



4 Dining Out



4 A Success at Carnegie Hall



8 Little Italy Community Garden



9 Parka Patio

Boyle McCauley News

CIRCULATION 6000 • BMCNEWS.ORG APRIL 2016

FREE

VOICE OF THE COMMUNITY SINCE 1979

McCauley Dragons: Provincial Champions Again

U16 team takes gold in indoor soccer.



The McCauley Dragons after their win at the Indoor Provincials. Tyler Jenne

GRACE KUIPERS

The U16 McCauley Dragons not only played a great indoor season - they moved on to provincials and took first place - GOLD - in the top community category.

The McCauley Dragons are the U14 Edmonton City and Alberta Provincial Champions from the 2015 outdoor soccer season. When they registered for the indoor season this past September, some of the players needed to move up to U16, so to keep them together, all of them moved up, including those underaged. Several players had never played indoors, as this also was the first season that McCauley fielded an indoor team.

So, how did the McCauley Dragon U16 soccer team perform in the 2015-16 indoor season? The McCauley Dragons were undefeated in regular season play and finished first in the highest tier of community soccer. The Dragons also won the gold medal at the FC Memorial Tournament and the gold medal at the Slush Cup Tournament. The McCauley Dragons were undefeated in

the city championships, but since they were tied with another team, the Dragons finished with the silver medal because of goal differential (a sports term referring to the difference between goals scored for the team and against the team).

The McCauley Dragons qualified for the Youth Indoor Provincial Soccer Championships 2015-16 in Calgary between March 11-13. The top 12 teams from around Alberta traveled to Calgary to compete in the Youth Indoor Provincial Soccer Championships.

The Dragons won their first three games by scores of 5-1, 4-0, and 3-1, and qualified for the Gold Medal game.

The Gold Medal game was hard fought. The Dragons beat the Calgary Rangers 2-1 to win gold, and the provincial title. This is the second time the McCauley Dragons had a successful tournament finishing at the Alberta Provincial Championships, as U14 in outdoor soccer last spring, and now as U16 for the indoor season.

It has been a great experience and much fun for the players, the coaches, and the families. The Dragons are a close group of kids from diverse backgrounds. The differences they bring to the game, on and off the field, have made them a unique team and fun and interesting group. Congratulations to all the Dragon athletes: Alvin Du, Prueh Eh, Yar Manar, Gage Campbell, Taylor Dumka, Hserhteet Hser, Emmett Maxfield, Jordan Luciw, Johnny Tran, Devin Lokszy, Tyler Morin, Hunter Dubie, Caleb Green, Liam Donald, K'pru Lar, Joshua Teeter, Law K'Paw Wah, and Hanary Htoo Saw.

A special thanks and congratulations to the coaches: Jason Du, Dean Lieu, and Len Lokszy. And, thanks to all the parents, who greatly supported this team.

You can still register for 2016 outdoor season by going online at www.emsanorth.com. For any questions email Grace Kuipers at dangrace@telus.net.

With information provided by Calvin Maxfield.

Inside THIS MONTH:

AROUND THE RINK

“El Nino had its grip on Edmonton with the very unusual warm weather and it played havoc on our ice.

■ PAGE 6

CITY LIFTS MORATORIUM ON BODY RUB PARLOURS

“The City’s challenge will be in the implementation, monitoring, and enforcement of the bylaws. Owners of these parlours should be held to high scrutiny and accountability, and fined when they do not comply with requirements or mistreat those who work in their establishments.

■ PAGE 7

BSCL UPDATE

“Much is happening in Boyle Street. The Quarters project is moving ahead, and we are working with the city, developers, businesses, and residents to continue to make Boyle Street an attractive place to live, work, and play.

■ PAGE 14

YOU CAN GET THE LATEST ON YOUR COMMUNITY ONLINE!

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Social Media Relationships



PAULA E. KIRMAN • BMC News Staff

McCauley Musings

Social media has had a huge impact on modern relationships, especially Facebook.

For example, there is a new saying: it's not official unless it's Facebook-official. This means that until a couple declares themselves "in a relationship" in that coveted Relationship Status update section, it really is not real. Which is complete and utter nonsense, of course, but when there are brides who change their status to "married" while the wedding ceremony is still in progress, it's easy to see that some people take these things quite seriously.

Facebook has changed relationships in another important way - name-

ly, the way we stay in touch. I don't think my grade 12 class had a 20th anniversary reunion. I blame it on Facebook. Not that I consider this a bad thing: the people from my class with whom I am interested in staying in touch are connected to me and I enjoy seeing their updates and photos of their families and lives. I don't have to spend an evening awkwardly holding a drink while I try to avoid the former classmates I would rather not keep up with.

Most of all, social media, especially Facebook, has changed the language of relationships. For example, "friend" is now used as a verb (as in, when you try to add someone to your contact list by sending them a friend request, you are "friending" them.).

At the same time, many prefer their relationships the old-fashioned way: in person, without the aid of computers or smartphones. After all, there is nothing like spending time with a special person face-to-face. And if I typed that last sentence as my Facebook status update, I am sure I would receive many "Likes" for it.

PAULA E. KIRMAN • BMC News Staff

Editor's Notes

In this issue, several of our contributors explore what relationships mean to them. I find it interesting that our writers tended to focus on family and friends rather than romance - obviously not the be-all, end-all of human interactions.

We're still calling upon area businesses and organizations to consider advertising with us. We want to remain sustainable in the long term, while being able to plan ways in which we can grow to better serve the community - which is our most important relationship. In fact, we are still looking for people

who can help out with ad sales - the job description and other relevant information is on page three.

Another way you can help the paper is by volunteering with us. We are always in need of writers and photographers, and also have one route available in the McCauley area for a block carrier. Contact me at editor@bmcnews.org for more information.

Our relationship with our volunteers is very important to us. As always, we need to take time to thank those who write, photograph, proofread, deliver, serve on the board, work our casinos, and help us in other ways on a regular basis. We could not do what we do without your support.

Our Next Issue. . .

May's theme is "Recreation." How do we have fun? This can include sports, games, and crafts. Do you belong to a club or organization centered around a recreational activity? What are some of the recreational opportunities in the area? Deadline: April 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.

Boyle McCauley News

Boyle McCauley News is a non-profit newspaper published ten times yearly by the Boyle 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.

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

Boyle Street and McCauley Crime and Safety Numbers

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

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

Report Gang Activity • (780) 414-4567

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

EPS website • edmontonpolice.ca
- click on Crime Prevention

REACH Edmonton website • www.reachedmonton.ca

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

BMHC: Excellent Health Services

COLLEEN CHAPMAN

If you haven't discovered one of the best kept secrets in our vicinity, check out the Boyle McCauley Health Centre.

I have difficulties getting my blood work done most of the time. My veins are uncooperative to say the least. Sometimes I have to go back the next day for an expert to be at work to find my vein.

The clinic at the BMHC has no such problem. They are experts at finding veins, and when I go there I normally get in right away, they find the

vein, and I'm out within 15 minutes.

The people I've met there are friendly, welcoming, and helpful. My next foray will be to check out the dental services they provide.

There is free parking, with a handicapped spot right in front, and for most readers it is within walking distance.

Many thanks go to the volunteers who worked to create this service, and to the very special staff members who work there!

Colleen lives in McCauley.

Awareness Week on Sexual Exploitation

Sexual Exploitation Working Group's annual week of events.

KATE QUINN

Edmonton's Sexual Exploitation Working Group (SEWG) is pleased to announce April 18 - 22 as the Annual Awareness Week for 2016. The Working Group has invited Mayor Iveson to proclaim an Awareness Week each year since 2004. The Proclamation takes place on Monday, April 18 at the CBC stage in City Centre Mall and all are welcome.

A one and a half day conference will round out the week. It's called Collaborative Efforts for Change and people are welcome to register for one or both days. The conference features sessions such as sexual abuse and exploitation of boys and young men; healing from trauma; the sexualized racism against Asian women; building men's capacity to work against gender-based violence; and the role of law enforcement. Presenters are from Vancouver, Calgary, Montreal, and Edmonton.

A free public event will feature Kathy King who has titled her keynote pre-

sentation: "From Personal to Political: My Journey with Sexual Exploitation." She will speak about the dynamics of exploitation; vulnerability in families today; the denial in society; and the monumental shift of consciousness that must occur to create universal equality and respect for women. All events take place at Santa Maria Goretti Centre.

For full information, please check the website: edmontonsewg.com

The SEWG is a leadership collaborative of community partners, law enforcement, municipal and provincial government services, and REACH Edmonton to:

- Facilitate information sharing regarding sexual exploitation & sex trafficking.
- Organize public awareness sessions and stimulate community conversations.
- Raise awareness of contributing factors and support community and political responses.

Boyle McCauley News WE'RE HIRING!

Boyle McCauley News is seeking to expand its advertising sales team with additional part-time Ad Sales Representatives.

Reporting to the Advertising Coordinator, this **part-time, commission-based position** is perfect for those seeking experience for a sales career or someone who is interested in additional income.

Advertising sales representatives will represent *Boyle McCauley News* by:

- presenting the paper's advertising package to prospective advertisers
- providing the necessary follow-up to close the deal

Prospective candidates should be goal-oriented self-starters who can work with little to no supervision. Knowledge of the Boyle Street and McCauley neighbourhoods is essential, especially of the businesses and organizations in the area. Excellent spoken and written English is also essential. Knowledge of an Asian language (Vietnamese, Cantonese, Mandarin, Thai . . .) could be an asset. Basic computer skills required.

Submit a cover letter and resume in confidence to info@bmcnews.org.

Position will remain open until suitable candidates are found.

The SEWG draws upon this U.N. definition of sexual exploitation:

Any actual or attempted abuse of a position of vulnerability, differential power, or trust, for sexual purposes, including, but not limited to, profiting monetarily, socially, or politically from the sexual exploitation of another.

The SEWG is concerned for those who are vulnerable to sexual ex-

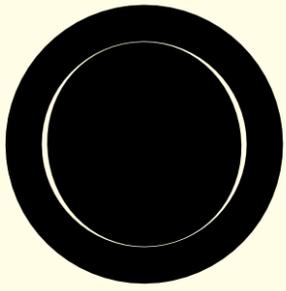
ploitation (including sex trafficking) due to age, financial desperation, migration, homelessness, prior childhood abuse or neglect, mental or physical health conditions, inter-generational trauma, addictions, or any other circumstance that contributes to vulnerability.

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

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REACH 6000 READERS MONTHLY IN YOUR COMMUNITY
VIA THE BOYLE MCCAULEY NEWS



DINING
OUT

Trang Tien

VIETNAMESE

9449 Jasper Avenue

(780) 425-4293

JOHN HOOPER

While Boyle Street doesn't have as many restaurants as McCauley, there are a few along Jasper Avenue worth trying.

Trang Tien, on the intersection at 95 Street, serves up homestyle Vietnamese food. My experience there for Friday lunch was quite positive. Plenty of easy parking, plenty of easy seating, and plenty of things on offer.

A typical numbered menu described over 75 dishes, plus three lunch combos that included soup, spring rolls, grilled meat, and rice/vermicelli noo-

An Example in the Area



Some of the food at Trang Tien. John Hooper

dles. I opted for lunch special #3 and my co-diner selected the Pho Tai, his "go-to" Vietnamese favourite. Most mains were in the \$12-\$18 range. Fresh juices and Vietnamese coffees as well as sodas and bottled water were among the beverage options. Pick-up and delivery are also available on their website or through SkipTheDishes.com.

The restaurant itself boasts about a dozen booths and nine tables. Clean and comfortable, it was a little cluttered in places, but all those high chairs said "family friendly". Vietnamese pictures, hats, and wall hangings adorned the place.

Our food came quickly and was hot.

The beautiful, clear broth of the wonton soup was coupled with several soft wontons, green and yellow onions, and lettuce. A perfect start to the meal.

The crunchy spring rolls had more crunch than taste. The grilled beef was deliciously sweet, and had a crunchy deep-fried texture accompanied by a wonderful sauce. The lemongrass chicken was spicy (as advertised) with red, green, and yellow peppers, onions, and (of course) lemongrass. The rice noodles were a lovely complement to the meat and vegetables, which were served with plenty of sauce. The Pho Tai serving was quite generous. The taste was simple, requiring some table spices to make it truly delicious. All-in-all, an excellent meal.

Boyle Street could use more good restaurants like this one. (If only the Mirama building next door would be resurrected.) On their wall, Trang Tien displays their motto: "For special food and special services in cozy atmosphere." They have been successful, and an example for others to follow in this part of the area.

John lives in Boyle Street.

A Success at Carnegie Hall

JOANNE MCNEAL

Our Edmonton Metropolitan Chorus trip to New York March 4-8 to sing in Carnegie Hall was a wonderful success. We were there only four days and rehearsed all day the day before the concert, with a dress rehearsal the day of the concert, March 7. We were directed by Dr. Richard Sparks who directed the Pro Coro Canada choir here in Edmonton for about 10 years.

The very exciting music we sang, "Nou Goth Sonne Under Wode" was written by Allan Bevan who lived in Alberta for a number of years, and he played the organ on our performance of his piece. He also came to the celebration dinner afterwards. It was all very exciting and a real thrill to sing in Carnegie Hall.

Four Boyle Street residents participated: Timothy J. Anderson did a fabulous job of the narration, and our chorus founder/director David Garber sang in the bass section. Candas Jane Dorsey and I (Joanne) both sang in the soprano section. It was a fabulous opportunity, one we enjoyed greatly and will never forget.



Left: Timothy Anderson (centre) with Dr. Richard Sparks (left) and Allan Bevan. Right: Boyle Street residents Timothy Anderson (left) and Candas Jane Dorsey. Joanne McNeal

WHAT IS A BRZ? HOW DO THEY HELP TO BUILD THE MCCAULEY COMMUNITY?

VIVA ITALIA BUSINESS ASSOCIATION

Viva Italia Business Association – what is it? How does it impact you?

The Little Italy area is guided by a group of business people who have adopted the name of Viva Italia Business Association. The members who belong to this association are business owners who work/often own their business on 95 Street. The goal of this association is to work to build greater economic strength by ensuring businesses are thriving and continuing to grow well in McCauley. They have started the process by establishing regular meetings to discuss/achieve goals each year.

In the fall of 2015, this group self-determined that they would separate themselves from the Chinatown BRZ and set out on their own towards a successful level of independence. Viva Italia Business Association is in its second year of bringing Little Italy businesses together to promote and develop the Little Italy business corridor. They've had a busy year! Some of what they've been up to includes:

- Kick it Up event in 2015
- Working with area businesses on various safety initiatives for the neighbourhood.
- Meeting with stakeholders, government, and partners about Little Italy.
- Bringing businesses together to chat, share a coffee, and compare ideas.
- Promoting business development in Little Italy.
- Sponsoring the summer and winter hanging baskets with support from Revitalization.
- Working to develop a new website and social media platforms.
- Having fun with YEG food crawls folks putting on mini tours of Little Italy's awesome food.
- Planning some fun events to showcase your favourite Little Italy businesses.

The group welcomes new businesses into the area. New businesses include Mile Zero Dance, Allegro, and the new space on the main floor of the apartments on 95 Street and 107 Avenue which we hope will be occupied soon. Mile Zero is a dance/arts group that has created interest in McCauley with their staged events and how they help to promote the performing arts in the neighbourhood.

Also along 95 Street on 106A Avenue is the Little Italy Community Garden that has had three successful years of operation in McCauley. The Little Italy Community Garden is heading into the growing season and each year brings in new ideas to increase the profile in the area. This year, the coordinator, Debbie Reid, is planning a mural to help bring colour to the fence line and encourage youth to be involved in the garden. Debbie is a strong advocate for the community and is engaging the prospect of collaborating with Dustin Bajer, local McCauley gardener, to bring a bee hive to the garden in 2016.

Debbie has invested mega hours into the maintenance of the garden and proof of that includes the gallons of frozen tomato sauce in her freezer as she waits to stage a free pasta dinner for residents. Many of you may have followed her Facebook site when one of the rare tomatoes in the garden grew a nose as an oddity, and Debbie shared this gem of a tomato in various locations and with sunglasses on throughout its growth. Thank you to the SKILLS Society for the highly skilled Debbie Reid and all the volunteers you bring into McCauley.

You can find out more about Viva Italia at: www.vivaitaliaedmonton.com
www.facebook.com/vivaitaliaedmonton • www.twitter.com/VivaitaliaYEG
 If you wish to speak to a representative from the business association, contact Miranda Ringma at miranda@zocalo.ca.

Chinatown BRZ

The Chinatown BRZ is a long-standing group of business people who operate business locations in Chinatown. They have an annual plan of activities that includes Lunar New Year event, East meets West in the past, flower baskets on the poles, and working with the businesses to try and keep the area clean and safe. The Executive Director is Ratan Lawrence, and for more information, contact her at brz@telus.net.

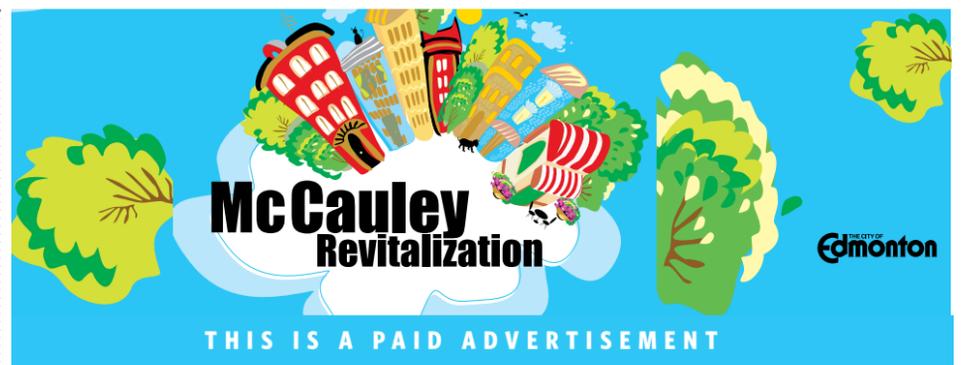
CHURCH STREET: An Area Under Development

In 2016, there are a number of events to look forward to: these include a three-staged open market on Church Street spreading into Chinatown and Little Italy. It will be a place to gather and have fun with all types of entertainment. Dates are June 4 and July 9 to be held at the rink site. Included in this activity will be the Hallalujah garage sale sponsored with support from church faith leaders.

Anne Fitzpatrick and Karen Matthews are working on a project to capture the history of the congregations and their stories in a video starting this summer in 2016.

The Church Street booklet is being revised and will be used to support tours in the area once again in the summer in the month of August.

Zoning changes are being proposed for the furthering of the Church Street work. This year, the plaques will be installed and the City is reviewing the opportunity to paint a colourful crosswalk on the street. If you are looking for more information on the next stages of church street contact Scott Ashe at Scott.Ashe@edmonton.ca.



2016 Clean & Safe Events in McCauley McCauley Revitalization		
MONTH	ACTIVITY	DATE
January	Planning with key stakeholders	Jan 7, 14, 26
February	Safety priorities with reps from EPS / Bylaw / Capital City / Chinatown / Little Italy / Community	Feb 1, 2
March	Planing meeting to coordinate resources	Mar 15
April	Eyes on the community safety booklet	Apr 15
	PICK IT UP project starts	Apr 25
May	Syringe PICK IT UP project starts	May 9
	Community clean up day – E4G & McCauley community League	May 28
June	Annual community walkabout - EPS	June 29
July	BIG CLEAN sponsored by Churches	July 16
August	BIG CLEAN sponsored by Agencies	Aug 20
September	BIG CLEAN sponsored by Corporations	Sept 10
October	Vacant lot inventory - BRZ	Oct
November	Lights on Campaign - determine areas that need improved lighting and keep the community safe	Nov - Jan
December	Review outcomes of safety initiatives	Dec 20



Please contact
Stephanie Laskoski,
 the chair of
 McCauley Safety council at
Stephanielaskoski@gmail.com



Dacey Ice Season



The ice at the rink after the Family Day skating party. Dan Glugosh

DAN GLUGOSH

Around the Rink

Back in December, I was doubting all the weather predictions for Edmonton about this thing called El Nino. In January, and especially February, El Nino had its grip on Edmonton with the very unusual warm weather and it played havoc with our ice. We were happy that a week before Family Day there were some colder temperatures, and we were able to have our annual Family Day rink party, but by the end of the day the ice looked like a slushy drink.

Here are numbers for January and February: January saw 626 people come to the rink for a skate (closed for 5 days because of weather). In February, we had 313 people (closed for 14 days due to weather). We were not able to open for March due to the warm weather. In total for the sea-

son, we had 1,719 people use our facility - not bad for a El Nino winter. I would like to thank KIDS, the McCauley Community League, and the City of Edmonton for all the great work that went in to making the skating season fun and successful.

The recreational committee is now in the planning stages for summer events at the rink. They are looking at the following as some possible future activities: bring your dog and meet your neighbours (this would be the same idea as a dog park but it would take place at the community rink); movie night; giant garage sale; music night; and some sports days like ball hockey. If you have ideas for activities for the rink during summer please send the McCauley Community League an email or join the recreation committee: mccauleycommunityleague2014@gmail.com.

HEART OF THE CITY FESTIVAL UPDATE

A First, Second, and Third from Heart of the City

RYLAN KAFARA

First: a thank you! To everyone who sponsored, performed, or cheered at our Break the Ice "Friendraiser" at Studio 96 on March 12: thanks for making the night so special! The performances by F&M and Tyler Butler were wonderful, and it was especially great to see these esteemed local musicians in a venue where you can hear a pin drop from across the room. If you missed the show, no worries: CJSR will be airing the concert in the near future, and NTT Films captured the magic on video.

Second: an invite! Heart of the City

could not happen without its amazing volunteers. So, we are having a recruitment rally for folks interested in helping at the festival this year. As any good recruiter knows, music helps a party, so it will also be an open mic! Hosted at the Carrot Café at 9351 118 Avenue, it will be from 1-3 p.m. on Sunday April 10. Our MC will be David Shepherd, MLA for Edmonton-Centre. Hope to see you there!

Third: a reminder! Everyone is welcome at our festival in Giovanni Caboto Park on June 4 and 5!

Rylan is a board member with Heart of the City.

Being the "Best You"

MANON AUBRY

BoyleBits: A View from Boyle Street

What do I know about relationships? It sounds like a cliché, but mostly that you can't be happy with others if you're not happy with yourself.

But how? By setting goals about becoming the person you want to be. But be careful what you wish for. If you really want respect from people and think you can get it by becoming financially rich, you will be disappointed because the only way to get respect is to give it. Many of us are afraid to set goals for the fear that they can't be achieved, but without knowing where you want to go you can't get there. Get a really clear picture of what you want and in those dark times when things are going wrong, use that energy to make positive promises to yourself about the life you want. The emotion of the moment will subconsciously program your brain to help you take the steps you need to get you where you want to be.

So now you're happier with yourself, how does that translate to happier relationships? Spread the happiness around. Make a point of telling one person in your life something you appreciate about them every day. This habit keeps you on the lookout for positive things and lets the people in your life feel valued. You can take this one step further and decide to view the world as a friendly place, ascribing friendly motives to the actions of others. It helps to be sensitive to where a person is coming from. It takes a lot of strength to be this way. One way to becoming stronger is to keep learning skills that you can be good at. The boost in your self-image will improve your disposition. You pick the skills that you value most to work on: carpentry, compassion, gardening, gift-giving.

Somewhere along the line, I also knew that I needed to build a support system for myself. For me, that meant surrounding myself with positive people who I can respect and admire. I decided that as much as I could feel empathy for people who treated me badly (because I knew they were operating from a place of hurting), I knew I had to put some boundaries in our relationship. The way people treat you has more to do with what is going on in their lives than anything to do with you. Being conscious of the dynamics of the relationship is more helpful than letting ourselves be hurt when the people in our lives are spreading their pain around.

It's been said that we often recreate past difficult relationships. I know in my case that's true. We've all met people who always have the same sort of troubled partner. The theory goes that we are reliving past hurts with the hope that it will be better this time. Recently, it occurred to me that this replaying of old patterns might be caused by the need to forgive the person who originally hurt us. I think that as long as we refuse to forgive someone we are doomed to replay the relationship. Forgiving, I think, means letting go of expectations that something is owed to us as restitution and being able to let go of the old relationship. I think we all owe it to ourselves to be happy as possible so that we can share our happiness with others.

So, here my challenge to you this month: who is the "best you" and can you dare to work towards being that person? I'm a long ways away from mine, but at least I have a roadmap.

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.

SUDOKU



CHECK OUT THE
NEW MONTHLY
PUZZLE ON
PAGE 15 AND
CHECK YOUR
ANSWERS HERE:

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

Location, Location, Location

Part Two: Education

EVELINA MANNARINO

This is a topic more important to those who have children, or who plan to have children. A custom-built home is likely a long-term home, where you and your children will share great memories as they grow up. Outside this, your children will build their memories in their home away from home: their school. Here are three questions to consider when thinking about the educational facilities around your future home.

At what stage is your family in?

As Alberta schools are usually split into elementary, junior high, and high schools, you should look at your children's immediate and mid to long-term education needs. Also, while it can be common to send children to schools far from one's home due to the school's reputation, having convenient access to said schools makes life (and the morning commute) much less stressful.

What is your current/planned family make-up? Do you have children just about to enter preschool, or are they about to graduate junior high?

McCauley itself does not currently have public elementary schools, with McCauley School closing a few years back, but is close to the Catholic Mother Teresa Elementary School and the Victoria School of the Arts which goes from K-12.

Location needs also extend to higher education, where proximity to local universities or trade colleges keeps young adults happier. McCauley is quite close to MacEwan University and NorQuest College, and is a 12 minute LRT ride from the University of Alberta. It is also not far from NAIT via public transit, bicycle, or even on foot.

What do you want for your children?

After you know what level of education is needed, it's time to look at the method of education. Edmonton enjoys access to both public and private schools, and to find your way around the systems it is good to take measure of what you are going in with.

What system is your child most familiar with? Have they already gone through a particular system, and if so do you want them to continue? There

are multiple web pages devoted to the public/private school debate, so this post will only touch on it. Reputation and grades are always top of mind, so here are some other factors to think about: 1. Do you want more attention for your child, or for them to develop more independence? Private schools tend to have lower student-to-teacher ratios, which mean more attention is given to your child's efforts. This, however, can also result in the child having to depend on teachers more, as opposed to larger public schools where the child has capacity to build independence and make their mark. If your child is moving from say elementary to junior high, you may also want to consider where their current friends are moving to.

McCauley is close to a Catholic elementary school, and also close to the Edmonton Public schools like Norwood. Families wanting Catholic junior high or high may want to look at other neighbourhoods.

For more senior children, things to consider include degree vs. diplomas: which is your child pursuing? McCauley allows access to both through NorQuest College, MacEwan, and NAIT.

What about your own education needs?

That's right, the last question makes you think about yourself! Learning never stops, and you may want to take on further education, whether it's an advanced degree related to your profession, or a diploma to help you transition to a new career. McCauley again offers both of these.

Conclusion

By considering the educational needs of your current and future family (yourself included!) and seeing what's available, you can start cutting down on the neighbourhood options which you found to have desirable transport. McCauley here gets a medium rating of three out of five as the neighbourhood provides some but not all options. McCauley does however make up for it for late teenagers, with convenient access to secondary education.

Evelina lives in McCauley and is the owner of Evelina Developments, which builds custom, luxury homes in Edmonton.

City Council Lifts Moratorium on Body Rub Parlours

KATE QUINN

On February 22, City Council voted to continue licensing body rub parlours and end the moratorium for new license applications effective April 1. Council first imposed a temporary moratorium on June 19, 2013, when community groups such as Crystal Kids raised concerns about zoning. It was extended several times. A City Task Force was created to review issues relevant to body rub parlours. A civic election (October, 2013), a Supreme Court ruling striking three prostitution-related sections of the Criminal Code (December, 2013), and a new federal law (Protection of Communities and Exploited Persons Act, December 6, 2014) extended the moratorium.

The task force made 26 recommendations to City Administration in two

City departments: Community Services (responsible for bylaw enforcement and people services) and Sustainable Development (responsible for licensing and business permits). A key focus was on safety and harm reduction: body rub centres must now have approved safety plans and two people on site at all times.

If you accept that licensing, regulating, and zoning the sex trade industry is the safest way to respond to the a complex societal issues of sexual exploitation, sex trafficking, and what is sometimes called the adult entertainment industry, then Edmonton's approach makes sense. If you see it differently, then City Council's decision raises many valid questions which should continue to be raised.

The City's challenge will be in the

implementation, monitoring, and enforcement of the bylaws. Owners of these parlours should be held to high scrutiny and accountability, and fined when they do not comply with requirements or mistreat those who work in their establishments. The City plans to hire a social worker and a bylaw officer to assist with the implementation. A responsible action is to assist those who find themselves enmeshed in the licensed sex trade industry and want other options for themselves and their families.

What does this mean for McCauley and other core communities? Currently, McCauley has one parlour on 111 Avenue, Mamacita's. In February, Cleopatra's on 95 Street turned off its OPEN light and moved to a south side commercial area. The risk is that another body rub parlour will apply for a license for that site. One

task force recommendation was that the City limit clustering in vulnerable neighbourhoods.

Can the McCauley Community League and McCauley Safety Council ensure that all development permits for body rub parlours in McCauley are acted upon? Zoning requirements will be reviewed by City Council in the near future. While several community groups advocated for a 300 metre separation, City Administration successfully argued for a 100 metre separation from schools, daycare centres, and libraries. This is an opportunity for community groups to identify and express their concerns for community safety.

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



Little Italy Community Garden

Strengthening community relationships in the McCauley neighbourhood - one flower at a time.



DEBBIE REID

The Little Italy Community Garden, located on the corner of 95 Street and 106 Avenue, is part of an initiative that is focused on revitalizing the McCauley neighbourhood and strengthening community ties. The project is being coordinated by Skills Society and was made possible through the support of the City of Edmonton Neighbourhood Revitalization Matching Fund.

Skills Society is thrilled by the progress that has been made since the development of the Community Garden in July, 2014. Along with the help of many thoughtful and dedicated volunteers, Skills was able to meet its construction goals for Phase I of the project: the land was levelled, the first 18 garden beds were built and ready for planting, and it brought together a diverse collective of people.

Phase II of the the project took place last summer and we could not be happier with the progress made. With the help of many generous contributors and volunteers, the remaining 15 garden beds were built, a beautiful shed was constructed, and - most importantly - the neighbourhood began gathering together to plant flowers and vegetables as a community.

The Little Italy Community Garden has brought together citizens with disabilities, McCauley residents, businesses, and community leaders to work as a strong collective on a project that revitalizes an important area of Edmonton. For many, the garden has become a place of tranquility and repose. Skills is therefore looking to the McCauley community for passionate and responsible people to take on leadership roles in the garden. This will help ensure that the gift of the garden project endures in the McCauley community.

Please contact debbie@skillsociety.ca if you would like to join us.

Follow us on Facebook: Little Italy Community Garden.

Photos by Debbie Reid.

Museum of Human Rights

Worth a trip to Winnipeg to visit and explore.



The Museum of Human Rights. Wikipedia/Creative Commons License

JOANNE MCNEAL

When I was a young single mother I drove my car everywhere with the girls to visit. Now, one of my daughters works for an airline, so I can fly almost free, and I take advantage of that. In January, I flew to Winnipeg for one day and two nights, and we visited the new Museum of Human Rights. I left Edmonton late one day, spent the next day at the Museum, and flew back the following day. It was a short trip, but really worth it to experience this unique museum.

The Museum of Human Rights has a curvy, free-form outside, and eight floors inside. From the outside, it looks like a huge blanket wrapped around a person. Each floor has a different exhibit, and various technologies are used to gather feedback from the public. There is an elevator in the centre of the building to take you up to the central tower. There are also walking ramps which offer a chance to reflect and walk slowly or fast, through various environments. They can be tunnel-like structures, or open ramps where light floods in. The building materials are concrete, wood, and metal and these are used in a number of unique ways, along with various textures.

The museum's eight floors explore and explain concepts of human rights through the ages, with special reference to Canada, "in order to enhance the public's understanding of human rights, to promote respect for others, and to encourage reflection and dialogue." Complex issues are explored from multiple perspectives using personal stories from diverse groups, which provide powerful lessons.

I knew about a number of the events that violated human rights, but had never put them all together in one place. Level One has the

necessary check-in counters, coat rooms, plus a garden of rocks and a pond for reflection. Level Two outlines the history of the world, which is a staggering sight as you wander and read the wall of events in which various group's human rights were violated. Events such as slavery, child labour, wars, famine, and discrimination on the basis of race, age, religion, gender, country of birth, and being refugees. The right to vote for women and Aboriginal people is also explored for Canada. I came away shaking my head - "Why do we do this to one another? We need to learn to respect all people."

Level Three examines movements that protected human rights in Canada. Level Four examines the Holocaust, secrecy, and turning points for humanity like the Universal Declaration of Human Rights. Level Five explores our human rights today, and Level Six has changing exhibits, the first of which explored the result of residential schools on our Aboriginal population. In this exhibit, artists travelled with the Truth and Reconciliation Commission, and gathered artifacts from each of the residential schools. They then wove these into a wooden "quilt" of things that served as symbols of abuse: door knobs, wash basins, cooking pots, photos, posters, signs, etc.

Level Seven explores how to inspire change, and gives each visitor a chance to say what they will do to change attitudes. Level Eight is a tower of glass, from which you can look down on the world with new ideas for respect and appreciation for all people.

This museum is well worth the trip. It is very thought-provoking and moving. It gives us a chance to make changes in our own attitudes. When in Winnipeg, make sure to spend at least a half day there.

Parka Patio at Latitude 53



Contemporary art gallery Latitude 53's annual Parka Patio was held on March 12, and several area residents were there. Top: McCauley musician Alice Kos performed with her band Gold Top. Centre: Stephanie Laskoski, the new chair of McCauley's Safety Council, was there with her husband Jeff. The bottom photo features gallery Executive Director Todd Janes (chair of the Revitalization Steering Committee) who was everywhere all evening. Parka Patio featured art displays, a silent auction, live music, food, and an outdoor patio with heaters and blankets. Parka Patio is Latitude 53's annual winter fundraiser in support of upcoming programming and gallery operations. Paula E. Kirman

Relationships: Past and Present

LEIF GREGERSEN

When I think of relationships, of course I think of my two best friends first. One of them is a writer, and I don't talk to him that much. Quite often I will email or phone or text him, and he won't get back to me for some time. I understand this, however, because he is an internationally-known writer and film producer and I really cherish the times when he squeaks me in for a ten minute phone call or for a bubble tea at a place we like on the South side.

Next, I think of my ex-girlfriend. I haven't had many girlfriends - actually, to be honest, I have only ever had one, not because I don't meet up to others' standards. I think it is more because my ex is someone who I waited my whole life for, and though we only lived together for a short time after becoming very close friends, I cared a lot about her and we never stopped talking now after 24 years since we first met. (Anyone who has read my biography, Inching Back To Sane may know her by the fictional name "Debbie.")

Just as important as my two best friends, are my dad, my brother, and my sister. I try to talk with and meet up with my dad nearly every day. We have come a long way from constant arguments, fights, and disagreements when I was a teenager, but now he tells me he is proud of me for all of my accomplishments, and also for the things I have overcome in my life. Then, comes my brother who was not always a close friend, but would always watch out for me and protect me. Let me tell you, when you grow up in a place like I did, having a brother who set records for weightlifting and was well-trained in boxing and kickboxing made life very nice leisure cruise. Then, comes my sister, and her daughter who are the lights of my life. My sister was also older and spoiled me like I was her own child in our youth, and still treats me pretty well. We had our rocky moments over the years, but last year she trusted me so much that she let me come to her house in Toronto for a whole month and left me to care for all of her worldly goods and her two beautiful dogs. I am so honoured to have family and friends like this.

When I think of relationships though, I think a lot about the ones

that don't exist anymore. I think often of the cat we had when I was young who was more than a member of the family. His name was Lillev-en, which is Danish for "little friend" and he was so amazing that he had a unique relationship with each of the five members of my family. He would sit with me watching TV, my brother would feed him, he would curl up at my dad's feet at supper time, and when it neared bedtime he would sit with my mom who would read during that time and then bunk with my sister. The next relationships that don't exist are the ones that hurt perhaps the most to not have. They are friendships that went sour that can never be repaired. Fortunately, now that I have lived in McCauley for 15 years, I have so many friends in the neighbourhood it is a little easier to deal with.

The last relationship I will discuss is one so much deeper and meaningful than any, and one that hurts a lot because the relationship ended in her death. I speak of my mom. Who else in the world loved me before I was even born and was physically totally responsible for my entire existence? Who else prayed for me and worried about me for my whole life, but ended up needing my care towards the end. My mom passed away a few years ago, and the pain has gotten better, but I still think about her each and every day. She was an incredible woman who was once a president of a branch of a credit union, who had so much wisdom and potential, even in her 40s when she decided to return to school.

Of course, the most important thing that got me through all that pain was my other relationships. Being able to talk and laugh with my ex. Being able to spend time with my dad talking about the days when she was around, and learning so much about not just my mom but my dad too. The thing that perhaps hurts the most is that my mom was such a lover of literature and she never lived to see any of my 11 books come out. It really makes me stay on the narrow path, live the right way, attend church as much as possible, and do as much good as I can for those hurting or in need. I do this because I know my mom has a special place in heaven and I want to one day be reunited with her.

Leif lives in McCauley.

Love Yourself First



IAN YOUNG

Ability and Community

"What lies behind us and what lies before us are tiny matters compared to what lies within us." -Ralph Waldo Emerson

One of the most important relationships you can have is with yourself. Learn to respect yourself and others will respect you. How you see yourself shows how others see you.

Don't sweat the small stuff. Patience and tolerance can be tested at times,

but if you start from within, the results will be better.

Most of us want to be seen as nice and approachable, so start getting to know how you can practice that. What makes our community, city, and world great places is the variety and individuality of everyone.

Start seeing yourself as you want to be seen, and that in turn will be how others will see you. It takes more muscles to frown than smile. If you start having a good relationship with yourself, you'll find it will be noticeable to others.

Unless you're getting paid big bucks in a Hollywood film, no one wants to be known as the "Bad Person!" Love yourself - it's a good relationship to have!

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My People at Work

KERI BRECKENRIDGE

Keri's Corner

An important part of life is building relationships. These relationships range from lovers, to children, to the cashier scanning through your groceries. Our days revolve around these interconnections that we have with the rest of the people with whom we share this world. One of the major relationship bonds we form is with the people we spend so much time with: the people at work.

Oh, our co-workers! Aren't they marvelous, wonderful, spectacular folks? Some of those most amazing people in the whole, wide world!

That should be as far as any of my co-workers have read, so let's get

down to the brass tacks now. Anyone with whom you spend eight hours a day, five days a week is going to get on your nerves one way or another. Depending on the size of your organization, you may have a lot of individuals wearing at your nerves. This is inevitable and it's okay. It's difficult to accustom yourself to different personalities and the quirks that come with them.

I have one co-worker who has a strange affection for fake food. Her keyboard wrist-rest is a loaf of French bread and her mouse wrist-rest is a bun. Another co-worker is always about a foot further into my personal bubble than I would care her to be. I've run my chair over her toes but that doesn't seem to deter her. Yet another has a counseling

background and won't let me politely lie to her when I tell her I'm fine. I'm not fine because I just tried to eat fake bread and stumbled over another colleague's foot.

Aside from their peculiarities, I work with very good people - but they drive me crazy. I've come to discover that insanity isn't terrible. The trade-off is that they make the days I have to drudge through my duties much more tolerable. We are involved in some stressful work and I depend on them for support as they can depend on me. Despite all the different ways they may find to dance on my last nerve, I'm glad that they're with me.

Keri lives in Boyle Street. Hopefully, we at the paper don't dance on her nerves too much. Maybe just a slow waltz.



ISABELLE FOORD

Something Funny

I bought a book on reincarnation, but I didn't understand it. I thought it was about flowers.

I'm not a very competent hairdresser. When I colour my hair, I also colour the sink, the wall, and the floor.

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

Abundant Communities Equal Abundant Relationships

MARIA CASTLE

The weather outside is unusually warm for this time of year, the sun often shines, and people are out enjoying that weather. Being with Abundant Communities means that it creates great opportunities for building relationships in the neighbourhood. I love meeting new people, getting to know what makes them tick, what they care about, and then helping them meet people who are like-minded. Then, once they've met, maybe we can get something started - something to improve the neighbourhood, whether it's people coming together and saying they want to be part of creating a community garden, having a dog walking group, organizing a block party, or getting involved in local politics. But these groups don't happen overnight. Sometimes it takes a common link to get people connected, to create introductions, and enable them to build new relationships. For the Boyle Street neighbourhood, I am one of those people - a neighbourhood connector.

In the past I've lived in different cities and neighbourhoods, all with their own sets of challenges, and all wanting to press forward for a happier, healthier, safer neighbourhood. I've seen groups of people get together to tackle living in a food desert (locations where easy access to affordable and nutritious food is scarce, particularly for those without a vehicle), creating a volunteer run bicycle repair shop, opening a

social-enterprise coffee shop, or just opening up a lot for gardening and meeting with neighbours. All of these opportunities created new relationships, but it all started with people who had a vision of how to make the neighbourhood better, and then put it into action by going out and meeting people.

In Boyle Street, we have a great canvas to work with. It's largely a canvas that is waiting to be animated. Do we want a community garden? Let's meet people and get it started! Do we want to make sure that we have a neighbourhood rink next winter? Let's make it happen! Do we want opportunities to have coffee and to enjoy chatting with friends in the neighbourhood? Let's organize some pop-up coffee times. But the key with all of this is that it's not a one person deal. It takes many people to make a neighbourhood great. It takes many visions to make a neighbourhood well-rounded. It takes you, meeting those around you, and then deciding to take action. Want help with that? Let me know. Want to tackle it yourself? I'd love to hear what you're doing.

Relationships are what builds a neighbourhood and at the end of the day, that means it's down to you, me, and those around us to make great things happen.

Maria Castle is the Neighbourhood Connector for the Abundant Community Initiative. She can be reached at boylestreettalk@gmail.com.

Breaking the Ice



Tyler Butler performing at Studio 96 on March 13 as part of the show "Break the Ice." The "friendraiser" for Heart of the City also included the band F&M. Christopher Leclair



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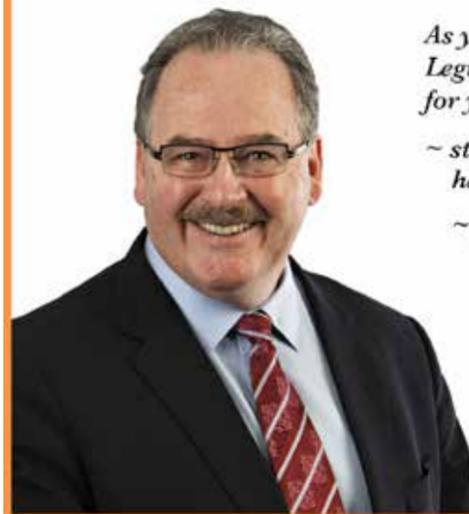
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Rainbow of Roses



Fresh roses at Zocalo in February. Paula E. Kirman

City Embers Screening

RYLAN KAFARA

Inner City Recreation & Wellness Program

Homeless youth face many challenges in Edmonton. A new film project funded by the Edmonton Arts Council sheds light on their stories. Created with the help of youth themselves, *City Embers* celebrates its first official screening at 7 p.m. on Monday April 18 at MacEwan University's CN Theatre. The film exposes Edmontonians to the difficulties youth and young adults go through in their own city, and across other urban centres in Canada.

The release will also include a panel discussion with actors, the film crew, and special guests. Tickets for the event are available for free through Eventbrite.ca by searching "City Embers Screening." Find more information on the event at the *City Embers* Facebook page by searching for *City Embers*. If anyone has any questions about the film or its release, please contact Taro Hashimoto at thashimoto@boylestreet.org.

Rylan is the Program Coordinator of the Inner City Recreation and Wellness Program.

Multicultural Mural



A mural inside the Edmonton Intercultural Centre (McCauley School) featuring some of the cultures represented in the neighbourhood. Paula E. Kirman

Preparing to Glow



Final preparations are made to lanterns prior to GLOW on March 19 at the Boyle Street Plaza. A full photo spread from the lantern parade will be in the May issue of the paper. Paula E. Kirman



Friendship: A Two-Way Street



Joanne with Wilma Bernhardt, a friend from Inuvik, NT at Zocalo. Wilma now lives in Boyle Street, and Joanne is recording her life story. Ruth Wright

JOANNE MCNEAL

A famous quote goes something like, "a friend is a person who knows all your faults and likes you anyway." Friendship is one of the most important relationships that we may have as we go through life. We all need friends, whether we are old or young. A friend walks with us through joy and tears, sits with us in silence, tells us when we are wrong or right, and is our private cheerleader. Friends are precious!

Definitions of friendship seem to generally agree that a friend is a person that you like and know fairly well, a person you feel comfortable with, who makes you smile, and who shares some of your values. A friend is someone you trust and respect, and who respects you in return. The Urban Dictionary puts it this way: "A true friend is someone who has touched your heart and who will stay with you, someone you care for and who cares for you." A true friend is someone you can count on, and who will stand by you in times of trouble, they will listen, be helpful, and provide advice if asked. They will walk the mountains and valleys of life with you through thick and thin, and help you celebrate success.

Friendship is not one-sided - it involves giving on both sides. In order to HAVE friends we have to know how to BE a friend. Respect for each other is key, honest communication is required. Having a friend is a joy, but also a responsibility. We help each other without leaning too hard. We don't have to

do everything together. They may help us at times when we need it, and we help our friends when they need us. The responsibility is on both sides. We don't have to agree, we just cheer each other on. Pets can also be friends. They love us unconditionally, but can't provide advice.

Friends are there for each other. Sometimes we have to tell our friends the difficult truth when we think they are wrong about something, or help them to see the reality of a situation. We trust them, and vice-versa. Our friends support us, in kindness and respect, and we talk through each other's challenges as we walk our separate life paths. Friends give and take in a true, loyal, and respectful friendship.

I am very grateful for the true friends that have been a part of my life for as much as 40 years. We talk honestly with each other, support and encourage each other, and are "sounding boards" when needed. We don't always agree, but there is a bond, a deep caring, that goes with us through daily life. Friends are invaluable to help us find the courage to make choices, walk difficult paths, and also to help celebrate triumphs. I can't imagine going through life without my true friends.

Dr. Joanne McNeal was a sessional in art education at the U of A for six years. She is a McCauley artist, musician, activist, and community volunteer. She just returned from singing at Carnegie Hall, and was cheered on by her friends.

Boyle Street Community League Update

Highlights from 2015/16

KAREN JACKSON

BSCL Update

The Boyle Street Community League held our Annual General meeting on March 15 at the Boyle Street Plaza. Much is happening in Boyle Street. The Quarters project is moving ahead, and we are working with the city, developers, businesses, and residents to continue to make Boyle Street an attractive place to live, work, and play. The Boyle Street Community League has a first-rate facility we are proud of, and it is busy with programs and social events.

The next one to five years will see many changes in Boyle Street and the board is facing these challenges and changes with excitement. I am excited and pleased to work with this board and staff. They are doing an excellent job and I have learned much from them. Some projects we envision are variety shows, concerts, tournaments, and other activities that will get the community involved.

Strategic Planning

In September 2015, the BSCL board engaged in a visioning and strategic planning workshop offered by the Alberta Culture Ministry. The board set the following three-year objectives:

- Engage a broad, diverse and growing local membership;
- Foster a culture of inclusion where the gifts of all neighbours are celebrated and actualized;
- Inform, consult, and act as a hub for community conversation;
- Employ effective board governance practices guided by a clear vision;
- Act as a catalyst for a dynamic and vibrant community life; and,
- Foster a positive community environment where Boyle Street takes pride in its identity and others take notice.

Civics

Civic engagement was top of mind in 2015-16 with plans for the Quarters Downtown, Valley LRT line, and Rogers Place in the works. BSCL board members represented the Boyle Street neighbourhood on the Valley LRT Line Citizen Working Group and the Arena Community Benefits Committee, among other City-led consultation processes. Our league also participated in providing public feedback on Artists Quarters, a proposed tower at 96 Street and 102A Avenue, which will incorporate live-work spaces for artists, street-level retail, and visual and performing

arts venues. In matters that came before City Council and its committees, the BSCL formally advocated for the preservation of top-of-bank park space laid out in the Quarters redevelopment plan, improved by-law enforcement concerning derelict properties, and preservation of the Cloverdale Footbridge. Additionally, BSCL board members have begun working with civic decision makers to ensure a fair and balanced approach to parking policies in residential areas impacted by traffic to downtown office towers, Rogers Place and other major developments. On matters of community safety, representatives of the BSCL worked closely with the Downtown Neighbourhood Empowerment Team in the spring and summer of 2015 to identify local hot spots for crime and support initiatives to make Boyle Street a safer and more welcoming place.

Programs and Events

This year, we've added Piu Yum, a Chinese recreation group; Nehiyawak, Cree people singing and drumming; Family Fitness and Martial Arts; Friday Night Basketball; Female Youth Basketball; Hip Hop; Musical Mamas; and a variety of other monthly events. We have even more programs, and we'd love it if you took a look at our current monthly schedule for even more opportunities to get active and involved.

This year, one program we were unable to run was our Winter Rink. If this is something you'd like to see return next year, be sure to volunteer for our Winter Rink committee, and bring some friends with you!

Elections

The BSCL board and staff will continue to work diligently and in an involved manner making Boyle Street an active community league.

The Boyle Street Community League Elected Board 2016

President: Alf White
 Vice President: Joelle Reiniger
 Treasurer: Kimberly Bolan
 Secretary: Karen Jackson
 Directors at Large:
 Maria Snip
 Taiwo Fasoranti
 Mark Helle
 Candas Dorsey
 Simranjot Kaur Multani
 Jason Reiniger

We would like to say thank you to our previous board members and acknowledge their efforts that have brought the community league to where it is today.

SUDOKU

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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 ON PAGE 6 / LEVEL: EASY
GENERATED BY THE OPENSKY SUDOKU GENERATOR

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Community Classifieds

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

CHURCH AND AGENCY SERVICES

BISSELL CENTRE

(780) 423-2285
Adult Cooking Classes: First 3 Wednesdays of the month January – June 11:30 a.m. – 2 p.m.
Movie Night: First 3 Wednesdays of the month 5 – 7 p.m.
Haircuts: Tuesdays 1 to 3 p.m. (sign up at 12:30, first come first serve)
Victorian Order of Nurses: Thursdays 11:30 a.m. to 3 p.m.
Early Childhood Intervention: Monday – Friday 9 a.m. – 4:15 p.m. (reservations preferred) Drop-In: Monday – Friday 7 a.m. – 3 p.m.
Women's Lunch: Tuesdays and Thursday at noon
Parenting Classes: Mondays at 11 a.m.

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
Sunday Service: 11 a.m. - noon
Sunday Lunch: Noon - 1 p.m.

ST. PETER'S LUTHERAN CHURCH

9606 – 110 Avenue
(780) 426-1122
The Rock Community Breakfast
Tuesday to Thursday 7 – 9 a.m.
Kid's Club. Monday 6 – 7:30 p.m.

SALVATION ARMY

9611 – 102 Avenue
(780) 429-4274
Men's Residence, Anchorage Addiction & Rehabilitation Chapel.

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 Served 8:00 a.m. - 8:45 a.m.
Lunch served 12:00 p.m. - 12:45 p.m.
Supper served 5:00 p.m. - 5:45 p.m.
Weekend
Brunch 10:45 a.m. - 11:30 a.m.
Supper 4:15 p.m. - 5:00 p.m.

HOPE MISSION SHELTER:

Men, Women, Youth
Doors open 8:30 p.m. - 12:00 p.m.

HOPE MISSION COMMUNITY CHURCH:

Sunday
2:00 p.m. Hope Mission Centre - 9908 106 Avenue
7:00 p.m. Herb Jamieson Centre - 10014 105A Avenue

HOPE MISSION HEALTH CLINIC:

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

NICOTINE ANONYMOUS

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

VOLUNTEER DRIVERS NEEDED

SATS is recruiting volunteer drivers to take low to middle income walking elders, age 75 and older, to important appointments. Call (780) 732-1221 or email info@satsfedmonton.org for more information.

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.

TEEN NIGHTS AT THE MCCAULEY CLUB Join Teen Nights at the

McCauley Club! Open to youth 13+ on Tuesdays and Fridays starting at 6:30 p.m. Program includes leadership, community development, health and nutrition and free time with friends. Drop in at 9425 109A Avenue (Boys and Girls Club) or call (780) 822-2549 for details.

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, Saturdays 5-7 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. www.mccauleyfriends.com

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 4:00 p.m. Boyle Street Plaza 9538 – 103A Avenue, Edmonton

TEACH YOGA

Yoga Instructors' Training Course. Get a certificate to teach yoga. Five weekends April 2 to May 1. Call Linda Dumont at (780) 428-0805.

MILE ZERO DANCE

Mile Zero Dance offers a selection of drop-in dance/movement/yoga classes throughout the week (from January to April 2016). \$15 each for members of the public, \$12 for MZD members. 10-class cards are offered for \$100. For details on individual classes, visit: milezero-dance.com.



E4C
Changing Lives • Growing Community

WECAN FOOD COOP
Monthly Food Basket \$15/meat order, \$10/produce order – Annual Membership is \$5. Upcoming deadline for payment is Friday, April 8. Payment can be at McCauley Boys & Girls Club, during business hours, Monday – Friday 9 a.m.-4 p.m. Next depot date is Thursday, April 21, 10 a.m. – 2 p.m. at McCauley Boys & Girls Club (9425 109A Avenue). For more info please contact (780) 424-2870.

FREE GUITAR LESSONS
Drop-in guitar lessons for all ages and skill levels. Everyone welcome. Guitars available to use. Mondays 8:15 p.m. – 9:45 p.m. April 4, 11, 18, & 25
Location: McCauley Boys & Girls Club, (9425 109A Avenue).
To sign up for guitar lessons or for more info call (780) 424-2870. Sponsored by the McCauley Community League, E4C and Ansgar Danish Lutheran Church.

COMFY COLLECTIVE KITCHEN
Try out nutritious, inexpensive foods and easy recipes.
Prepare three ready-to-eat meals to take home and enjoy lunch with the group. Saturday, April 9, 10:30 a.m. - 1:30 p.m. \$4 for lunch and 3 take-away portions \$7.50 for lunch and 6 take-away portions For more info or to sign up call (780) 424-2870.

THE HEALING POWER OF WRITING
Learn about poetry, stories, and comics
Featuring Leif Gregersen. Author of Inching Back to Sane – My Years With Bipolar.
Mondays 1:30-3:30 p.m.
April 4, 11, 18, & 25
Location: Prosper Place, #215, 10106 111 Avenue
For more info please contact (780) 424-2870.

iHuman's Art on "The Line" at Refinery en Vogue



The work of young artists from the iHuman Youth Society was featured at the Art Gallery of Alberta's Refinery en Vogue on March 19, which had a fashion and design theme. The exhibit, entitled "The Line," was created by Micky Pop, Matthew Auger, Dan Roberto, Angel Morningstar, and Michael Black. Paula E. Kirman



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LOOKING FOR AN INTERCULTURAL DAYCARE?



The Intercultural Child and Family Centre at McCauley School (9538-107ave) has child care spaces for children from 12 months to 12 years and is open from 6am to 5:30pm. ICFC is a non-profit, accredited centre providing a culturally enriched play and learning environment. Two healthy snacks and lunch are provided. Subsidy is available.

FOR INFORMATION OR TO APPLY CALL 780.441.1443

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