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Boyle McCauley News

CIRCULATION 6000 • BMCNEWS.ORG

MARCH 2018

FREE

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McCauley Mobilizes Against New Bar

Residents and groups rally to oppose a new bar at the former Santo's site.

PHIL O'HARA

McCauley residents and business/community groups came together in early February to oppose a proposed new bar at the former Santo's site at 10821 95 Street.

Over a few days people and groups were mobilized to urge City Hall to deny a business licence for the proposed adult-only bar and gaming establishment, including VLTs and off-track betting. Letters of objection were also sent to the Alberta Liquor and Gaming Commission in response to an application by the new owners for a minor's only liquor licence at the location.

While remaining neutral, Mark Davis, McCauley Community Coordinator with REACH Edmonton, played a key role in providing timely and factual information about the licencing applications. "The goal for REACH was to empower the community to act as effectively as possible on its own behalf," he said.

"And the community expressed itself loud and clear. In my 14 years as a McCauley resident, this has been one of the best examples of stakeholders rallying in unison behind a common goal."

According to Miranda Ringma, McCauley resident and co-owner of Zocalo, "Creating the community we want to live and work in means working together. This time, it meant sending off emails, chatting with people, and making a bunch of calls to rally and work towards good planning decisions in



A new bar is proposed for the location formerly occupied by Santo's. Paula E. Kirman

Little Italy. Whatever the result, it was a galvanizing and engaging process working with many neighbourhood folks we respect and even got to know a little better."

Santo's shut down due to smoke damage after a small fire more than a year ago. The new ownership seeks to re-open on the site as the Running Horse Saloon.

The proposed new bar is located in Plaza 95, close to La Dolce Vita Café, which has long been the focus of concern as EPS reports there are frequent incidents of drug deals, violence, drug use, and other criminal behaviour on the site.

"It's so important for us to work together", said McCauley resident Teresa Spinelli who is also president of the Italian Centre and the Viva Italia District Association.

"It takes a village to raise kids, build community, and to make anything worthwhile work. I'm not sure whether we've won the fight, but it's awesome that my neighbours and friends wrote letters."

Ward 6 Councillor Scott McKeen contacted the City's business licencing department, as well as Gaming, in support of the opposition to the new bar. "For any elected official, their authority comes from the

community they represent", McKee said. "It's really important for diverse neighbourhood voices to come together in the face of adversity."

"The residents of McCauley have done that in spades."

The McCauley Community League joined these efforts by contacting Gaming objecting to the adult-only liquor licence, and also contacting Mayor Iveson and Chief Planner Peter Ohm about the business licence and building permit.

Phil is President of the McCauley Community League.

Inside THIS MONTH:

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THE LAST MONTH OF THE SEASON

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“ The McCauley gardening community is looking to organize regular meetings and events. If you're a McCauley gardener, we want to hear from you!

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“ But no matter how much or how little stuff we gather, we can only feel true satisfaction when we share what we have.

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Spring Transitions



PAULA E. KIRMAN • BMC News Staff

McCauley Musings

Spring generally comes as a relief after a long, cold, snowy winter. Once it finally sticks around, that is. Let me explain.

The transition between winter and spring is generally not a smooth one. We don't wake up one morning, look out the window, and see green grass, colourful flowers, and blossoming trees. No, it is not like that at all.

As spring starts to appear, we generally have lots of mud caused by the melting snow. The trees remain bare for a while. The grass, if we can see it below the mud and slush, is not yet green. Frankly, the beginning of spring can be

quite dull and gray.

Then, once we think we are safe - when the grass is uncovered and is starting to turn green and the first signs of flowers appear - we may face one of Edmonton's cruelest weather traditions: the spring snowstorm. We have experienced countless snowfalls in March, April, and even May. Yes, it generally goes away quickly, but then we're temporarily stuck once again with mini-mountains of mud and slush.

However, first rains of spring will help wash away the sand and gravel accumulated on the roads during winter, as will City street sweeping. Trees will sprout leaves that will be green like the grass, and flowers will add additional colours to streets and gardens. More people will be seen walking around and riding bicycles. Winter will seem like a distant memory. Spring's transition may take a while, but it is definitely worth the wait.

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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PAULA E. KIRMAN • BMC News Staff

Editor's Notes

Hello McCauley, Boyle Street, and all of our readers no matter where you are! Welcome to the March issue. Our theme this month is "Springing Forward" because spring is almost here.

As I mentioned in the last issue, we're gearing up for our 40th anniversary in 2019. Some of these plans include several fundraising events to mark the occasion, both large and small, including a gala early in the year. We will provide more information and hopefully have a "Save the Date" some time

very soon!

Even though we focus on two inner city neighbourhoods, we have quite a following throughout the city (and beyond). This is mostly due to our website (bmcnews.org) and our social media presence. Please follow us on Facebook and Twitter (@bmcnews) and Instagram (@bmcviews). We post lots of "extras" like event notices, photos, and items that don't make it into the print edition.

If something is happening in the area and you want us to know about it, please get in touch at editor@bmcnews.org. Enjoy the issue!

Our Next Issue. . .

Our theme for April's issue is "Freedom." What does freedom mean to you? What are things you do in your life that make you feel free? How have you overcome obstacles to freedom in your life? Deadline: March 12. Send submissions to: 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. 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.

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- click on Crime Prevention

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

The Last Month of the Season

DAN GLUGOSH

Around the Rink

We are getting close to wrapping up another skating season. March is the last month for 2017/18. The attendance has been great and we will beat last year's attendance by a landslide. I will have a full update with all the numbers in April's edition of the paper.

I want to talk about the impact that the rink has on the many kids and families that use it. Along with the McCauley Cup, Family Day, special dinners, and the learn to skate program, there are the everyday skating programs. The two daily programs are the family and public skate, and the shinny hockey. Both run seven days a week. For some people, the rink and programs may beg the question of why the McCauley Community League spends so much money on the rink year after year instead of other programs. If you have never had the time to come by the rink for a skate and to see firsthand how it is impacting kids' lives, then I urge you to do so and see for yourself how it is making a difference. Being able to skate, play hockey, or just have a safe place to come makes a huge difference in a child's life. This happens every



Albert Pagnotta. Supplied

winter right here in McCauley. One of the staff at the rink was sent a message from one of the mothers who's child uses the rink, and I want to share it with all of you to put in perspective what the rink means to some:

"Thanks for everything you've done for Jamie [not his real name]. He talks highly of you and the other gentleman. It's nice to know he has you guys because it's just him and me."

There was more to the message, but I think it shows the impact not only on these two but for many kids who use the rink. Thank you to Sparky and all the staff at the rink who do so much for so many.

On January 17, kids and adults were treated to Italian sausages in homemade tomato sauce (supplied and made by Little Italy Foods) served on a bun, homemade pasta salad, juice, and, for dessert, 150 chocolate doughnuts. This special event was

held in honor for Albert Pagnotta. He lived his entire life in McCauley and loved the neighbourhood. He had a gregarious and generous personality, and loved cooking and sharing his food. On January 17, it was the sixth anniversary of his passing (at age 47). Albert's cousins Dino, Marco, Stefania, Frank, and Viviana were happy to prepare and host in his memory. Albert's brother Tony said, "This is the type of event that Albert would have loved to be part of." The community of McCauley would like to thank Albert's family for hosting this special event at the rink for all the kids and families. You all put a lot of smiles on many faces.

The 12th Annual Family day skating party was held on February 19, past the deadline for this issue of *Boyle McCauley News*, so we will have full coverage in April's edition.

Skates and helmets are always available to use for free thanks to Sports Central. The rink is open seven days a week. If the temperature gets to -25 (this includes a wind chill) we will not open. Please follow the McCauley Community League's Facebook page (@mccauleycommunityleague) or the website (www.mccauleycl.com) for updates for the rink and other stories regarding our community.

Rink Hours for 2017/2018

Located at 96 Street and 107A Avenue. Helmets & skates are available to use free of charge, thanks to Sports Central. Staff supervision provided by the KIDS organization (with thanks).

Weekday Hours: Monday - Friday 4 p.m. - 8:30 p.m.

Monday/Tuesday/Wednesday/Thursday/Friday: 4 - 7:00 p.m. Family & Public skate. 7:00 - 8:30 p.m. Open Ice Shinny hockey (all ages).

Weekend Hours: Saturday & Sunday: 2 p.m. - 8 p.m.

Saturday/Sunday: 2 - 6 p.m. Family & Public skate.

6 - 8 p.m. Open Ice shinny hockey (all ages).

Special Programming: Learn to skate! Free drop-in for all ages! Run by the City of Edmonton. Starts on January 17, 2018. Every Wednesday 4-6 p.m. for six consecutive weeks.

Note: The rink will close if the temperature drops below -25 with a wind-chill or for snowstorms. (Check the MCL's Facebook page for closures.)

Historical Plaque for Mint Health + Drugs



PHYLLIS GROCERY



INTERIOR OF A GROCERY STORE IN 1939

Located on 96 Street, also known as Church Street, the Phyllis Grocery, built in 1941, is significant as a rare surviving example of a particular type of commercial building: the corner grocery store. Over time, the property has also housed a barber shop, a beauty salon, an independent press and served occasionally as a residence.

The one-storey Phyllis Grocery features a simple and functional commercial design and also includes a typical boomtown façade. It has a wood frame and stucco structure built to a basic rectangular floor plan, with a stepped façade rising to the front gable peak. The medium pitch gable roof is topped with a brick chimney. A recessed central front door is flanked by two large windows, which cover most of the ground floor façade. The front windows each consist of three panels, each with a one-over-one arrangement. Three decorative horizontal sills accent the upper stepped façade. A side door on the south elevation has a semicircular stucco awning above it.

The Phyllis Grocery is valued aesthetically for its distinctive corner grocery appearance, which is still largely original and represents a type of commercial building now rare in Edmonton. The local corner grocery store faded in importance due to the mobility provided by the automobile and the cost savings and convenience of larger chain groceries. The Phyllis Grocery represents Edmonton's growth and development in the post-war period.

EDMONTON HISTORICAL BOARD 2017
Photo courtesy of City of Edmonton Archives EA-160-791

This plaque was presented to Mint Health + Drugs by the City of Edmonton's Historical Board in February, recognizing and awarding the work done by restoring the historical Phyllis Grocery building that the pharmacy now occupies. It will be installed on the building this spring. Cole Mondor

Drumming and Dancing to Heal

Round Dance honours Missing and Murdered Indigenous Women and Girls.

KATE QUINN

Over 150 people crowded into the E4C Alex Taylor gym for the Annual February 14 Memorial for Murdered and Missing Women and Girls. Sisters 4 Sisters organized a Round Dance in the belief that prayer and ceremony heals grief, making room for joy in good memories of loved ones. Drummers stood in the middle of four concentric circles of dancers of all ages for the last dance. I held the hand of a toddler, while teenagers joined hands with seniors. A mother and her tiny daughter wore matching ceremonial skirts. As the drums pulsed through our bodies, I felt hopeful that these young ones would see change in their lifetimes.

Francyne Joe, President of the Native Women's Association of Canada (NWAC) came to be part of the gathering. When she was 8, she learned that her cousin, Monica Jack, aged 12, was last seen on May 6, 1978. She was riding her bike along the Highway of Tears near Merritt, British Columbia. Her bike was found a day later, but her body wasn't found until 17 years after she was murdered. Garry Taylor Handlen was charged with first-degree murder in December of 2014.

Dee Gratton, originally from Prince George, was reported missing by her mother in 2001. She survived an



A display at the Round Dance featuring pictures of missing and murdered loved ones. Kate Quinn

abusive relationship and moved to Edmonton with her baby. She needed a damage deposit and a home, but there was no support from Social Services at the time. She asked herself, "Why am I begging? There is no home, no money for me and my child. So, I turned to the street." She worked 95 Street and 118 Avenue. One night, she was stabbed and left for dead in a field near Sherwood Park.

"I found the Crossroads van (E4C). They listened to me and took my "bad date" report. Not one of my rapists has been brought to trial."

Her message to children and youth at the Round Dance: "You matter. You have strength you don't know you have. Don't let them tell you don't. Always reach out - there are many organizations now to help you."

Kathy King came "to honour my daughter." Kathy has created a website, www.MissingCara.ca to foster awareness and give support for the continuation and expansion of the MMIW Inquiry. "In Edmonton, we marched for ten years, thanks to the work of Danielle Boudreau. Now in 2018, we gather to dance. Ceremony heals."

Kate Quinn is the Executive Director of the Centre to End All Sexual Exploitation (CEASE).

Hundreds Attend Rally After Verdict Announced in Murder Trial



Approximately 200 people gathered outside of EPS headquarters on February 10 to protest the acquittal of Gerald Stanley, a Saskatchewan farmer, in the 2016 shooting death of Colten Boushie, a young Indigenous man, on Stanley's property. Similar protests happened in other cities across the country. Paula E. Kirman

London Villas Hub is Ready to Open

Former church building is intended to be a community gathering place.

EVELINA MANNARINO

If you have been walking around McCauley lately, you may have noticed some construction happening over at 9620 109 Avenue, the former location of Cornerstone New Testament Church of God.

The church was sold to Evelina Developments back in September of 2017. Interior construction has been going on since, with almost no clue as to what was taking place inside. Not even I (business owner Evelina Mannarino) knew what I was going to create!

The interior was old and dirty, so I



The interior of London Villas Hub. Steve van Diest

started with completely gutting the insides. I thought about doing office spaces but as people that came through and saw the renovations, they started to book their weddings.

Built 100 years ago in 1917, the orig-

inal use was an Ukrainian Greek Catholic Association Hall. Currently going through a heritage designation, Evelina Developments is creating the vision to bring it back to what it once was, a community and gathering place for all.

Now that the renovations are complete, London Villas Hub is ready to become the community hub it once was, catering to weddings, events, and other important events. Bringing even more life back into the community of McCauley, it plans on becoming the gem it once was!

The grand opening is scheduled for some time in March of 2018. To get on the guest list, email info@LondonVillasHub.com or call (780) 970 2106. Thanks to many people in the community of McCauley who wrote in requesting to keep the building as is, and restoring it to become a community gathering place once again.

A Spiritual Spring

An adventure in Vancouver leads to the pursuit of an Indigenous Studies certificate.

SHARON PASULA

It all started in 2014 at the Truth and Reconciliation Commission of Canada's national event in Edmonton. I was waiting for my scheduled time to share my intergenerational trauma story on video and noticed a brochure on one of the tables. Being curious, I picked it up. Wow. It was a brochure for Native Ministries Consortium in Vancouver in July. I had never heard of it. This was like gold - no, platinum - to me. A place where Indigenous scholars teach Indigenous people, on the beautiful UBC campus in July - the best time to be in Vancouver.

So I took the brochure believing this was a message from Creator. I researched it online and almost couldn't believe my blessing to see that Dr. Martin Brokenleg was teaching a course about Forgiveness. I made the appropriate arrangements and drove to Vancouver. That week on the west coast was like heaven on earth. I met awesome people, one of whom has become a very good friend and prayer partner. I've been going every year since. So spring for me is the time to get ready for an awesome living and spiritual experience in Vancouver at the renamed



From left: Isayah Brokenleg (M.Div student), Dr. Ray Aldred Director, and Sharon Pasula. Taken at Indigenous Studies Program 2017. Supplied

Indigenous Studies Program Summer School. Oh, by the way, I decided I might as well work towards an In-

digenous Studies certificate, which I will finish up this summer. Looking forward to spring, I am!

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

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Expert Gardening Advice

Plus, the chance to get involved with the McCauley gardening community.

DUSTIN BAJER

Plant Your Garden Early

When I was growing up, my parents kept a large vegetable garden in the backyard. Each spring, my mom would bring out an ice cream pail of seeds, a bundle of wooden stakes, a garden hoe, and a roll of twine she got from my uncle - a nearby cattle farmer.

I watched as she paced the distance between rows - carefully placing one foot in front of the other - before pressing a stake into the ground. She repeated the ritual on the other side of the garden and pulled some twine tight between the stakes to mark the row. Tilting the hoe at an angle, she added a shallow trench along either side of the string. We were ready to plant.

For as long as I remember, this ritual happened every May long weekend.

Avoiding The Frost?

For most gardeners, the tradition of planting on the Victoria Day long weekend is familiar. Exactly where it comes from is uncertain, but the ritual has likely been passed between generations of gardeners (as was the case for both my mother and me) or between established and new Albertans. Most gardeners cite frost as the reason they wait until the third weekend of May.

In Edmonton, our average last day of frost is May 12. If frost is the determining factor, it makes sense for Edmontonians to wait until the long weekend (usually falling between the 15th and 23rd). However, we only need to look at our neighbours to the south to learn that this logic isn't as sound as it appears. In Calgary, the average last day of frost is May 22 - a full 10 days after Edmonton - and yet, Calgaryans plant their gardens at the same time. If they were as concerned about frost as Ed-

montonians, they should be planting their gardens at the beginning of June. So, what's going on?

Earlier Is Better

In reality, seeds have evolved to withstand a variety of inhospitable conditions, including cold. In fact, many seeds benefit from cold exposure - a process called stratification. In nature, seeds fall from their parent plants, lay dormant throughout the winter, and germinate when conditions are right in the spring. To take advantage of nature's genius, plant your garden as soon as the ground thaws enough to work - typically mid to late-April. In an extreme example, sow your seeds in mid-October when daytime temperatures are cold enough to prevent germination. Though there is always the risk of late hard frost, the seeds know when it's safe to emerge. If you're still nervous about planting early,

buy yourself a length of inexpensive floating Reemay cloth from your local garden centre and drape it over your plants. Reemay cloth lets light and water through while retaining warmth near the soil. So, get a jump on the growing season and plant your seeds early!

McCauley Gardening Group

The McCauley gardening community is looking to organize regular meetings and events. If you're a McCauley gardener, we want to hear from you! Take five minutes to complete a short survey at the following link, and I will enter you into a draw to win a hardy apricot tree!

<https://tinyurl.com/McCauleyGarden>

Visit DustinBajer.com for more information about me and my projects.

Recipe with Rutabaga

YOVELLA M.

Living in northern Alberta sometimes means paying higher prices for imported foods. Food security can be a barrier for those who are on limited incomes, tight budgets, and for those who want to be wise with how they spend their money.

A great way to reduce the costs of fresh groceries is to purchase in season fruits and vegetables. Seasonal produce refers to foods that are both locally grown and imported. These fresh items are at their optimum in nutrients and flavour. During March, some of the available in-season vegetables and fruits are: beets, cabbage, turnips, carrots, rutabaga, mangoes, and pineapples. April vegetables include: zucchini, lettuce, artichoke, broccoli, and asparagus. (List source: Calgary

Food Bank)

Rutabaga, a hybrid of turnip and cabbage can be eaten raw, boiled, fried, baked, and mashed. They are also great in soups and stews.

Turnips can also be eaten raw, cooked, or pickled, and are also a hearty addition to stews. When choosing a turnip look for smaller sizes, no brown spots, and green tops.

This roasted rutabaga recipe by Organic Authority can be eaten as a snack or side dish and is a healthier alternative to regular potatoes. You can also substitute any of the listed vegetables for any other type of in season root vegetable.

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

Roasted Rutabagas and Parsnips with Garlic and Thyme

- 2 medium-sized rutabaga
- 2 medium-sized turnips
- ¼ cup olive oil [canola oil can be used as a substitute]
- 2 cloves of garlic, peeled and finely minced
- 1 teaspoon sea salt
- 6 sprigs of fresh thyme (About 1 ½ tablespoons of leaves)*
- *Dry thyme can be used if fresh is not available*

Directions

Preheat oven to 400 degrees Fahrenheit and line a baking sheet with a piece of parchment paper. Cut off the tops and bottoms of the rutabagas and parsnips. Carefully peel and slice into thin spears. Toss in a bowl with the olive oil and spread in a single layer on the lined baking sheet.

Remove the thyme leaves by holding the top of the sprig between your pointer and thumb fingers. Then slide the pointer and thumb fingers of your other hand down the sprig quickly and easily remove the tiny clusters of leaves.

Sprinkle thyme leaves, garlic, and salt on the vegetable spears and cook for 25-30 minutes. After 10 minutes of cooking, use a fork to gently move the spears around so they cook evenly. They are done when some of the thinner spears start to burn.

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ELLA Spring Session Registration Begins March 13

ANN CAMPBELL

Edmonton Lifelong Learners Association's (ELLA) members will be perusing the course guide for Spring Session happening in partnership with the U of A's Faculty of Extension from April 30 to May 18.

It is an opportunity unique to Edmonton for those 50 or over to be a part of an amazing group of keen, welcoming, and enthusiastic students from various backgrounds that have come together to learn, relax, have fun, and make new friends, whether or not they have ever set foot in a university. And, the best perks of all: no prerequisites, homework, or exams.

Registration begins March 13 for this 17th annual volunteer-run ELLA experience, and about 600 eager participants are expected to register in the 52 diverse class selections taught on the U of A's main campus or Enterprise Square by experts in their fields.

A glance at this year's timetable suggests it will be challenging to choose from the interesting smorgasbord of sessions. For example, those interested in stepping back in time might enjoy courses on paleontology, the Victorian era, and maps. These are listed alongside topics such as Jazz of the 1930s, '40s, and '50s; Linguistics: The Power of Language; and A Brief History of Asian Art.

Math and science enthusiasts can sit in on conversational geology, "mathemagics," or nanotechnology, and those who want to learn about global affairs will find topics related to China, contemporary Africa, or India on the agenda.

As always, there will be artistic pursuits: painting, sketching, fabric surface design, woodcarving, and basic digital photography. Writers and singers have dedicated class time set aside too.

Wellness and lifelong learning should be top of mind as we age. Instruction in Tai Chi and QiGong, yoga, stabilizing your core, and line dancing will get your body moving, and mindfulness meditation will slow it down.

It's not only the 70-minute classes that keep ELLA members coming back - an enticing line-up of noon-hour presentations always keep people engaged while enjoying their brown bag or take-out lunch.

An ELLA membership costs \$20, and enables a person to enroll in up to four courses per day for the three-week period for the fixed fee of \$250. Prepaid parking is available and the LRT handy. Go to my-ella.com or call (780) 492-5055 to arrange a membership and get further details.

A Farmer's Market for Church Street?

COLLEEN CHAPMAN

Cole Mondor, owner and pharmacist at Mint Health + Drugs mentioned to me that he would like to see and help support a farmer's market at the intersection of 106A Avenue and Church Street every Sunday throughout the summer.

I think this is an exciting idea to examine and would appreciate input from community members. We are encouraging a walkable Church Street, and think this would enhance reasons to walk down the street. A Sunday stroll after church to get an ice cream soda at Mint's Soda Bar and picking up fresh food and home made crafts seems like an idyllic way to spend a warm afternoon.

What do you think? There is not much traffic on Church Street on a Sunday, and the parking is easier without the business parking that fills up the street on business days.

Do you have any ideas about organizing a market? I know it has been done before through Revitalization, and I will be meeting with Jane Molstad before this paper is printed. Let me know what you think, please!

Leave a message at the office phone - (780) 425-3475 - or email us at friendschurchstreet@gmail.com

Colleen is the President of the Friends of Church Street Society.

Drop In and Step Up

Soccer program growing thanks to community partnerships and participation.

TARO HASHIMOTO

In the past two years, we have made mention of the drop-in soccer program which Inner City Rec and Wellness Program and e4c McCauley Community Development have partnered together on and worked to support. Well, it has been a terrific program and we have transitioned from outdoors to indoors regularly, using spaces familiar to most who reside in the area of McCauley and Boyle Street. The development and growth of this program has included program staff, volunteers, and community members coming together weekly and organizing sides to scrimmage. All of these factors have led to several volunteers/mentors suggesting to the program that a team be assembled to compete in recreational co-ed league play.

So, not only has that idea been embraced by a good many of the players and people involved, but also by the Edmonton Sport and Social Club (league) itself! For the past year, the ESSC has been donating money to the Boyle Street FC Team who has been registered in the "Really, Re-

ally Recreational Division" of their Co-ed Soccer League. The Boyle FC Soccer team uses this money to register and play within the league. While the team still needs to raise money and support for equipment and administrative time, it enables an unlikely group to learn to work as a team and become even more accomplished in playing the game of soccer.

Despite having a losing record of 1 and 3, the one Thursday night win is the team's first mid-season victory since joining the league (fourth season) and the team has been growing. Using social media tools and recruiting practicum students and friends of friends, there is now a familiarity with the ways of operating as a team and keeping together. There is always something positive to take away from each game, and there is always the weekly drop-in (Tuesdays, 1 to 3 p.m. @ Melcor YMCA Village) to practice and hone the skills needed to continue making strides together.

Taro is the Community Development Officer with E4C.

HOTC Main Stage Applications

CHARITY SLOBOD

As we march into March (sorry, I couldn't resist), Heart of the City Music and Arts Festival is opening its Main Stage applications on the 18th! Are you a musician, band, or stage show performer in the neighbourhood? We'd love to see and hear you play this year on our stage June

2 and 3! Keep your eyes peeled for the official release or email Charity at heartcitymusic@gmail.com. Stay tuned for more community arts opportunities as we move closer to spring!

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



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Spring is my favourite time of year. We go from cold winter short days to longer, warmer days. And then the miracle of spring begins, when the crocus, daffodils and tulips emerge miraculously from a carpet of snow, and provide the first show of colour. The second miracle is when the little green buds appear on the shrubs and trees. Finally, when the sun warms the ground even more, one fabulous day the trees and shrubs burst forth with leaves that reach for the sun. What an exciting day that is. Suddenly the world is full of possibilities, and the snowy grey days of winter are gone.

There is lots of preparation we can do as we wait for spring. When the ground is thawed, we can turn over the soil in our vegetable garden areas. About March 1 or so, we can start seeds inside in egg crates or those little peat pots available at garden stores. We can also cut pieces of the annuals we managed to save (like geraniums), and transplant them with root boost into little pots where they will root and make big plants eventually. I managed to do that for the first time last Spring, and got enough small geraniums that I hardly had to buy any for my flower boxes along my side alley. We have to water them daily, but it saves a lot of money.

We need to fertilize the trees and shrubs so they have new nutrients to grow on all spring and summer, which helps make a lush harvest in the fall. Think of your yard's living shrubs and trees like they were people. If we get up from a long sleep, we are hungry - and we want to eat. Consult Lois Hole's excellent books to know when and what to use for which plants, shrubs, and trees.

The Indigenous people taught the new settlers to North America to use fresh-caught fish heads and guts as fertilizer. I lived on a lake in Saskatchewan for a few years, and I saw how well this works. We caught fish to eat and put the heads, tails, and guts under the new tomato plants in a sunny location. When the roots of the plants found the fish, they suddenly grew strong, big, and healthy in just a few days. That taught me to plant fish under everything. My yard is an example: I planted fish under every tree and shrub, and in every

flower box and planter. The colourful flowers and bountiful harvest are the result.

Before I bought my small 110 year old house in McCauley 12 years ago, my yard was used as a parking lot. It didn't have a single living thing in it, and the soil was full of oil and gas. But the addition of fish (and other fertilizers as available) has helped the new plants to grow and overcome that soil problem. Other people swear by cow or sheep manure, or other types of fertilizers. The bottom line is: whatever you use, the plants need food to be healthy.

We also need to support vines and trailing vegetables so they grow strong. Last summer I tried planting runner beans behind the flowers in my flower boxes against a

blank wall, and they grew well. I used rough twine to support the vines and they filled in nicely.

So, here's to spring and making our neighbourhood beautiful and lush by planting and fertilizing our gardens! By the way, if you are buying new trees, we are in Zone 3 - anything higher than Zone 3 will not grow through our harsh winters.

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



Sp
A Time

Once the snow
starts to

ART



Spring: of Anticipation

*Winter is gone, the neighbourhood
is to come alive with colour.*

ARTICLE AND PHOTOS BY
JOANNE MCNEAL

1 Tulips from last spring. 2 Pansies. 3 Evans cherry tree. 4 Bottles of raspberry cordial.
5 Dining room window box. 6 Angelique double tulips. 7 Yellow hibiscus that Joanne kept
inside over two winters, before putting it outside from May-September.



Spring Means Sharing

MANON AUBRY

BoyleBits: A View from Boyle Street

I envy the energetic souls who take part in winter sports. I would love to have that sort of strength.

I especially admire the fortitude of people like the man who stood outside the liquor store selling a street paper. He was happy for what little change I had and he told me that the next day he was going to be selling in front of the market and he would have a better day. He told me things were looking up - he has found housing as of next month and he doesn't need to live on the streets anymore, he told me, happily. Seriously, here was a man standing in -25C, laughing with gratitude at his good fortune.

No matter how harsh the winter, the coming signs of spring offer new hope and new things to think about. I have the good fortune of having a garden. Planning a garden is as much fun as tending one. Gardening is something I didn't really get until I turned 50. Maybe younger people are more attuned to the pleasure of growing ones' own food, though I suspect more people might develop an interest in plants after the passing of some forthcoming legislation.

Even people with balconies can grow pots of vegetables and flowers. The lengthening days give us more time to enjoy the outdoors so that hormones regulated by sunlight lift us up. The miraculous sun will trigger our brain to produce serotonin to take us to a sunny frame of mind. I make a point of exposing myself daily to the sun so that I can enjoy this wonderful free drug. Likewise

the soil in my garden, I am told by scientists, contains microbes that also boost serotonin production. Serotonin, along with oxytocin, are your natural feel-good drugs and uplifters of spirit. This self-generated mood is infectious and prompts us to be more caring for others, to share our time and resources with people in need. This is the best catch-22: caring for others triggers more serotonin to be produced.

Our spirits are given wings and we dare to dream of the perfect life, whatever that might mean to different people. It's also true that you can only measure the highs if there are lows for comparison. Never being challenged means stagnation. Growth is usually spurred by a good swift kick from the Universe or God or whoever your Higher Power is. Sunshine, hugs, and the earth is the best prescription for a happier state of mind.

The normal highs and lows of everyday life swing towards the positive side. The only difference is our set point - what you're used to. To the man who had been homeless for years, the prospect of a roof over his head made him happy. If you already have shelter, you might want bigger digs and a nicer car and more and more. To some, acquisition becomes a drug. But no matter how much or how little stuff we gather, we can only feel true satisfaction when we share what we have. Now, go plant a pot of tomatoes and share with a neighbour.

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.

Spring Forward!



IAN YOUNG

Ability and Community

"The sun just touched the morning; The morning, happy thing, Supposed that he had come to dwell, And life would be all spring."- Emily Dickinson (American Poet, 1830-1886)

SPRING FORWARD! Two of my favorite seasonal words! Winter will soon be a distant memory, while spring is like waking up after a long nap, let the growth begin!

I love the first day I can open my windows and get a comforting breeze, arising to a sun filled sky and hearing birds chirp! Every season has its characteristics, but spring, being the prelude to summer, gives me a feeling of joy, more time outdoors,

and fresh smells. I don't even mind a spring rain shower!

You will start seeing advertisements for more outdoor events and festivals. Edmonton keeps going year-round. Nothing stops us. Gardening will start to happen. As the ground thaws, the planting begins!

Winter does have a lot to offer, but spring is our reward that we get to spend more comfortable time outdoors.

And of course, there is the "spring cleaning." If you feel the need, declutter and donate! Many agencies are in need, and pick-up or drop-off options are offered. You can find a lot of information at <http://donate.inclusionAlberta.org>

So, open a window, take a deep breath of fresh air, and give kudos to Mother Nature!



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The Wonder of Spring

KERI BRECKENRIDGE

Keri's Corner

Oh March, the technical beginning of spring, how like winter you do look. In Edmonton, by March we are usually out of the clasp of winter but still awaiting the embrace of spring. It's a time of year that stretches my patience. Quite frankly, this year I was finished with the cold season by the new year. That arctic vortex just did me in. Admittedly, that cold week was subsequent to three weeks of above zero temperatures so I really shouldn't have much to complain about. I still will, though.

Don't get me wrong - winter most certainly holds its beauty. With still nights and street lamps reflecting off of new

snow, it is loveliness I behold. Until my nose gets uncomfortably cold - then I'm outta there, hopeful that I don't slip on an icy sidewalk in my rush home.

I embrace winter as much as I can, but I wait for spring. And wait and wait. Just when I think it has finally come, we have a late snowstorm. As much as I have come to expect these little twists from Mother Nature, they still annoy me because I think I can hear her laughing at me at those times.

That's okay because spring, like winter, inevitably comes around. I can open my windows and let the freshness flow through my space. I can spend some time on the balcony with a little wine as I watch the sun set. I can be more

out in the world without the worry of frostbite or the need for a hot bath to take the chill out of my old bones. Reinhardt and I start talking about neighbourhoods to explore on our walking adventures and recounting old ambles and the treasures they brought.

We are primarily pedestrians, so weather is an important factor in deciding where we will go and for how long. We are more in touch with the world and nature when the days are longer and warmer. Spring, for us, is an opportunity to again be more a part of the world and to behold all its wonder.

Keri lives in Boyle Street where she is awaiting spring to arrive.



ISABELLE FOORD

Something Funny

Imitation is the sincerest form of comedy.

The best stories have a beginning, a middle, and a twist.

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

Springtime and Gardens

REINHARDT HEINRICHS

Spring could be my favourite season. There are not many to choose from, I suppose. Winter really places dead last, I'm sorry. Neither my recent Albertan history nor my initial Manitoban history did anything towards a fondness for winter. There are cold parts to me dating back to winters in the 70s.

My birthday is in spring on the fifth of May in 1970, a day after the dubious Nixon-era shootings at Kent State in Ohio. I also share my birthday with Karl Marx. This kind of

prompts me neither towards conservatism nor communism. Springtime growing up on a farm has things like new baby chicks, new kittens, and growth in the garden. It means I will eventually be eating berries and vegetables. I can particularly remember radishes. I developed a taste for them because it was the first vegetable that sprouted and matured enough to pull up and eat.

Back then, kids were rude enough in a small town to simply hit someone's garden to eat carrots, peas, berries, or apples. I don't know how easy any of that would be now. It was a part

of spring to look forward to gardens and eating really fresh vegetables. As part of city living, Keri and I have become regular farmer's market shoppers. The old familiarity with garden or greenhouse produce is a direction that dates back to what I enjoyed as a kid having the benefits of a garden or picking wild berries which I don't have available to me as I did then.

Greenery is something that begins in spring. There is tough greenery like evergreens, but the multi-layered tones come forward with spring - mixed streaks and splotches going towards something more. Spring

comes up with the budding greenness reaching towards the light of the sun, the days when you smell the life around you, new and changing.

I will be walking through the neighbourhood and I will appreciate the gardens, but I won't go in them. Of course things will look good out there but Keri and I go grocery shopping like adults. I would like to think there is some place a kid can enjoy a neighbour's garden without a lot of hassle.

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

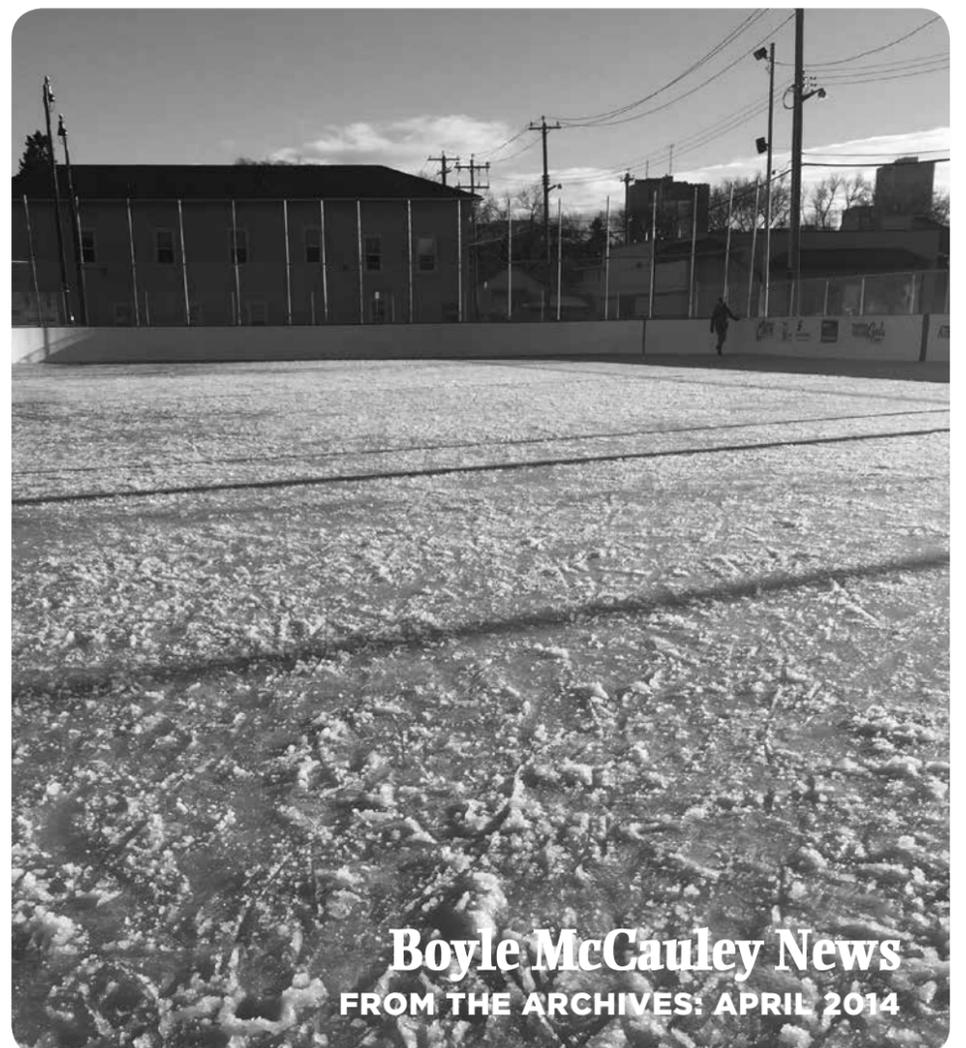
Boyle Street Set to GLOW Again

The third annual GLOW lantern parade is scheduled for the Quarters Downtown and Boyle Street this Spring Equinox, on Saturday, March 24. Starting at Boyle Street Plaza (9538-103A Avenue,) at 7:30 p.m., community members will carry large animated lantern floats that they or other community members have made. Everyone is welcome.

Lantern building workshops organized by Quarters Arts started in February and take place at Edmonton's Vignettes Building, 10004-103A Avenue.

Like Quarters Arts on Facebook: <https://www.facebook.com/Quartersarts>. For more information, call (780) 422-5857 or email info@boylestreetcl.com.

Quarters Arts is a non-profit society that sees The Quarters downtown and Boyle Street as a vibrant neighbourhood for the arts in Edmonton and seeks to encourage its growth by engaging people with citizen-led projects while honouring the heritage and exploring the diversity of the community.



Boyle McCauley News
FROM THE ARCHIVES: APRIL 2014



BOYLE STREET COMMUNITY LEAGUE

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330PM-530PM BASKETBALL DROP-IN*

MONDAYS

1-5:30PM PIU YUM RECREATION CLUB (FREE)
6:30-7:30PM KIDS MARTIAL ARTS AND FITNESS
7:30-8:30PM ADULT MARTIAL ARTS AND FITNESS
BOTH MARTIAL ARTS FREE TO BOYLE STREET RESIDENTS

TUESDAYS

1-3PM SOCCER DROP-IN*
7-9PM MUSICAL MAMAS (LAST TUESDAY OF THE MONTH)
7-10PM HIP-HOP (FREE)
6PM-8PM BASKETBALL DROP-IN*

WEDNESDAYS

4:30-5:30PM FLOOR HOCKEY DROP-IN*
6:30-7:30PM KIDS MARTIAL ARTS AND FITNESS
7:30-8:30PM ADULT MARTIAL ARTS AND FITNESS
BOTH MARTIAL ARTS FREE TO BOYLE STREET RESIDENTS

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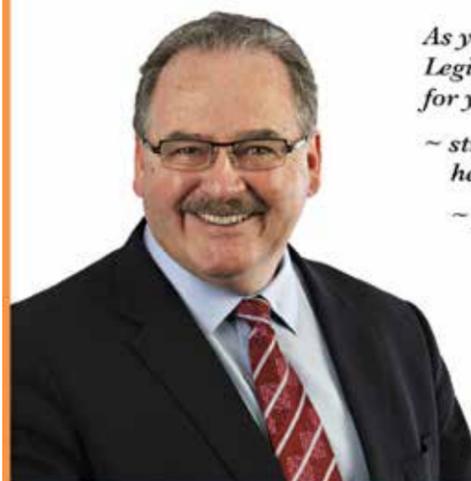
WE ARE SEEKING BOARD MEMBERS WHO LIVE IN THE BOYLE STREET COMMUNITY. WE WANT PEOPLE FROM ALL WALKS OF LIFE. JOIN US!

DO YOU EVER WONDER WHAT IS HAPPENING IN YOUR COMMUNITY? are you interested in the new building across the street or when the community swim happens? Call 780-426-9264 or email info@boylestreetcl.com to add your email address to our list. We will update you when open houses are happening, re-zoning requests, event happenings and general information about the community.

**WE'VE GOT GREAT SPACES FOR YOUR NEXT EVENT OR MEETING!
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Brian Mason, MLA

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La Traviata

Alex Taylor School: A History

This former elementary school on Jasper Avenue is now a repurposed historic site housing E4C. Here is a history of one of the most visible landmark buildings in Boyle Street.



The exterior of Alex Taylor School. Leif Gregersen

ANITA JENKINS

Alex Taylor School is a well-known city landmark on Jasper Avenue just west of Alex Taylor Road. Since 2001 it has been the home of E4C, the Edmonton City Centre Church Corporation. For more than 90 years before that, it was an elementary school.

City Archivist Kathryn Ivany says, "This building, which is part of a corridor of old buildings representing the city's earliest history, is an example of effective repurposing for a modern use."

Ivany also notes that the building is one of Edmonton's more visible historic sites since so many people drive past it every day. Facilities Manager Lubo Urda adds that the prominence of the site is further enhanced by its visibility from the River Valley and the way the sur-

rounding schoolyard leaves it more open to public view.

Constructed in 1907-08, the three-storey Alex Taylor School is "robust, symmetrical and grandiose," Urda says. Each of these qualities are goals of the Classical Revival style that Architect Roland Lines used - a style that was based on the structures of ancient Greece and Rome combined with those of Renaissance buildings. As if to testify to its "robustness," the building has survived several fires, a landslide, and plans to demolish it to make room for a road.

The school's name was chosen to recognize a prominent early citizen, Alexander Taylor (see sidebar). Another name that is closely associated with the school is Steve Ramsankar, principal for 30 years (1970 until its closure in 2000). Ramsankar was an exceptional

educator who created a community school that served the needs of the students and their parents. The area, originally the centre of a booming new city, had become a neighbourhood of low-income families who often needed to learn English and get a foothold in a new society. Ramsankar's efforts were recognized in 1983 with an Order of Canada award.

Note: Watch for a future story about the school's current tenants, E4C, which works to prevent and eventually eliminate poverty. E4C delivers multiple programs including adult literacy, hot lunch programs, family counseling services, and services to schools in the mature areas of the city.

Anita Jenkins is a retired writer and editor who moved to Boyle Street four years ago and loves her new community.

HISTORY SIDEBAR



ALEXANDER TAYLOR

1853-1916

Alexander Taylor arrived in Edmonton from Ontario in 1877. At first he worked for the Dominion Telegraph Service, which was part of the railroad. But within a decade he had begun working with a committee to establish Edmonton's first phone and electrical companies (Edmonton Electric Light Company). The first official phone call occurred on January 3, 1885, between Edmonton and St. Albert. Taylor was also co-founder, with Frank Oliver, of the first newspaper, the Edmonton Bulletin, and he served on the Edmonton public school board from 1899 to 1909.

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BOYLE STREET COMMUNITY LEAGUE UPDATE

A Change of Staff

ALF WHITE
BSCL Update

We have recently had a staff change. Maryam, our Facilities Director, is moving forward to bigger and better opportunities. She has learned much about running this facility, and that experience will help her in her future endeavours.

Please welcome Mimi Williams, Maryam's replacement for the next three months. As we search for a new permanent Facilities Director, come by and say hi to Mimi and be sure to pick up your FREE Community League membership.

Alf is the President of the Boyle Street Community League.

Reminder: Clear Your Sidewalks

Just a reminder that we are all required by City Bylaw to clear our walks within 48 hours of a snowfall ending. Thanks to all of the wonderful residents who diligently clean and clear their walks, and sand or salt them as needed. You are much appreciated!

To those who don't know about this requirement of all residents, you can go to the City's website (edmonton.ca) for clarification. Enter "snow" and "sidewalks" into the website's search function.

If you can't clear the sidewalks yourself, you can call for help from "Snow Angels" - volunteers who help those who can't do it themselves because of a disability. Snow Angels can be found through community leagues, seniors' organizations, schools, and houses of worship.

We, as residents, are the caretakers of our sidewalks - even though they are public property. If someone falls on your icy sidewalks, you can be fined or otherwise held responsible. Lots of us walk on your sidewalks every day, so do your part! Thank you!

Submitted by Joanne McNeal.

Springing Forward

It's time to make some new memories.

ALF WHITE

I don't do much to "spring forward." Mostly I will tune up the bicycles of my family members and go riding with some of them. I also look forward to seeing the robins return. I have always enjoyed their singing early in the mornings.

I do miss the crowing of the roosters when I was on the farm at Scotford, and helping the family put the garden in at Mom's place southwest of Mundare. My brothers and I reminisce about memories of our youth, like the crazy antics we I did: our little demolition races we had around a quarter mile hill that was there. We

also did some horse racing, using some of the steers as obstacles. The steers weren't too happy with that. They usually won!

With spring just around the corner, I am thinking about what else I can do to help me spring forward. Maybe I'll go make some new memories!

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

		4			1	5		2
8	5		2					1
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8	5	9	2	4	3	7	6	1
2	1	6	5	7	9	3	8	4
4	9	8	7	1	5	2	3	6
5	2	3	6	9	4	1	7	8
1	6	7	3	8	2	4	5	9
6	8	1	4	3	7	9	2	5
7	4	2	9	5	6	8	1	3
9	3	5	1	2	8	6	4	7

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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)

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10628 – 96 Street

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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

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For more information call The Mustard Seed, at (780) 426-5600 or visit: www.theseed.ca

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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 Abbottsfield 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.

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.

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 churchofthesurrection.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.

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*: March 9, 2018. Payment can be at McCauley Boys & Girls Club, during business hours, Monday – Friday 9 a.m.-4 p.m. Next depot date is March 22, 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.

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 weekly as per the availability of members.

Day/Time: Wednesdays 3 to 5 p.m.

Location(s): McCauley Apartments (9541 108A Ave.) or Bissell Centre (10527 96 Street)

For more info please contact: (780) 424-2870, (780) 288-1778 or (780) 271-5995

Facebook page: [@streetprintscollective](https://www.facebook.com/streetprintscollective)

E-mail: 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. INDOOR Throughout Winter months (October -April).

Time/Date: Tuesdays 1 p.m. to 3 p.m.

Location: Boyle Street Community YMCA Gym 10350 95 St.

For more info please contact (780) 271-5995 or (587) 337-9860

WORD ON THE STREET POETRY CALL - MARCH 11 SUBMISSION DEADLINE

WORD ON THE STREET CALL for POETRY SUBMISSIONS. As a part of this public space community poetry project, E4C is reaching out to community members to create five-line poems and express themselves. Entries can not only be a part of the landscape of the neighbourhood, but also win cash rewards!

For more info please contact: (780) 424-2870 or (780) 426-7861

Submissions Email: wordonthestreet150@gmail.com

SCHOOL OF INDIGENOUS TEACHINGS

e4c in accordance with ECALA presents

School for Indigenous Teachings

Spring Semester (April 9 – June 18th)

Weekly – Mondays 10 Weeks

All classes located @ Alex Taylor School Building (9321 Jasper Avenue)

Based in Edmonton's inner city, a variety of indigenous knowledge keepers and instructors will join and lead teachings based on cultural themes and language comprehension. Indigenous heritage learners of all levels can register to take one or two classes.

Language & Cultural Studies (3:00 to 5:00 p.m.)

Bannock Break: (5:00 to 5:30 p.m.)

Indigenous Ways of Knowing and Being (5:30 to 7:30 p.m.)

For more information: (780) 424-2870 / (780) 271-5995 - Email: thashimoto@e4calberta.org

"WELCOMING SPRING" INDIGENOUS SHARING CIRCLE

with Sharon Pasula

March 20, 10:00 a.m.-1:00 p.m.

Intercultural Centre (9538 107 Ave.), 3rd Floor

10:00 to Noon Sharing circle

Noon to 1:00 Bannock and stew

All are welcome

Contact: krambow@e4calberta.org / (780) 424-2870

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: jclements@e4calberta.org

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

Lady Flower Garden Gets Summer Support

Also: sportsmanship award, Women's Wellness, and donations.

REBECCA KAISER & MIKE SIEK

Inner City Recreation & Wellness Program

As we prepare for the coming spring with the Inner City Rec and Wellness Program, we are pleased to announce that our garden partner, Lady Flower Gardens, has found a student to support food security initiatives for community groups at the garden this summer. ICRWP takes a group out once a week all summer season to help plant, weed, and harvest for the Edmonton Food Bank.

In January our floor hockey sportsmanship award was won by Steve! His emphasis on inclusion and acts of support for players that are still developing their skills contributes greatly to the quality of the program. Although Steve works out of town, he consistently comes to our programs when he is in town. He also participates in our Tuesday soccer program on occasion and brings the same great attitude whenever he is present.

Women's Wellness aims to remove barriers and create opportunities for females in our inner city community to engage in physical activity and healthy living. ICRWP's Women's Wise Warrior Self-Defense Program wrapped up last month. We spent six ses-

sions learning how to develop situational awareness, personal grounding exercises, making space to escape from an attacker, and other wellness and personal safety techniques. The content of these sessions helps women become more aware of their personal power. The program provided useful knowledge and resources as well as providing a fun and safe space for women to learn and laugh together.

Edmonton Sport and Social Club (ESSC) dropped off a load of donations for our programs last month. ESSC has been a huge supporter of our drop-in hockey and soccer programs. Through fundraisers and 50/50 raffles they have managed to bring a fresh supply of pads, sticks, balls, and more that will last us for the next couple of years at least! We are blessed to have the support of ESSC and other community organizations!

Plaza Bowl Co. recently sponsored ICRWP, providing not just healthy fun activities for our community members, but also putting on a fundraiser that resulted in a surprise donation for us! Amazing! We look forward to more trips to Plaza Bowl and continuing the great relationship that has been forged with them.

Rebecca Kaiser and Mike Siek are Program Coordinators with ICRWP.



From left: Rebecca with program volunteers Stephanie and Phil receiving a donation from Edmonton Sport and Social Club. Savannah Kafara



The Wise Warrior Program taught self-defense to women. Rebecca Kaiser



Steve, our January sportsmanship award winner. Rebecca Kaiser