



MEMORIAL MARCH OF EDMONTON 4 ▲



MCCAULEY RESOURCE CONNECT 2019 8 ▲



FAMILY DAY AT THE MCCAULEY RINK 9 ▲



LUNAR NEW YEAR CELEBRATIONS 16 ▲



Boyle McCauley News

@BMCVIEWS @BMCNEWS FB.COM/BMCNEWS CIRCULATION 5500 • APRIL 2019 BMCNEWS.ORG free

VOLUME 40 ISSUE 2

VOICE OF THE COMMUNITY SINCE 1979

Longtime Local Politician Brian Mason Retires

ANITA JENKINS

Brian Mason, MLA for Edmonton-Highlands-Norwood, is retiring after a 30-year career in politics. He spent 11 years on the Edmonton City Council (1989-2000) and 19 years in the Alberta legislature (2000-2019). He sums up his remarkably long service record by saying, "I have appreciated being able to work alongside the community on all sorts of issues."

When Mason first became a city councillor representing Ward 3 in northeast Edmonton, he found "a real lack of facilities that the rest of the city had. People felt left out. This area was the place where you found a landfill and three prisons. There was no recreation centre and the council was threatening to close the Montrose arena, Spruce Avenue library, and several schools."

Mason worked towards preventing closures and getting new facilities built, including the new Highlands library, the Northeast Edmonton Health Centre, the Edmonton Soccer Centre - East, a police station, and an ambulance centre. He was a supporter of the LRT and takes some credit for improvements to the Belvedere and Clareview stations, as well as "getting the LRT moving again to the south side." He also lists as an achievement the building of an overpass at 50 Street and Yellowhead "where the CN rail line



Brian Mason receiving a gift from Edmonton's Chinese community in recognition of his long service to the community, at the Lunar New Year Celebration banquet on February 11. Supplied

was stopping traffic for as long as half an hour."

Mason is currently Alberta's Minister of Transportation and Government House Leader in Rachel Notley's NDP government. This is a dramatic change from his earlier days in the provincial legislature, where he was a member of an op-

position party that often included only two MLAs - or, for brief periods, four.

"Conservatives are part of the scenery, the ocean we swim in," Mason says. At the University of Alberta where he studied political science, his frat-house roommate was Dave Hancock, destined to become a

longtime Progressive Conservative MLA and the 15th premier of the province for a short time in 2014. "Mason and Hancock have had many interesting political debates both then and more recently," says Brian Gibbon, Mason's constituency manager.

> Continued on page four



Dining Out

WELCOME TO BEM'S

■ PAGE 5

COMMUNITY SAFETY

“ The next Community Safety Meeting will take place on Tuesday, March 26, 7-9 p.m. at the EIC.

■ PAGE 3

MCCAULEY DEVELOPMENT

“ The Edmonton CDC seeks ideas from community members before building.

■ PAGE 10

BSCL UPDATE

“ The walking map was developed by a three-member committee with assistance from the City.

■ PAGE 14

Hyperlocal is Hyper Important



PAULA E. KIRMAN • BMC News Staff

MCCAULEY MUSINGS

During a recent radio interview I was asked why a small, hyperlocal community newspaper like *Boyle McCauley News* is still relevant after 40 years.

With mainstream media being dominated by corporations, and smaller, alternative publications being forced into extinction due to changing economic times, the fact that *Boyle McCauley News* is still chugging along like the "little community newspaper that could" demonstrates that it is indeed relevant.

The paper provides news and information about the area, as well as a voice for the people within the

neighbourhoods of Boyle Street and McCauley. For many of our contributors, being published in the paper is the only opportunity they will get to have direct access to the media. Because the paper is hyperlocal, it focuses on the news, events, and people that are often overlooked by other media outlets. It seeks to break stereotypes about this area by presenting positive aspects of inner city life.

We have grown with the times and have a large web presence and very active social media, reaching new generations of readers here and beyond the area. However, some of our readers are shut-ins, seniors with no access to a computer, and people with disabilities. Having a print publication delivered to their homes is their only means of getting information about what is going on in the community,

For all of these reasons, I explained that *Boyle McCauley News* is not only hyperlocal - it's hyper important.

EDITOR'S NOTES

Welcome to our second issue of 2019. We've got lots of community news and views to catch up on.

As explained in our previous issue, we're on a new eight-issue publication cycle, with issues spaced six weeks apart. Our next print edition comes out in early May and the editorial deadline is April 12.

In the meantime, be sure to check out our website for extra news and special features at bmcnews.org. We also publish extra material, community announcements, and other fun things on our social

media: Instagram (@bmcviews), Facebook, and Twitter (@bmcnews in both places).

If you are interested in contributing to the paper, you can join our list of writers and photographers by sending me a message at editor@bmcnews.org. You can also send feedback and story suggestions to me at that address.

We're also in need of block carriers in the McCauley area, to help deliver the paper. Contact me to find out if we have any routes available. It's a great way to get exercise and connect with your neighbours.

Enjoy the issue. See you next time!

OUR NEXT ISSUE...

Volume 40, Issue 3 will be published May 1. Articles and photos concerning community news, events, and opinions are welcome. We also accept submissions of poetry, and cartoons. Deadline: April 12, 2019. Send submissions to: editor@bmcnews.org. Articles should be 400 words or less and accompanied by photographs (JPG, in high resolution) when possible.

LETTERS TO THE EDITOR

Do you want to respond to something that you read in these pages or that is going on in the community? Share your thoughts with a Letter to the Editor. Send your letters to editor@bmcnews.org. Letters should be no longer than 300 words, and may be edited for length or clarity. Publication is not guaranteed. The deadline for letters for our next issue is April 12.

Boyle McCauley News

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

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

Advertisements from political parties and politicians are paid for. *Boyle McCauley News* does not support or endorse any political party or viewpoint.

Circulation 5500 • Since 1979 • www.bmcnews.org

VOL. 40 NO. 2 • APRIL 2019

Suite B1, 10826 – 95 Street, Edmonton AB, T5H 2E3
P: (780) 425-3475 E: info@bmcnews.org

BOARD OF DIRECTORS

Nathan Binnema, Megan Elizabeth, Gary Garrison, John Gee, Leif Gregersen, Anita Jenkins, Karen Matthews, Alan Schietzsch, Mike Siek, Ian Young.

THE BOARD MAY BE CONTACTED AT BOARD@BMCNEWS.ORG

OFFICE STAFF

EDITOR • Paula E. Kirman
editor@bmcnews.org
VOLUNTEER COORDINATORS •
Colleen Chapman & Paula E. Kirman
volunteer@bmcnews.org
LAYOUT AND DESIGN • Vikki Wiercinski
design@bmcnews.org
ADVERTISING • Vikki Wiercinski
ads@bmcnews.org
PROOFREADER • Karen Simons
ACCOUNTING • Rosalie Gelderman
THANK YOU TO OUR VOLUNTEERS!

WRITERS & PHOTOGRAPHERS

Manon Aubry, Keri Breckenridge, C. Carlson, Sheryle Carlson, Colleen Chapman, Mark Davis, Tony Forchetta, Karen Gingras, Taro Hashimoto, Reinhardt Heinrichs, Janis Irwin, Anita Jenkins, Paula E. Kirman, Greg Lane, Yovella M., Joanne McNeal, Sharon Pasula, Alan Schietzsch, Mike Siek, Charity Slobod, Ian Young.

BLOCK CARRIERS

Sandra Barnes, Nathan Binnema, Brockman Family, Sara Coumantarakis & Gary Garrison, Michelle Cumming, Barry Daniels, Mary Gullivan, John Gee, Rosalie Gelderman, Rich Gossen & Anne Fitzpatrick, Ann-Marie Johnson, Layna Johnson, Kuipers-Glugosh Family, Bob McKeon, Phil O'Hara, Jesse Orjasaeter, Antonio Pagnotta, Kate Quinn, Mike Siek, Adam Snider, Alex Stewart, Marta Travnik & Jakob Kolaric, Heather Van Boom, John-West Family.

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

BOYLE STREET AND MCCAULEY CRIME AND SAFETY NUMBERS

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

Report Problem Properties & Derelict Houses • Call 311

Report Gang Activity • (780) 414-4567

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

EPS website • edmontonpolice.ca
- 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

What Do You Think?

GREG LANE

It's a question we're all asked many times over the course of our lives. But what if you're asked on behalf of entire community?

As sitting president of the McCauley Community League, I've been asked on several occasions what the community thinks or feels about a particular topic. Sometimes it's other Community Leagues, groups or agencies, sometimes it's the City or the Province, and sometimes it's the media for a story they are working on. And each time I feel uncomfortable answering for everyone or even anyone other than myself.

I have made a habit of prefacing any statement with this: I am a resident, a home-owner, a father, a husband. My perspective is my own through the filter of my own experiences and prejudices, for

better or worse. I have the benefit of having grown up in a stable home with two parents and receiving an education. I have travelled and worked around the world and had the benefit of experiencing life, albeit for a short period of time, among other cultures. I believe that travel is the sworn enemy of ignorance. I like to believe I listen well but can always do better. I am an advocate of life-long learning. I have been offered the opportunity to sit on a number of boards and working groups and committees in the community, and like to feel this has exposed me to more than I would have been otherwise.

However, I am by no means an expert on what living in McCauley is like for everyone who calls it home. We all have our own filters through which we observe the world around us, and each is

unique - I dare say even within an individual household you will encounter as many views as there are residents.

In 2018, when we formed a new board, we considered an approach to connect with the community in a simple way. We used a concept of celebration as a way to connect people. We believe that if we bring people from the community together they will form relationships organically and find those connections via the things we all share in common. One of the outcomes of this is that we develop those relationships and begin to have open and honest dialogue with the community. I like to believe that we've created the conditions for those things to occur in the past 10 months.

As we started a new year, we recently sat down to look at the events and

programs we hosted and partnered in, and we're pleased to look forward to a new year of the same. In the coming weeks we will share our calendar of events and programming, and hope that over the next year we will foster a stronger community and that you will help us to hear what you think. What do you think about living here, what makes you happy and hopeful, what concerns you and what gets you motivated? What can we do to help build a thriving diverse community? What is the face of McCauley we show the world? One that is compassionate and successful, full of capacity and amazing people. If you ever want to chat or share ideas for programming, items of concern or praise please reach out. I am always happy to sit down and grab a coffee and would love to hear what you think.

Greg can be reached at mccauleycommunityleague2014@gmail.com.

REACH Edmonton: Connecting Resources. Connecting Communities.

MARK DAVIS

Resource Connect 2019

On Friday, February 8, social service organizations met at Edmonton Intercultural Centre for Resource Connect 2019: "Designing Stronger Service Pathways Together." Building on 2017's McCauley Community Gathering and Resource Fair, it was a day of connecting with - and learning about - agencies and groups who work with and provide services to McCauley community members.

The event provided an opportunity for individuals with an interest in community-building, advocacy, social work, and volunteerism to interact with an unprecedented number of service providers from throughout Edmonton. Seventy organizations promoted their programs and services at exhibitor tables, and 20 of these groups provided a greater understanding of their work through scheduled 15 minute presentations. The event attracted more than 300 individuals. The atmosphere was vibrant and buzzing with conversation. Attendance was free to both exhibitors and attendees.

To date, the one-day Resource Connect event has been a part

of the Safer McCauley initiative, facilitated by REACH Edmonton Council for Safe Communities. From now on, Resource Connect will stand alone from Safer McCauley and focus year-round on building a stronger community of service providers. Groups will explore possibilities for new partnerships, increased alignment, and mutual support on an ongoing basis. Resource Connect now features a website to promote regular interaction between service providers. For additional information and to view photos from the 2019 event, please visit resourceconnectyeg.ca.

REACH Edmonton Council for Safe Communities

When asked to explain what REACH Edmonton does, I often begin by pointing out what it doesn't do. The organization is neither a legislator, an enforcement agency, nor a service provider. But, as a neutral convener, REACH is effective at bringing partners from these sectors and others together to discuss innovative community safety and crime prevention solutions. Its vision is a city in which every Edmontonian contributes to a community where everyone is safe and feels safe. Its mission is to inspire citizen engagement and

coordinated action to strengthen and sustain community safety in Edmonton. In McCauley specifically, REACH promotes these goals through the Safer McCauley initiative, its online resources, and the convening of regular Community Safety Meetings.

Safer McCauley: From Ideas to Actions

Many readers have attended a McCauley Community Safety Meeting or engaged with Safer McCauley online. By doing so, you have contributed directly to the vibrancy and safety of our neighbourhood.

Safermccauley.ca includes interactive tools to collect community knowledge and ideas on an ongoing basis. These tools allow community members to contribute at their own convenience. The knowledge and ideas collected are helping to determine how to focus resources and are playing a central role in the development of community-driven safety initiatives.

Community Safety Meeting (Tuesday, March 26)

The next Community Safety Meeting will take place on Tuesday, March 26 from 7 to 9 p.m. at the Edmonton Intercultural Cen-

tre (9538-107 Avenue). It will be an opportunity to prioritize and discuss the activation of community safety initiatives such as Coffee with Cops, a safety signage campaign, positive street-level activities, walkabouts, community-connecting dinners, improved collective responses to garbage and stray needles, increased EPS-youth engagement, and more. Meetings later in 2019 will include conversations focusing on topics such as Problem Properties and Supervised Consumption Services.

Please consider getting involved. Attend a Community Safety Meeting. Visit safermccauley.ca and Safer McCauley on Facebook to share your thoughts and connect with others who share your interest in creating a safer and more vibrant McCauley. And, don't hesitate to share your ideas with me directly.

A connected community is a safer community.

Mark is the REACH McCauley Community Convener. He can be contacted at mark.davis@reachedmonton.ca.

For photos from Resource Connect 2019, check out page eight!

Memorial March of Edmonton

The Memorial March of Edmonton took place on February 14 at City Hall. The event honours missing and murdered Indigenous women and girls. Similar events took place in cities across Canada. The women pictured in the photos below drove from Driftpile Cree Nation to take part. Photos by Paula E. Kirman



Brian Mason Retires



Top: Brian Mason with Wayne Gretzky, taken while Mason was still a City Councillor. Bottom: Addressing a Health Care Rally at the Alberta Legislature in December of 2010. Supplied

Submit an Anti-Racism Film

SHERYLE CARLSON

In January and February, Coming Together - Intercultural Multilogues hosted workshops at the Edmonton Intercultural Centre on Anti-Racism, Decolonization, Anti-Racism Storytelling, and How to Make a Short Film (in a short amount of time) in preparation for an Anti-Racism Film Challenge to be screened at the Centre for Race & Culture's symposium March 22nd-23rd for the International Day for the Elimination of Racial Discrimination.

It's not too late to submit a film! The deadline is March 18th, and if you're a novice, we're here to help you access filmmaking resources! We are excited to be working in partnership with the Film and Video Arts Society (FAVA), Hate Free YEG, Shades of Colour Edmonton, and the Centre for Race & Culture.

Please email Sheryle Carlson at intercultural@mfrsedmonton.org or check out [facebook.com/interculturalmultilogues](https://www.facebook.com/interculturalmultilogues) for further information and updates!

>Continued from page one.

In his recent years as a member of the government, Mason has had a much stronger voice in constituency matters. Two such matters have been moving forward the East Edmonton Health Centre, and ensuring that whatever happens regarding Northlands will be "positive for the community." He has supported Arts on the Avenue and helped to bring back the Community Facility Enhancement Program.

Mason, who turns 65 this year, is

looking forward to retirement. He and his wife Karin own a house in the Okanagan, and they plan to move there eventually.

As our interview concluded, I suggested getting a photo of him in front of his constituency office sign. The date was February 12, and the temperature was in the low minus-20s. "No," Mason says, "I am cold and I'm not going outside. I can say no now that I am about to retire."

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

A Memorable Meal at Bem's

Great Value and Taste, and a Welcoming Atmosphere

DINING
OUT

Bem's

9711 107 Avenue
(780) 424-0481

TONY FORCHETTA

If you travel over to 9711 - 107 Avenue across from Lee House, you'll find the neighbourhood's newest Filipino Restaurant - Bem's.

Bem is the nickname of Bem Bem, the three year old daughter of Red Seal Chef and Owner Dondon Miranda. For anyone who's been to Southeast Asia and walked into a small neighbourhood restaurant, you'll immediately feel at home. With simple, friendly décor, the smells waft from the kitchen and the family owners are there to welcome you. For a while, you may even feel part of the family.

Neither my wife nor I have had the benefit of travelling to the Philippines (yet). So, while we can't claim to be experts on this culture's cuisine, we do know good and we do know quality. With empty stomachs and open hearts we begin and ask our host, "What do we eat?" She graciously explains a few dishes, many of which are simple, single-plate meals and run the spectrum of typical Filipino favourites. The menu also features a selection of appetizers and sides.

My wife orders Beef Kare-Kare, a stew-like dish reminiscent of a Thai curry. It is made with peanut and has a flavour close to satay without the spicy overtones. It is laden with



Solig at Bem's. Tony Forchetta

beef and oxtail, served with rice and steamed fresh baby bok-choy. There are three Kare-Kare on the menu - beef, seafood, and crispy pork.

I order a Solig, which from what I learn appears to be a good breakfast standard with a mound of garlic rice and fried egg on top. Mine is served with Filipino Style BBQ pork and vegetables. There is a range of Silog available with a variety of pork, chicken, beef, and salted fish. How can you go wrong? Our host brings us each a small cup of beef and pork broth to start, topped with a few chopped scallions. First taste - delicious. The entrees arrive shortly after. They are hot and generous portions - overall very good value and quality. Our host offers suggestions on how to top the

dishes to enhance the flavour with roasted garlic, chopped peanut, soy sauce, or fish sauce (a condiment found throughout Southeast Asia made from salted and fermented fish).

I break the egg and let the yolk run through the rice while grabbing a piece of BBQ pork on my fork. Amazing. My wife and I swap forks and sample each other's meals - we're both impressed. To wash it all down we each got a canned coconut water beverage. This was an excellent choice to complement our meals. At the time of our visit they did not appear to have a liquor license.

I can barely manage to clear my plate, but what's dinner without a little sweet treat? My wife had gelatine of fruit juice

and young coconut which was delicious, while I had a Leche Flan - think a denser Crème Caramel.

Dinner for two with a non-alcoholic drink and dessert ran us about \$50 including tip. The service and atmosphere was genuine and Chef Dondon came out to enthusiastically thank us and ask for our feedback. As we got up to leave, even Bem Bem walked us to the door and waved good night, making it really feel we'd just been to their house for dinner.

Bem's is open from 12-8 p.m. Tuesday-Saturday. There is ample street parking most days and a short stroll from anywhere in McCauley.

Tony lives in McCauley.

NORTHGATE LIONS BINGO

Good Friday April 19, 2019

Pre-Sales
April 17 & 18 in the Lions Den
from 2:00pm to 8:00pm
or Call 780-496-4888

Doors Open 6:30 am

Tickets Available at the Door

Balls Available \$500 / \$1000

Concession Service is Available

MARATHON BINGO

First 100 Games 9 am - 4 pm
2 Earlybirds - 4 Bonanzas - 1 Odd Even
Free \$100 Cash Game

Second 100 Games 5 pm - Midnight
2 Earlybirds - 4 Bonanzas - 1 Odd Even
Free \$100 Cash Game
Lucky Lion Game

Northgate Lions Edmonton
Recreation Centre 7524 - 139 Ave

Where the language of love is great food

ITALIAN CENTRE SHOP

italiancentre.ca

Edmonton
LITTLE ITALY
SOUTHSIDE
WEST END

Calgary
WILLOW PARK

Grocery • Bakery • Deli • Café

Grilled Cheese Sandwich

Keeping it simple.

YOVELLA M.

Grilled cheese sandwiches are one of those classic American comfort food items. The "comfort" is in its familiarity, which means they are often enjoyed without having to make any changes to the ingredients. A good sandwich is crispy on the outside, and consists of fully melted cheese on the inside. It is one of the simplest and quickest things a person can make on a stove top.

I've eaten all sorts of variations of grilled cheese sandwiches where more than cheese has been included. Additions have included Granny Smith apple slices, brie and other types of cheeses other than American Cheddar, luncheon meat, pickles, onions, and others that are questionable pairings with melted cheese.

I thought I had seen it all until I heard about mayonnaise grilled cheese sandwiches. This involves replacing the butter that is called for in a classic sandwich and using mayonnaise instead.

After reading about the mayonnaise alternative I decided to share a recipe for the classic Grilled Cheese sandwich.

Equipment:

- Frying pan or skillet
- Turner/spatula

Instructions:

- 4 slices of regular white bread
- 2 slices of American cheddar cheese or 1/2 cup grated American Cheddar cheese
- 3 tablespoons butter (must be soft or it will tear the bread), divided

Preheat skillet over medium heat. Generously butter one side of a slice of bread. Place bread butter side down onto skillet bottom and add 1 slice of cheese. Butter a second slice of bread on one side and place butter side up on top of sandwich.

Grill until lightly browned and flip over with the turner; continue grilling until cheese is melted. Repeat with remaining 2 slices of bread, butter, and slice of cheese.

*Slice sandwich in half and eat while still hot.

(Source of recipe: Sal @ All Recipes Canada)

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

Ancient of Days World Premiere

JOANNE MCNEAL

**Ancient of Days
World Premier
Monday, April 15, 2019
7:30 p.m., Winspear Centre**

Our Edmonton Metropolitan Chorus is very proud to invite you to the World Premier of this new work by Canadian composer Allan Bevan. The Edmonton Metropolitan Chorus commissioned this work, which is based on the ideas, poetry, and visual art of the English mystic William Blake. It is a multimedia work for chorus, orchestra, soloists, and actors.

The Concordia Symphony Orchestra will accompany the Edmonton Metropolitan Chorus and soloists in per-

forming this new work at the Winspear Centre for Music on April 15 starting at 7:30 p.m. The performers include several McCauley and Boyle Street actors and singers, including myself. Images of William Blake's artwork will be projected on screens above the stage as the music is played and sung.

What a wonderful event to be a part of. We are thrilled to be able to sing this beautiful music, as we were when we sang Allan Bevan's music at Carnegie Hall in New York a couple of years ago, with Allan Bevan playing the organ on stage. Don't miss this! Tickets are \$20 to \$40 through Tix on the Square or Eventbrite.ca. Children 12 and under are free.

Dental Services Expanded at BMHC



Ribbon-cutting ceremony at the newly-expanded Boyle McCauley Health Centre Dental Clinic on January 28. Located in Renaissance Tower at 9505 105 Avenue, the clinic now has double the capacity for its clients, most of whom are homeless or low-income. Janis Irwin



**MARKET
DRUGS
MEDICAL**

Products for Health
and Wellness

Edmonton
10203 - 97 Street

Across from the Winspear Centre
marketdrugsmedical.com

422-1397

ADVERTISE WITH US!

BMCNEWS.ORG/ADVERTISE

REACH 6000+ READERS MONTHLY IN YOUR COMMUNITY

The Finest European Quality

Open 7 a.m. to 7 p.m. Monday to Saturday
Closed Sunday; considered a family day by Italian Bakery

ITALIAN
BAKERY
LTD.

We specialize in European breads, pastries, torta, rye, sour dough/white sour dough bread, crusty buns and offer a full line of fresh Italian meats and cheeses.



ITALIAN BREAD
10 loaves
White or Brown Sliced
\$13.99

DELI
Great Selection
Cheeses &
Coldcuts

ITALIAN SANDWICHES

Made Fresh Daily - Fast and tasty
\$2.50 AND UP

4118-118 Ave.
474-2229

10644-97 St.
424-4830

WE OFFER WHOLESALE PRICES DAILY

Celebrating Women

One woman's reflection.



Joanne with her grandchildren in 2007. c. Carlson

JOANNE MCNEAL

As a child I never imagined all the wonderful things I would get to do as a woman. Back then, few women worked outside home. Music was important—my sister and I sang duets, and played piano and violin from age four, performing at churches and in prisons. I was a bundle of energy and dared to try anything, but I got into trouble a lot.

All through school, my friends and I loved learning about our amazing world. When I was 13, Grandpa died, and Grandma came to live with us. She brought her old pump organ and played hymns with her eyes closed, tears

running down her cheeks.

After high school, new roles developed: “college student” at 17, “wife” at 20, “mother” at 25, “single parent” at 30.

My life whirled around responsibility with two little girls, yet we shared love, hugs, and joy. My daughters taught me to love, to communicate, and to be brave and joyful, as I discovered what I was capable of. Life rushed on - I worked in education, sang a lot, and acted in films - and the girls came too. I worked sometimes at four jobs to pay the bills, and I honestly don't know how I did that. We owned old houses—sharing chores and learning

building skills, to make them home. Two were in Norwood, one was an old farm where we had horses, calves, and collies.

There was no time to ponder womanhood - we had too much to do! We had some tough times, but we learned that together we could overcome almost anything. As the girls grew into women they made me proud. Our roles changed as they found their own paths. It was their time to shine, and for me to hold my tongue. I went on to graduate school, earning a Master's and Ph.D., as I survived cancer.

My Arctic students inspired my doctoral research. I was honoured to film many interviews with Indigenous women Elders. I grew courageous and strong as I listened to their life stories.

I taught at universities. In Virginia, I worked with a Black community to rededicate a forgotten slave cemetery. I learned about racism when my life was threatened by the Ku

Klux Klan. I was afraid at first, but realized I must be doing something right if the KKK wanted me dead.

Back in Edmonton I bought an old house in McCauley, and got to coordinate the painting of murals along the LRT. I taught art at the U of A and began singing, and playing violin again. I feel lucky to have found so many ways to make a difference. I never imagined I could do all these things.

All these experiences showed me what I could do as a woman. My path was not easy, but I was honoured to find myself in positions where I could make a difference. I seized opportunities as they came along. One was managing a college campus in Yellowknife.

Today as women, we still care for our families, but we have many other ways we can make our world a more kind and loving place. For me, teaching and sharing music and art are ways we can make a difference. I know we are all truly blessed!

LEARNING FROM OUR CHILDREN A few days ago I was leaving a store, when a woman with two little girls in a ride-along cart tried to take the loaded cart across a snow-covered lane in the parking lot to her car. The cart kept getting stuck on ridges of snow, so I tried to help by pulling while the mother pushed. The two little girls giggled with great joy every time the cart got stuck.

Then, a man came along and he helped also, and we made more progress, with the girls still giggling like they were on a joy ride in an amusement park. And I thought to myself, “They are enjoying this bumpy ride so much—it is amazing to me. Why can't we adults learn to giggle at our troubles, when we struggle to get to our destinations?” We can learn joy from our children if we listen and watch. - Joanne McNeal

A Place in the Making: McCauley Development

KAREN GINGRAS

As part of its commitment to end poverty in Edmonton, the City has provided a series of lots along 95 Street near 106 Avenue (the Paskins Site) to the Edmonton Community Development Company, a non-profit organization. The Edmonton Community Development Society seeks development ideas from commu-

nity members before building. While we heard that McCauley has “been consulted to death,” we want to stay true to our principle of community engagement and deliver results aligned with community needs and priorities.

We recruited a few residents and business people in McCauley to join the McCauley Concept Development Team. Over the next

couple of months, the team will create 3-4 sketches that the Edmonton CDC will present to residents and business people in McCauley for their feedback. Based on what the team learns through this process, a final concept will be created and shared with the community in June or July of 2019 to gauge support for the design. Pros and cons of each sketch will be included.

Presuming the concept is finalized in July, the next steps may include a rezoning application, as well as development permit and building permit ap-

plications. Concurrently, the Edmonton CDC will be seeking financing for the development. We will keep you posted as the creative minds of the McCauley Concept Development Team generate ideas about what to build on these empty lots.

You can keep informed by visiting our website at www.edmontoncdc.org.

Karen is the Director Neighbourhood Development for the Edmonton Community Development Company and can be emailed at kgingras@edmontoncdc.org.

Resource Connect 2019

On February 8, 70 agencies and organizations that serve the McCauley area gathered at the Edmonton Intercultural Centre for a day of networking and presenting their services to the public. For more about the event, read the REACH Edmonton update on page three. PHOTOS BY PAULA E. KIRMAN

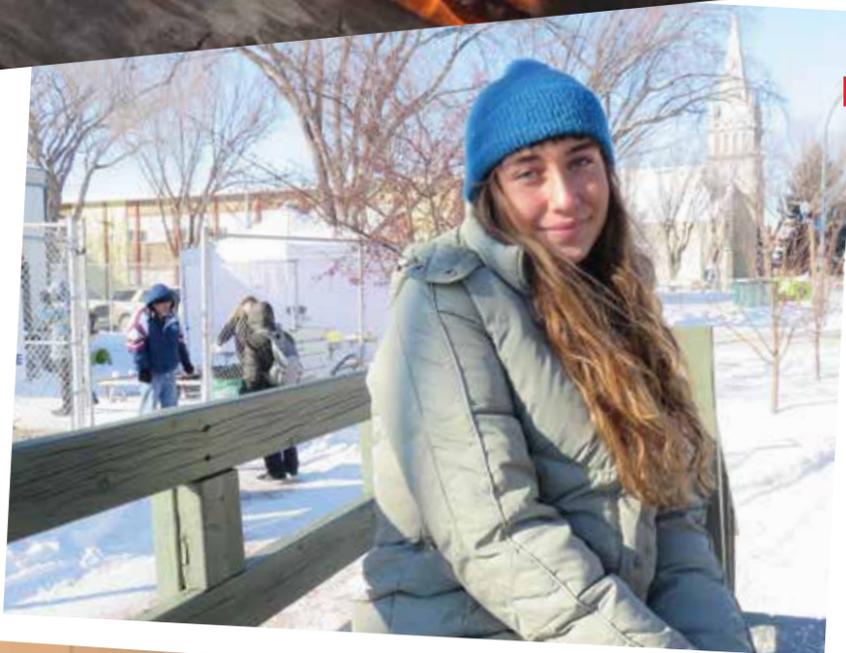


1 Paula (left) and Colleen with Boyle McCauley News. **2** Kate Quinn, Executive Director of CEASE. **3** McCauley Community League President Greg Lane (left) with Lawrence Woo, a pharmacy student who works at Mint Health + Drugs. **4** Councillor Scott McKeen with community members. **5** A couple of the busy tables at the event. **6** Visitor feedback. **7** Karen Matthews of Weasel Tale, which facilitates digital storytelling workshops.

Family Day at the McCauley Rink

Despite a temperature of -24 (with windchill), around 70 people headed to the McCauley Rink on February 18 for an afternoon of wagon rides, hot dogs, hot chocolate, bannock, and, of course, skating.

Special thanks to Al Hamilton, Kevin Lowe, Edmonton Oilers Alumni Association, McCauley Community League, Sparky and his crew, all the volunteers who came out, and to all the families and individuals who braved the very chilly weather. Here's a look at some of the fun!



1 Young skaters. Paula E. Kirman **2** Marshmallows roasting. Paula E. Kirman **3** Stella Johnson getting ready for a wagon ride. Paula E. Kirman **4** The Downtown Division EPS beat police came by to present the community with a team photo from the 10th Annual McCauley Cup. Dan Glugosh **5** From left: Kevin Lowe, Dave Hunter, Dan Glugosh, and Al Hamilton. Supplied **6** The horse-drawn wagon. Paula E. Kirman **7** Jody making bannock to be cooked over the fire. Paula E. Kirman

Spring Cleaning

MANON AUBRY

BOYLEBITS: A VIEW FROM
BOYLE STREET

The *Boyle McCauley News'* new publishing schedule means that we are writing for a paper that will be sent out quite a bit after some of us submit our articles. As I sit huddled against the cold on this blustery day, I imagine that you will be reading this when spring has nearly arrived.

Thinking of spring, I plan to take up the old ways of doing a spring cleaning. Besides the obvious cleaning of baseboards and ceilings, I am also planning some emotional spring cleaning. Shedding people and habits that no longer serve me well. Quite often I've let people into my life because I liked some of their qualities, because we had patterns of thinking in common, only to find out that they also had traits that don't suit me. I'm trying to be conscious about what influences I let into my life and why. Like the person to whom I gravitated because she fed neighbourhood stray cats, but whose life was full of conflict with people. Was her presence in my life a reminder to look at some unresolved anger issues in my own life?

Then there's the woman who is concerned about the homeless, but who is rude to people who don't agree with her. Was she a reminder to be respectful of those who don't share my view of the world? When an acquaintance is dishonest and takes advantage of me, am I not reminded of times

in my youth when I took things to which I had no right?

It's a fairly well known concept that we dislike most in others what we can't face in ourselves. So, once I've learned a lesson from someone whose demeanour I find unpleasant, am I free to shed them from my life? What about gathering positive influences into my life? Who do I admire, who can I learn from, and whose influence do I need? After spring cleaning a person usually gets ready for a season of growth. We get seeds and plan a garden; we get paint to freshen up our fence; we plan to improve our surroundings.

For this spring, I plan to spend more time with people whose values I admire and to look for opportunities to be of service to others. I will also strive to improve my health. While many people make health resolutions at the New Year, I find winter too challenging to make an effort at anything other than staying warm. But in the spring the promise of easier living encourages me to think of ways to improve my health. Eat less meat, walk more, drink less gin, go to bed at a regular time. I'm pretty sure most of us have a few things we could do to improve our health and our lives in general. What are the habits and people you can include in your life, and who and what are the ones you can shed?

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.

NEW ITALY RAFFLE DRAW DATE!

The draw date for Boyle McCauley News' fundraising raffle for a trip for two to Italy has been extended to August 25, 2019 at 6 p.m. outside of the Italian Centre (10878 95 Street).

Many tickets are still available (which is the reason for the extension - we didn't sell enough to cover the cost of the prize). Tickets are still \$10 each. Contact editor@bmcnews.org or call (780) 668-3194 to find out how to purchase yours.

Full rules and information are also on our website at bmcnews.org.

Tax Time

IAN YOUNG

ABILITY AND
COMMUNITY

"You don't make it anywhere without someone helping you out." Ramon Rodriguez (Puerto Rican/American Actor)

The above quote rings true with me, especially at this time of year. Yes, it is federal tax time! I get very intimidated by the process and I do not have the financial state to hire or pay someone to prepare my taxes.

That is where the helping hand comes in. Even if you do not draw an income, but receive provincial or federal support, filing taxes is important: filing taxes makes you eligible for the Goods and Services (GST) refund, as well as the Carbon Tax refund.

Taxable income includes employment income, rental income, and money you receive through some government programs. Tax credits and deductions reduce the amount of tax you must pay.

Fortunately, in our city and in the community we have organizations that will voluntarily prepare and file your return for you! In this area we have:

- E4C (9321 Jasper Avenue - Phone: 780-425-5911)
- Sage Seniors Association (15 Sir Winston Churchill Square - Phone: 780-423-5510)
- Bissell Centre (10527 - 96 Street - Phone: 780-423-2285 ext. 111)
- The Salvation Army (9618 101A Ave. - Phone: 780-423-2111)

You can also Google "volunteer tax services Edmonton."

Income taxes serve an important social and economic purpose. However, you want to make sure you're only paying the portion you truly owe, and to receive the returns and credits for which you are eligible.

You can call the services listed to check dates and hours of operation. It is usually a first come, first served basis. You will need Government issued I.D. and all your past year's (2018) T4 slips. It is wonderful that agencies supply these volunteer services!

Make sure to file before April 30th 2019!

New and Returning Faces at Heart of the City

CHARITY SLOBOD

Heart of the City just recently had its AGM for 2019-2020! An exciting turnout abounded and we are most pleased to announce our new board for this upcoming 16th year.

On the Executive front, Charity Slobod is returning as President for another fun-filled year. Jakki Duttenhoffer is the new Vice-President in charge of the Main Stage and music operations. Emily Peden is a newcomer to the festival, and as Treasurer, will use her years studying Business at the U of A in helping tighten HOTC's financial planning. As Secretary, the one and only Faytima Goble (with over eight years on the board) will lead this crucial documented initiative.

Thank goodness we welcome back

none other than Mike Siek (Producer extraordinaire), Gautam Karnik, "Jam-Jar" (a.k.a. James Jarvis), volunteer wrangler Elizabeth McEwan, spoken-word maven Corine Demas ("Survivor D"), and CreArt creator Sebastian Barrera!

Lastly, numerous congratulations are in order for our newest additions: Noah Garver and Valorie Squires - they will carry this festival front for years to come! Mentorship is always at our core, and we cannot wait to get this festival season started!

See you in the park June 1 and 2!

Please consult our website heartcityfest.com for all the updates!

Charity is the President of the Board of Heart of the City.

Spiritual Journey

KERI BRECKENRIDGE

KERI'S CORNER

I've been on a particular spiritual journey these last few years. This has included in-depth reading, ceremonial exercises, and energy practices. I could tell you only vaguely from which religion I derived any of these components. I didn't grow up in a very religious family. I stopped attending our small town church at around age 12, when getting more

sleep was more important than my spiritual health. At that time my spiritual health was in an upheaval with the onset of puberty and the turmoil caused by my father's affair. I was a somewhat withdrawn teenager afterwards.

My parents continued with their marriage for another decade and a half after *that* affair. I withdrew into my room, my dad hid in the garage, and my mom puffed away smoke after smoke in the kitchen. My father used to tell me that when something bad happened, like if I

stubbed my toe, that God was punishing me for not minding my father. God knows someone should have been minding my father - maybe there would have been fewer trespasses. I think I projected a lot of distrust for authority figures from the distrust and disappointment I felt for my father. So, my distrust grew and changed my perceptions of the world as a good place full of love. I adopted cynicism as a defense against the betrayal my father wrought on our family.

Here I am decades later trying to

undo the damage this distrust and cynicism have done to my spirit. It sounds terribly trying but truthfully, letting go of ideas, thoughts, and feelings that make you less is very liberating. At times, I feel a little stupid or ashamed when I discover some feeling that I've been acting on for years, which formed out of a misconception. I've held onto notions that long ago outlived their usefulness. So as difficult as this journey has been, it's been deeply rewarding too.

Keri lives in Boyle Street.

Coffee, Interrupted

REINHARDT HEINRICHS

When I write this column I use my own stories and will go on and bore you about how I love books and music. These two loves connect with another love: coffee. I have a loose group of after-work coffee people on Fridays. Tim Horton's is traditional after-work coffee. Starbucks or Second Cup mean I'm not at work.

I was at the Commerce Place Tim Horton's ending what was a very good, cheerful day with some friendly co-workers. We spotted another co-worker and went to sit with him. Sitting behind us was a couple. The woman was blonde and I couldn't see her face. It was like she couldn't

face people. The guy sitting with her jumped up angrily, saying that I had called him a rat and I was telling people he was a rat. I was taking my seat with my usual French Vanilla. I had been talking but I had not referred to him or used the word rat. Looking at this young guy I could see his pupils spinning. He was hearing voices in his head that weren't necessarily there and certainly not mine. I responded that I don't know him. My friends are stunned because I never get this kind of attention. The guy shoves me with both hands on my shoulders and sends me backwards to the floor. My friends get him to calm down as they were three to his lonely tantrum of one. When I got up and looked at him

again he snapped back to his angry setting and shouted at me to leave, that I had better leave.

That annoyed me. I'm having coffee with my friends and this guy is a little younger than my son - I'm not about to accept his authority and leave. I know the look that came over my face when he told me to leave - it's gotten me smacked before and this time it got me a punch in the face. So, I'm back on the floor and my first thought is to wonder if he broke my glasses. He didn't, but he hit me hard enough to put a hole in my lower lip. The police were called and the responding officer showed me a picture she took of my face as we drank coffee while

filling out statements. The couple had long run off. I wondered about that blonde girl and what troubles lay ahead for her with that manic boy.

It was a nine hour wait in emergency for three stitches on a busy Friday night. I did not like leaving my wife and cat hanging for so long while I got needed medical attention to close the hole in my mouth. I suppose the whole affair could have been much worse. The kid did not have any further intentions of doing damage. Maybe I'll see him again when I go for coffee.

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

Mobilizing Development of Vacant Lots

SHARON PASULA

What would it take to mobilize or activate real estate sales or development in the Boyle Street/McCauley area?

It came to my attention at a community meeting recently, that many vacant lots in an area actually depresses the property values of the whole area. I had not considered it before. This does not concern me presently as I am not considering selling, and low property values means lower taxes.

In the area surrounding where I live there are six vacant properties. Then earlier this year as I was looking out my condo bal-

cony, I noticed someone clearing away the snow on the sidewalk of a vacant property. As I watched, it occurred to me that every landowner is responsible to keep the sidewalks cleared regardless of the condition of the lot. So, I started to pay closer attention to the sidewalks of vacant lots. Many of them were not cleared of snow. Also, there are people using motorized scooters in this area that need the sidewalks cleared of snow.

The situation, as I see it, is that people are waiting for a "boom" of real estate prices before they sell. I saw someone from the construction industry say on the news that things will not return to what they once were. The

economy has flattened and it looks like it won't budge upward in the near future. So, it looks like we get to continue walking and driving by vacant lots in our area - unless people begin to sell, but what could encourage them to do so?

Often it is only when the cheque book is affected that people begin to stir. So, I have decided to report to 311 issues concerning vacant lots, particularly unshoveled sidewalks. Perhaps when property owners are forced to be responsible and have to pay to maintain their lot (whether being fined by the City and/or hiring someone to shovel), like the rest of us, they might feel it is time to give it up and move on.

If the whole community does this I wonder if it would make a difference? Would it send a message to property owners of vacant lots that the community is becoming proactive? What if one or two decide to sell or develop instead of paying for maintenance (in the summer it will be mowing the lawn)? It might create a spark that could ignite the area. Maybe I am naively optimistic, but then again, I never thought I would see in my lifetime that smoking in public places would become illegal. It only takes one to start a movement. One thing I know for sure: if I do nothing, nothing changes.

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

ADVERTISE WITH US!

BMCNEWS.ORG/ADVERTISE

REACH 6000+ READERS MONTHLY IN YOUR COMMUNITY



McCauley Community League

mccauleycommunityleague2014@gmail.com
facebook.com/mccauleycommunityleague

MCCAULEY COMMUNITY RINK HOURS

WEEKDAYS

4 P.M. - 8:30 P.M.

4 - 7:00 p.m. Family & public skate.

7:00 - 8:30 p.m. Open ice shinny hockey (all ages).

WEEKENDS

2 P.M. - 8 P.M.

2 - 6 p.m. Family & public skate.
6 - 8 p.m. Open ice shinny hockey (all ages).

The rink is closed if the temperature drops below -25, if there is a snowstorm, or if warm weather results in poor ice conditions.

MONDAY NIGHT GUITAR PROGRAM WITH STEVE JOHNSON

Monday Nights at the Boys & Girls Club
8:00 - 9:30pm

All levels welcome. Come and learn something new or trade some licks. Cost is Free.

Comics and Cartooning! **FREE** Lessons with James Grasdal



**Every Thursday
Starting at 1PM**

For more info and registration please call or text, **780 200 8681** or email, **LILY@VIPHALAY.COM**
St Teresa School (9008-105A Ave)

ART CLASSES

Thursdays

We have Art Classes running Thursdays from 12:00 until 3:30 p.m. at St. Teresa's.

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

The McCauley Community League Board meets the first Tuesday of every month from 7-9pm in the Boardroom at the Boys and Girls Club, 95th street entrance. Everyone is welcome to attend the regular meetings and we're happy to hear from you always.

**2019
Spring
Fiesta**

Saturday March 23, 1 - 4 pm
Edmonton Intercultural Centre • 9538-107 Ave NW

- Foods from around the world
- Photobooth by Edmonton Public Library
- Lots of activities for kids
- Entertainment and so much more...

Logos: McCauley Revitalization, McCauley Community League, CHINATOWN & LITTLE ITALY BUSINESS ASSOCIATION, Edmonton

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

Prescription Drugs

TONY'S

TONY'S PIZZA PALACE AND ITALIAN RESTAURANT
9605 111 AVENUE • (780) 424-8777 • TONYSPIZZAPALACE.COM

Brian Mason, MLA
EDMONTON HIGHLANDS-NORWOOD

As your representative in the Alberta Legislature, I continue to work hard for you and your family:

- ~ strengthen key services, like health care and education
- ~ promote a government that is fair and responsible to all of its citizens
- ~ develop strong and vibrant communities where everyone can prosper

780-414-0682
6519 - 112 Avenue, Edmonton, AB T5W 0P1
edmonton.highlandsnorwood@assembly.ab.ca

A Big Win for the Boyle Street FC Soccer Team!

First win of the season for the team in a 6-5 victory was a close match. Also, learn about the latest Drop-In Hockey Sportsmanship Award recipient.

MIKE SIEK

INNER CITY RECREATION & WELLNESS PROGRAM

Boyle Street FC Soccer Club's First Win of the Season

It was a game that was almost sure to be another tick in the loss column for the Boyle Street FC soccer team, who had yet to win a game this season. The night of February 21 began with word that the BSFC team was going to have to play one person short for the duration of the game, since they only had one female show up for this late 10 p.m. game. However, the team played hard, communicating well, shooting whenever there was an opening and passing well when there was not, defending and recovering defensively during turnovers, and subbing when tired. The team immediately tied the game after every goal by the opposing team. At the half, the teams were tied 3-3, and as the second half began, the teams continued to trade goals in a hard fought battle. In the end, the BSFC held off a solid attack by their opponents for the last three minutes of the game to barely hold on to their 6-5 victory. This small team of dedicated and energetic ESSC soccer players proved that a winning spirit is sometimes all it takes when the chemistry is just right.

Drop-In Floor Hockey Sportsmanship Award

This month's Sportsmanship award goes to Abraham Kendi, who shows a quiet yet hard-working attitude whenever he's on the floor. His ability and skill are obvious in his plays, and he shares that skill with others freely, never making others feel lesser-than. Abraham's understated yet obvious skill and attitude embody what many at the drop-in floor hockey games strive for. Join us on Fridays at 1:00 p.m. for free drop-in floor hockey. All skill levels, capacities, and genders are welcome. (Ages 18+)

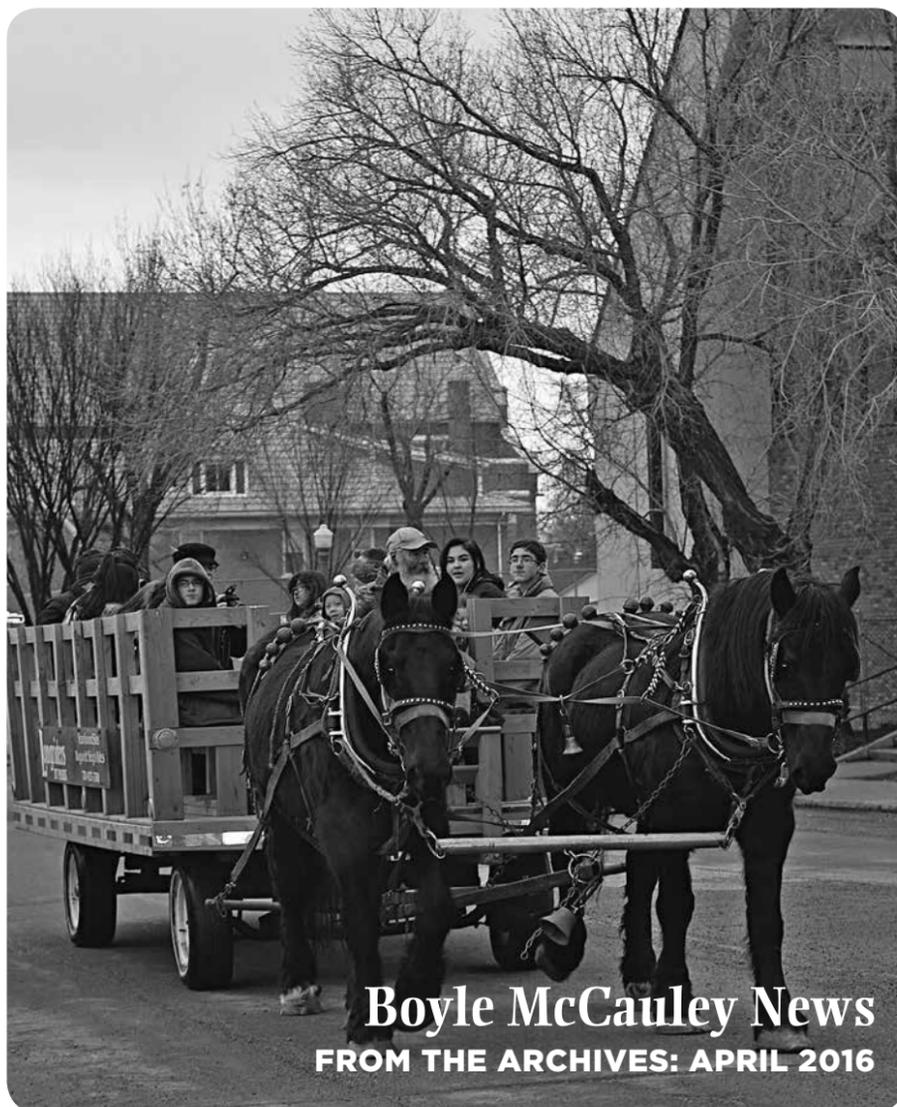
Mike Siek is a Program Coordinator with ICRWP.



Boyle Street FC Soccer Club - a winning team! Mike Siek



Abraham Kendi. Mike Siek



Boyle McCauley News
FROM THE ARCHIVES: APRIL 2016

BOYLE STREET COMMUNITY LEAGUE UPDATE

Community Walking Map

Boyle Street's community walking map is now available on the rack at the entryway to Boyle Street Plaza, 9538 - 103A Avenue, and at various locations around the city such as public libraries.

The map identifies major landmarks in the community, including several that have been featured in recent is-

...sues of *Boyle McCauley News*: for example, St. Teresa of Calcutta School, the Ernest Brown Block, iHuman, E4C (Alex Taylor School building), and the Latta Bridge. It also features local attractions that are nearby, such as Little Italy, Chinatown, and Church Street. One of the suggested walks is on the bank of the North Saskatchewan River, which offers

spectacular views of the River Valley and city skyline.

The walking map was developed by a three-member committee with assistance from the City. The committee members were Karen Jackson, a former BSCL board member, Candace Jane Dorsey, current BSCL president, and Joelle Reiniger, active member

of the Boyle Street community.

The walking maps, which have been created for many other Edmonton communities, are a project of Walk Edmonton: <https://www.edmonton.ca/transportation/walk-edmonton.aspx>.

- BSCL Team

e4c March/April Updates

TARO HASHIMOTO

School for Indigenous Teachings - Winter Term In Session/Workshops Series Sign Up

The e4c School for Indigenous Teachings Winter Term Classes are in Session with two classes and a variety of workshop sessions. The program offers classes and workshops delivered by knowledge keepers and cultural leaders and practitioners over the course of 10 weeks (January-April). Registration for remaining workshops series is still open. To guarantee your spot, please register online - the link is at the School for Indigenous Teachings Facebook Page and the web version of this article.

Workshop B: Russell Auger "Living in Both Worlds"
2-5 p.m. Saturday, March 16th,
Alex Taylor School (9321 Jasper Avenue) Gym

Workshop C: Joanne Pompana "Healing Within the Ball" (Directional Lodge Door)
Thursday, February 28th, Red Road Healing Society -
9:30 a.m.-12:30 p.m., Orange Hub Building (10045 156 Street)

Workshop D: Joanne Pompana "Workshop: Kiwani Owapi (Dreaming the Earth Awake) Spring Ceremonial Workshop
Thursday, March 21st, Red Road Healing Society -
9:30 a.m.-12:30 p.m., Orange Hub Building (10045 156 Street)



School for Indigenous Teachings

Register Your Spot Today!

NEW 2019 WINTER TERM WORKSHOPS

LEARN • SHARE • GROW!

Instructors and practitioners draw from a deep and invaluable resource of cultural knowledge, and connect students to their own understanding of indigenous world view.

One-Time Workshops

Workshop A: Russell Auger "Acceptance & Understanding"

2-5 pm Saturday, February 23rd
Alex Taylor School (9321 Jasper Ave) Gym

Workshop B: Russell Auger "Living in Both Worlds"

2-5 pm Saturday, March 16th
Alex Taylor School (9321 Jasper Ave) Gym

Workshop C: Joanne Pompana "Healing Within the Ball" (Directional Lodge Door)

Thursday, February 28th Red Road Healing Society -
9:30 am-12:30 pm, Orange Hub Building 10045 156 Street)

Workshop D: Joanne Pompana "Workshop: Kiwani Owapi (Dreaming the Earth Awake) Spring Ceremonial Workshop

Thursday, March 21st Red Road Healing Society -
9:30 am-12:30 pm, Orange Hub Building 10045 156 Street)

Workshop E: Norbert Dumais "Song and Drum Part 1"

2-5 pm Thursday, March 7th
Alex Taylor School (9321 Jasper Ave) Gym

Workshop F: Norbert Dumais "Song and Drum Part 2"

2-5 pm Thursday, April 4th
Alex Taylor School (9321 Jasper Ave) Gym



Information & Registration

FB: @schoolforindigenousteachings

Contact: Office: 780-424-2870
Cel: 780-271-5995
Email: thashimoto@e4calberta.org

Learn to sing two of four songs with others.

2-4 p.m. Thursday, April 4th
Alex Taylor School (9321 Jasper Avenue) Gym

Facebook: @schoolforindigenousteachings

Contact: thashimoto@e4calberta.org / 780-271-5995

For more e4c Wellness Programs see: @e4cwellness

McCauley Apartments Mural Project - Production Workshops and Meetings

McCauley Apartments along with Capital Region Housing's SUCCEED Program and Education Department have joined in with e4c McCauley Apartments tenants to discover, collaborate, design and complete the McCauley Apartments Community Mural Project. Work is still being done, and the stages are progressing with a summer completion in sight.

McCauley Apartments Office - Community in Development

The e4c McCauley Apartments Office Staff, and Tenants Association volunteers welcome you to stop by for a cup of coffee, or call for information. We are open weekly 10 a.m. to 4 p.m. Tuesdays, Wednesdays & Thursdays. Please call and make sure the coffee is on for you! 9541-1089A Ave, Suite B08
Phone: (780) 424-2870

Taro is the e4c Community Development Officer.



Workshop E: Norbert Dumais "Song and Drum Part 1"

Learn to sing two of four songs with others.

2-4 p.m. Thursday, March 7th

Alex Taylor School (9321 Jasper Avenue) Gym

Workshop F: Norbert Dumais "Song and Drum Part 2"



Boyle McCauley News FROM THE ARCHIVES: APRIL 2015

Community Classifieds

NEIGHBOURHOOD RESIDENTS GET FREE CLASSIFIED ADS! EMAIL FIVE LINES OR LESS TO EDITOR@BMCNEWS.ORG

NOTE: WE FIT AS MANY ADS HERE AS WE CAN. FOR MORE CLASSIFIEDS, VISIT OUR WEBSITE AT BMCNEWS.ORG.

CHURCH AND AGENCY SERVICES

BISSELL CENTRE

(780) 423-2285
Drop-in Centre: Monday – Friday 7 a.m. – 4:30 p.m. /Saturdays: 12 p.m. – 4 p.m.
Child Care Centre: Monday – Friday 9 a.m. – 4:15 p.m. (reservations preferred)
Women's Lunch: Tuesdays and Thursday at noon
Health for Two: Tuesdays at 12 p.m.
Parenting Classes: Mondays at 11 a.m.
Free Tax Workshops: Wednesdays 12:30 p.m. – 4 p.m.
Haircuts: Tuesdays 1 to 3 p.m. (sign up at 12:15, first come first serve)

BOYLE MCCAULEY HEALTH CENTRE

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

BOYLE STREET COMMUNITY SERVICES

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

INNER CITY PASTORAL MINISTRY

10527-96 St. NW
(780) 424-7652
Pastor Rick Chapman
Pastoral Assistant: Michelle 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

HOPE MISSION 9908 106 Avenue (780) 422-2018

HOPE MISSION MEALS:

Monday - Friday
Breakfast 7:30 - 8:15 a.m.
Lunch 12:00 - 12:45 p.m.
Supper 5:00 - 5:45 p.m.
Weekends & Holidays
Brunch 10:45 am - 11:30 a.m.
Supper 4:15 - 5:00 p.m.

HOPE MISSION SHELTER:

Men, Women, Youth
Doors open 8:30 p.m. - 12:00 p.m.
HOPE MISSION COMMUNITY CHURCH:
Sunday
2:00 p.m. Hope Mission Centre - 9908 106 Avenue
7:00 p.m. Herb Jamieson Centre - 10014 105A Avenue

HOPE MISSION HEALTH CLINIC:

Family Doctor Tuesday and Thursday
Walk in: 8:00 a.m. - 4:00 p.m.
Family Doctor (Male Patients) Monday - Friday
Walk in: 2:00 p.m. - 10:00 p.m.
Psychiatrist Monday - Friday
Appointment only - call (780) 244-2018 Ext. 278

NICOTINE ANONYMOUS

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

SACRED HEART CHURCH OF THE FIRST PEOPLES

(780) 422-3052 for further info on anything listed here. Eucharist is held each Sunday at 10 a.m., 11:30 a.m. and 7 p.m. Bimonthly programs available to prepare parents for their child's Baptism, First Communion and Confirmations. Traditional Native Wakes, in First Nations, Métis, and Inuit traditions. AA meets in the Parish Hall. Eating Disorder Group meets each week. White Stone Project and Edmonton Inner City Children's Project Society run their programs in conjunction with Parish programs. Gospel music festivals, dances, youth dances, pancake breakfasts and Feasts are held in the hall throughout the year.

THE LEARNING CENTRE LITERACY ASSOCIATION is seeking volunteer tutors to help adults develop reading, writing and/or math skills. Volunteers participate in group learning, tutor one-to-one, or assist drop-in learners. Skills and Experience: High school level reading, writing and/or math skills. Openness to tutor and learn with adults with various life experiences, including living with homelessness. Two locations: Boyle Street Community Services and Abbotsfield Mall.

Contact: Denis Lapierre, Coordinator
780-429-0675 or
email: dl.learningcentre@shaw.ca

NETWORKS ACTIVITY CENTRE

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

NEW MEMBERS WELCOME TO JOIN MCCAULEY CLUB.

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

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

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

BUILDING BRIDGES

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

COMMUNITY EVENTS AND ACTIVITIES

NEIGHBOURHOOD PAINTING

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

WIRELESS NETWORKING

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

HANDS ON LTD. CONTRACTED SERVICES

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

COMMONWEALTH COMMUNITY REC CENTRE ACCESS

All Amenities, Sundays 1-3 p.m.
FREE for MCL and BSCL members.

FREE KIDS COMPETITIVE SWIM PROGRAM

For kids ages 6 to 14 at Commonwealth Pool. Must be able to swim 25m unassisted. Must live within the McCauley boundary.
Mondays, Wednesdays, and Fridays from 4 p.m. to 5 p.m. Contact Corrine @ (780) 421-1189 or corrinecoffey@shaw.ca.

PIU YUM RECREATION CLUB

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

FREE COUNSELLING

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

CHILD CAREGIVER WANTED IN MCCAULEY

Salary \$13.60 to \$14.00/hour, 40 hour week. As soon as possible.
Kindergarten age (4 - 5 years), 2 years. Employer's home. Optional accommodation available at no charge on a live-in basis. Note: This is NOT a condition of employment. Apply: marize173@hotmail.com or (780) 474-7076 4 p.m.-9 p.m. Weekdays.
Requirements:
Maintain a safe and healthy environment in the home. Bathe, dress, and feed infants and children. Discipline children according to the methods requested by the parents. Organize activities such as games and outings for children. Prepare and serve nutritious meals. Supervise and care for children.

ART LESSONS

Create beautiful paintings in ink. No experience necessary. In the heart of McCauley. For more info, email wildertanthewindcreations@gmail.com.

DROP IN YOGA

Boyle Street Plaza/YMCA Family Resource Centre 9538-103A Ave 780-426-9265
Drop In YOGA
Tues./Thurs. 5 p.m.-6 p.m. Thurs. 10am-11am
Cost \$10/class
U/G Parking \$1/hr - access on 104 Ave between 95 St. and 96 St.



FREE MONDAY EVENING GUITAR LESSONS

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

WECAN FOOD BASKET

Make Your Monthly Grocery Supply More Complete for Less!
Monthly Food Basket \$15/meat order, \$10/produce order – Annual Membership is \$5.
Upcoming deadlines for payment are: March 8 & April 8. Payment can be at McCauley Boys & Girls Club, during business hours, Monday – Friday 9 a.m.-4 p.m.
Next depot dates (for food pick up): March 21 & April 25, 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

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

Artists volunteering together to market and sell their works and prints at community events.
Sale Materials Include: Original Paintings and Art, Prints, Cards, Calendars, and more!
For more info please contact (780) 424-2870 or 780-271-5995
Facebook page: @streetprintscollective
E-mail: streetprintscollective@gmail.com / thashimoto@e4calberta.org

DROP IN SOCCER RECREATIONAL PLAY Weekly Recreational Soccer Fun! (Hosted by ICRW/e4c)

Come alone or with friends to join in drop-in recreational soccer! Everyone is welcome and we play to have fun and to everyone's ability. Developed through community partnership with e4c and Inner City Recreation Program.
OUTDOOR Throughout Summer months (June-October)
INDOOR Throughout Winter months (October-April)
Tuesdays 1p.m.-3 p.m.
Indoor Location: Boyle Street Community YMCA Gym 10350 95 Street. For more info, please contact (780) 271-5995 or (587) 337-9860

WELLNESS WEDNESDAYS

Fun Workshops and Activities which help in our wellness!
Hosted at McCauley apartments with neighbours and community members. Featuring guest presenters and facilitators, outings and social engagements. Join in the fun!
Time/Date: Wednesdays 1 p.m. to 3 p.m.
Location: McCauley Apartments (9541 108A Ave, Unit B)
For more info please contact e4c McCauley Office Staff (780) 424-2870

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

Year of the Pig Welcomed in Chinatown

The Lunar New Year celebrations in Chinatown took place on February 9. A small crowd gathered in the extreme cold (around -35 with the windchill) to watch the Dragon and Lion Dances, as well as dignitaries lighting the firecrackers. PHOTOS BY PAULA E. KIRMAN

