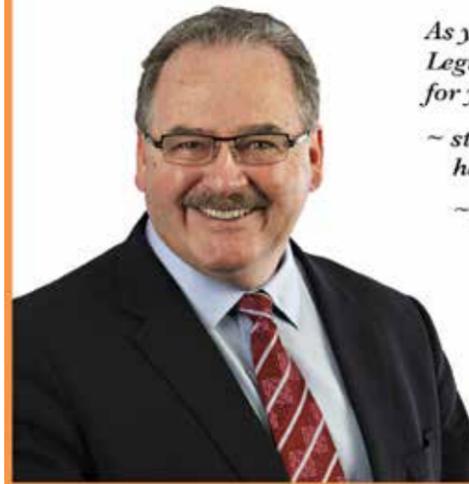
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# Winds of Change Blowing at ICRWP

*Comfortable Kitchen Coordinator wanted.*

**REBECCA KAISER & MIKE SIEK**

## Inner City Recreation & Wellness Program

The staff here at the Inner City Recreation and Wellness Program are getting really excited about the warm and sunny weather! Every day of melting brings us that much closer to spring and outdoor seasonal activities such as gardening, slo-pitch, outdoor soccer, and many other opportunities to frolic in the sweet Alberta sunshine. The change in season brings new community members to the drop-in centres of Edmonton's inner city and new diverse faces to ICRWP programming, as well as some returning ones!

A huge shout out to Darren and the team at Quarters Arts for putting on an amazing display of light, laughter, and love at the GLOW Community Arts Lantern Parade held on March 24. The team did an amazing job at partnering with us to provide opportunities to include all members of our vibrant inner city community.

Last month the Street Prints Artist Collective moved into our spacious new office, provided by the fine folks at E4C! We have already started having meetings, gatherings, and even a birthday celebration in the new space, and we look forward to adding our own flair to the place, filling it with art and making big plans for our summer and the coming years! Later this month we will begin doing artwork and workshops out of the newly renovated Bissell Centre.

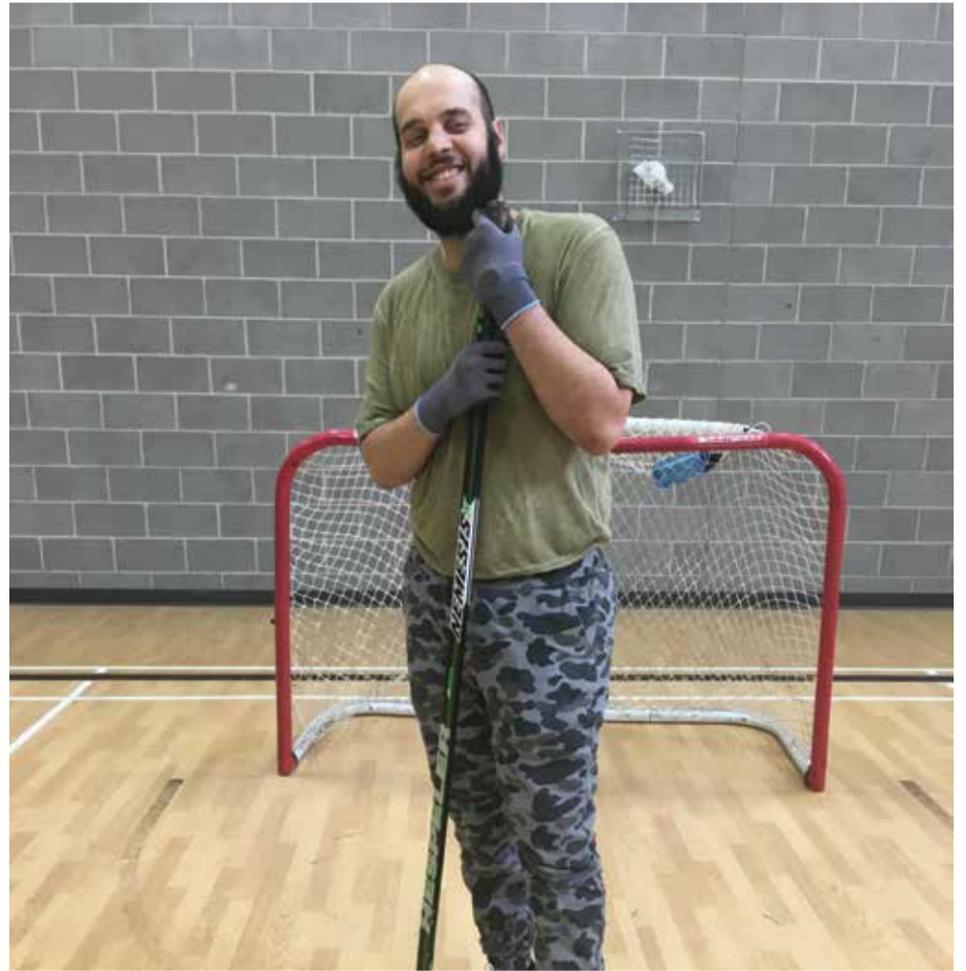
The ICRWP Sportsmanship award went to a new face at the program in February. Jermain Soungie joined us for Friday Floor Hockey, bringing with him an energetic and kind attitude. Jermain brought his whole team together to discuss roles and strategy during the game, stepping up into leadership position first chance he got. We look forward to seeing more of his playful and game-oriented spirit at future programs.

Last week, Inner City Pet Food Bank (PFB), a service offered by Boyle Street Community Services via the Inner City Recreation and Wellness Program, visited Paws The Cat Café to celebrate its community volunteers. Not only did we cuddle and bond with new feline friends, but we also talked about what kind of community we wanted the Pet Food Bank to create, how we felt fellow PFB community members should treat one another, and other items related to how we as a group want to see the program run. We hope our community feels that we offer a safe space of support

ive and nurturing furry friends and we hope our community knows that we always do our best to keep their animals fed and well. Huge shout out to Paws The Cat Café for having us and sharing their story. Interested in meeting kitties to adopt? They do that there - and coffee, great coffee. If you are interested in visiting the café please see [www.pawsthecatcafe.com](http://www.pawsthecatcafe.com). For more information on the Inner City Pet Food Bank check out our page [boylestreet.org/we-can-help/adult-services/pet-food-bank](http://boylestreet.org/we-can-help/adult-services/pet-food-bank). The Pet Food Bank is always in need of donations for our furry friends, especially cat food and cat litter!

The winds of change bring challenges as well. ICRWP has supported the Comfortable Kitchen held on Church Street at the First Christian Reformed Church. The program effectively brought otherwise isolated members of the inner city community together to socialize, cook, bake, and share a meal together on a monthly basis. Unfortunately, the program is losing its wonderful coordinator in June. This program has been bringing community members out into the community to learn and socialize together for approximately 30 years and is a part of Boyle Street and McCauley neighborhoods' heritage. Parts of Church Street have recently been named heritage sites and it is programs like the comfortable kitchen that give the area its charm and culture. ICRWP is putting a call out to the community to ask for a new coordinator to step in after the month of June. If food security, cooking, and bringing people together are something you want to help support in your community then please contact Rebecca at (587) 337-9860 for more information.

**Rebecca Kaiser and Mike Siek are Program Coordinators with ICRWP.**



Jermain, Sportsmanship Award recipient for February. Rebecca Kaiser



Angel and Phil at Paws The Cat Café. Rebecca Kaiser



Street Print Artists enjoy their new office space. ๖

**BOYLE STREET COMMUNITY LEAGUE UPDATE**

**AGM on April 30**

April is the month the Boyle Street Community League enjoys our Annual General Meeting! April 30 is your chance to join the BSCL, elect a new board, join volunteer committees - and have a few snacks! Meet your neighbours when we open the doors at 6:30 p.m. for displays and socializing. The meeting will begin at 7. If you are interested in standing for the board, call our office at (780) 426-9264 and leave your name with Mimi, our co-ordinator. Someone from the nominating committee will get back to you.

In other news: Alf White has stepped down from the board and his role as President. Alf has been a stalwart community advocate and defender for many years and we all thank him for his many contributions to Boyle Street, and wish him all the best.

We've renewed our agreement with Commonwealth Rec Centre and your BSCL membership card will again get you free swimming and use of the recreation centre during Community Swim time, Sundays from 1-3 p.m. Hint: once you are in the facility, you can use all the fitness facilities until closing time!

Remember, this year your community league membership is free - yes, you read right, FREE! - which gives you access to many programs at community league rates, not just at BSCL but at any community league. At BSCL we have many free programs, and we often negotiate free spaces in city-wide programs hosted at our community centre, like kids' basketball or art classes. Call the office for more information.

You may have seen some news about our community centre in the media. Check our BSCL Facebook for details, but don't worry, this discussion with the City won't have any effect on programs and bookings any time soon.

Looking forward to seeing you at our AGM!

*Information provided by the Board of the Boyle Street Community League.*

**Heart of the City: It's On!**



**CHARITY SLOBOD**

It's finally hear - I mean, here! Applications for Main Stage at Heart of the City Music and Arts Festival, June 2 and 3, are now open for business. Can you sing, dance, play a tune, strum a few chords, or harmonize with a group? We'd love to have you on our stage. We are accepting applications in the musical arts in all its forms. The more diversity the better - it best showcases the

wide ranging talent in this dynamic community.

How do you apply? Simply head to [www.heartcityfest.com](http://www.heartcityfest.com) and fill out the necessary form. Applications close April 22. Any questions? Contact Charity at [heartcitymusic@gmail.com](mailto:heartcitymusic@gmail.com). Looking forward to a most musical summer!

*Charity is the President of the board of Heart of the City.*

**SUDOKU** Each column must contain all of the numbers 1 through 9 and no two numbers in the same column of a Sudoku puzzle can be the same. Each row must contain all of the numbers 1 through 9 and no two numbers in the same row of a Sudoku puzzle can be the same. SOLUTION IS BELOW. Generated by the OpenSky Sudoku Generator

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**SUDOKU PUZZLE ANSWERS HERE:**

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6	9	1	3	2	4	5	8	7
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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  
Evening Meals: Mon.-Fri. 7:00-8:00 p.m.  
Sat. 5:00-6:00 p.m.  
Food Depot: Tues. and Thurs. afternoons 1:00-3:00 p.m., Wed. evenings 8:00-9:00 p.m.

Drop-In Coffee: Monday - Friday afternoons 3:00-6:00 p.m.

Evening Drop-In: Saturday 6-10 p.m.  
Personal Assistance Centre (PAC, clothing ministry) 10568-114 Street, side door  
Mon: 1:00 - 3:30 p.m.  
Wed.: 5:00 - 7:30 p.m.  
Thurs: 1:00 - 3:30 p.m.  
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 Served 7:15 a.m. - 8:00 a.m.  
Lunch served 12:00 p.m. - 12:45 p.m.  
Supper served 5:00 p.m. - 5:45 p.m.  
Weekend  
Brunch 10:45 a.m. - 11:30 a.m.  
Supper 4:15 p.m. - 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.

## COMMUNITY EVENTS AND ACTIVITIES

#### NEIGHBOURHOOD PAINTING

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

#### WIRELESS NETWORKING

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

#### HANDS ON LTD. CONTRACTED SERVICES

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

#### BOOMER TO ZOOMER YOGA

Small groups or one-on-one. Learn yoga at your own pace; at your own time. \$10/hr for small group lessons. Call for more information. Sally @ (587) 336-8306.

#### 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).

#### MUSICAL MAMAS SINGER SONGWRITER SUPPORT GROUP FOR WOMEN

A wonderful gathering of female singer/songwriters and industry professionals who meet monthly to inspire, support, develop, and expand musically. Held at the Boyle Street Plaza on the last Tuesday of each month 7-9 p.m. All Ages - Free  
For more information: (780) 807-5883.

#### PIU YUM RECREATION CLUB

Dancing, Exercise, and Singing Everyone is welcome, free admission. Every Monday from 1:00 to 5:30 p.m. Boyle Street Plaza 9538 – 103A Avenue.

#### FREE COUNSELLING

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

#### MAJESTIC INK

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

#### DIRTY CARS NO MORE

Dirty car or filthy work truck? NINJATEC DETAILING is my small business and I can detail your vehicles either at home in the Boyle Street/McCauley area or out of my garage in the west end. Prices are about half of what you'd pay at those "other" shops, and I'm a lot more picky and thorough than they are because I do it the old fashioned hotrod way...BY HAND!! (780) 566-2871  
anytime...NINJATEC DETAILING - Make sure you check out my Facebook page!

#### MATH TUTORING

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

#### BICYCLE TUNE UPS

\$25 to tighten, adjust, and clean your two-wheeled treasure – call Alf at (780) 218-2838.



#### FREE MONDAY EVENING GUITAR LESSONS

Drop in guitar lessons for all ages and skill levels. (Children under 12 must be accompanied by an adult). Everyone welcome. Guitars available to use. Every Monday evening - 8:15 p.m. – 9:30 p.m. Location: McCauley Boys & Girls Club, (9425 109A Avenue). For more info call (780) 424-2870 or (780) 271-5995. Sponsored by the McCauley Community League, E4C and Ansgar Danish Lutheran Church.

#### WECAN FOOD BASKET

#### Make Your Monthly Grocery Supply More Complete for Less!

Monthly Food Basket \$15/meat order, \$10/produce order – Annual Membership is \$5. Upcoming deadline for payment is: April 6. Payment can be at McCauley Boys & Girls Club, during business hours, Monday – Friday 9 a.m.-4 p.m.  
Next depot date is April 19, 10 a.m. – 2 p.m. at McCauley Boys & Girls Club (9425 109A Avenue).  
For more info please contact (780) 424-2870 or (780)-413-4525.  
Website info: [www.wecanfood.com](http://www.wecanfood.com)

#### STREET PRINTS ARTIST COLLECTIVE Creating opportunities for independent artists to market and sell.

A small but growing group of artists and community development folks, volunteering together to market and sell the works and prints of artists who consign their works for a minimal fee. Meetings happen bi-weekly as per the availability of members.  
Location: Bissell Centre (10527 96 Street)  
For more info please contact (780) 271-5995.  
Facebook page: @streetprintscollective  
E-mail: [streetprintscollective@gmail.com](mailto:streetprintscollective@gmail.com)

#### DROP-IN SOCCER RECREATIONAL PLAY FREE PROGRAM

#### Weekly Recreational Soccer Fun! (Hosted by ICRW/e4c)

Come alone or with friends to join in drop-in recreational soccer! Everyone is welcome and we play to have fun and to everyone's ability. Developed through community partnership with E4C and Inner City Recreation Program.  
OUTDOORS though Spring/Summer/Fall (May-Sept)  
Sacred Heart Church Park (10821 96 Street)  
INDOOR Throughout Winter months (October-April)  
Location: Boyle Street Community YMCA Gym 10350 95 St, Edmonton AB, T5H 0H8  
For more info please contact (780) 271-5995 or (587) 337-9860

#### RECOVERY THROUGH WELLNESS WITH LEIF GREGERSEN

1:30-3:30 p.m. Thursdays (6 Weeks) March 1- April 5  
Embrace healthy recovery from mental health issues in a safe and supportive group facilitated by someone with lived experience. Develop more tools and skills to manage your illness and make your life better.  
McCauley Apartments office: 9541 108 A Ave (B08)  
For more info please contact: (780) 424-2870 or (780) 426-7861

#### EMPOWER U FOR WOMEN @ e4c e4c Financial Empowerment Hub

March 15– May 24  
Thursdays, 1:30 p.m. – 3:30 p.m.  
10215 – 97 Street  
\*Light snacks & bus tickets provided  
To register please call: (780) 424-7543 ext.123 or email: [jcléments@e4calberta.org](mailto:jcléments@e4calberta.org)

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

### Welcoming the Year of the Dog



Lunar New Year celebrations took place in Chinatown on February 17, organized by the Chinatown and Area Business Association. Pictured with Lion Dancers, from left: Kerry Diotte (MP Edmonton Griesbach), Frankie Lee (Director with the Chinatown and Area Business Association); Brian Mason (MLA Edmonton-Highlands-Norwood); and Mayor Don Iveson. Paula E. Kirman

### New Mural in Chinatown



A new mural on 97 Street near 107 Avenue was unveiled in February. It was created by artist Kris Friesen. Paula E. Kirman

### London Villas Hub Grand Opening



London Villas Hub's grand opening on March 14 featured food, entertainment, and the chance to experience the new space for the first time. It is located in the former church at 9620 109 Avenue. Paula E. Kirman