Fire Destroys House of Refuge
Boyle Street soup kitchen and mission rising from the ashes in a temporary location

House of Refuge, a soup kitchen and non-denominational Christian mission on 10339A 95 Street, was destroyed in a fire on October 19. The fire began at around 2:30 a.m., and swept through the building, reducing it to a pile of rubble by the time firefighters got it under control a few hours later. Foul play was not suspected as a cause of the fire.

House of Refuge served between 50 and 200 people every evening when the mission was open between 5 and 9 p.m. Sunday was the busiest evening, according to board member Linda Dumont.

“We served a snack at 5 p.m., then a meal of soup and sandwiches after the evening service at 8 p.m.,” she says. “We served people who were turned away from other places that served meals because they were intoxicated, or under the influence of drugs. In addition to food, people were able to get personal care items, and care packages of food, clothing, and blankets. We operated as the first level off the street. No one was turned away.”

Thim Choy is the owner of the land upon which House of Refuge was situated, as well as the building itself which was leased to the society operating the mission. Choy, who is also the President of the Boyle Street Community League, said that the people who used the mission gathered around throughout the day after the fire, “some in tears as they don’t want to go elsewhere for the meal. Some said, ‘I want to be here’ because we treat them like human beings.”

At the same time, House of Refuge was viewed with ambivalence by others in the area. In particular, there were complaints of patrons’ disorderly behaviour by those living across the street in the YMCA Welcome Village. “There may be some who don’t like the House of Refuge, but our bottom line is to give them a meal and the Gospel before they go to bed. I know it’s so important because I’ve been there, done that, and that’s what God sent us to do,” says Choy.

The mission’s Board of Directors met on October 22, along with Thim Choy. As a temporary solution, Choy offered the use of the parking area of his business Edmonton Cash Register which is across from the former mission site, on the south west corner of 103A Avenue and 95 Street. Services, followed by a meal of soup and sandwiches, started on October 25 and are intended to be held there seven days a week from 6 p.m. to 8 p.m.

“Weather is a factor and we’ll continue to do so as long as we can, or until we find a new facility,” says Bob Vandergrift, Vice President of House of Refuge.

Continued on page four.
Holidays Made Easier

**McCauley Musings**

The holidays are either someone's favourite or most hated time of year. At least, that is what I have discovered in my very unscientific survey of my friends.

However, experiencing the holidays as either one extreme or another makes sense. It can be a time of warmth, family, delicious food, and wonderful memories. Or, it can be hectic, noisy, stressful, and even lonely.

As someone who views the holidays somewhere between these two extremes, I have discovered three major coping mechanisms that I hope will help those of you who have a holiday gift to all of you. Happy Holidays!

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**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 neighbourhood.

Opinions expressed in the newspaper are not necessarily those of the Board, staff, or Editorial Committee. Advertisements from political parties and politicians are paid for. Submissions may be subject to editing for length and suitability.

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**Editor's Notes**

This is our annual Holiday issue. I always look forward to the stories of holiday memories, food, and family.

One of the things I love about working with Boyle McCauley News is how we have a core group of staff and volunteers who are very much like a family. We look out for and help each other and genuinely make our best efforts to present a newspaper that reflects the diverse opinions and viewpoints that exist within the community, while striving to cover the many events and other happenings in the area.

But we always invite others to join our family and help write stories, take pictures, draw artwork, deliver the paper, and help us out in a variety of other ways. Our volunteers are from a diverse range of backgrounds, ages (from children to seniors!), and abilities.

If you have a gift to share, please contact me at editor@bmcnews.org.

In the meantime, after this issue hits the streets we are taking our winter break and will return in February of 2014. Have a happy and safe holiday season!

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**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 may be edited for length or clarity and publication is not guaranteed.

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**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) 414-4576
- EPS General Crime/Complaints • (780) 423-4576
- EPS website • police.edmonton.ab.ca
- click on Crime Prevention
- click on Prostitution Resource Centre
- REACH Edmonton website • www.reachedmonton.ca
- Report A Drug House • (780) 426-8229
- reportadrughouse@police.edmonton.ab.ca
Miriam VanNeijenhuis

Our Volunteers

Miriam VanNeijenhuis is one of our newer Block Carriers. She moved to McCauley a year and a half ago.

“I was looking to move and wanted to experience the neighbourhood for myself,” she says. “Many friends thought I was crazy to move to an inner city neighbourhood where my personal safety was assumed to be in jeopardy. However, with my church First Christian Reformed being in the same neighbourhood, I was willing to give McCauley a chance at being called home. Happily, I can say that this is the most friendly, neighbourly neighbourhood that I have ever lived in. I know more of my neighbours here than any other place I have lived—I have moved a lot.”

Miriam decided to volunteer with the paper when she began helping her friend, Heather Van Boom, with a route. “I also enjoy reading the BMC News myself and keeping up with the current events of the community.”

She describes her experience getting to know the neighbourhood in very positive terms. “I love knowing so many of my neighbours in this community. I also like having the opportunity to have a variety of stores/shops close by that I can support. It is nice to have a place to go for coffee with a friend that is close to home, or to be able to run and get a few forgotten groceries,” she says.

“I also like how neighbours look out for each other. Last week when my dog ran out of the yard a neighbour called to say she had just seen him looking quite lost. Within a few minutes he was back home safe and sound.”

In addition to the paper, Miriam volunteers at The Carrot Community Arts Coffeehouse on 118 Avenue and 94 Street as a coffee barista twice a week. She also helped out this past spring and summer with the McCauley outdoor soccer program.

Miriam lives with her dog Cooper, a white Standard Poodle, who turned five this summer. Miriam is also a registered nurse who volunteers at Ronald McDonald House. “I am able to connect with families that spend a lot of time experiencing sick kids in the hospital,” she explains.

“I also love music. I studied music in university and play the piano, organ, flute, and clarinet, and enjoy singing. This fall I joined a community band, Edmonton Concert Pops, and enjoy playing my flute there.”

Thanks Miriam, for helping to deliver the news to your neighbours!
Fire Destroys House of Refuge

House of Refuge last year after Pammela Castro’s mural was painted on the south side of the building. Paula E. Keran

> Continued from page one.

Choy is currently looking for another building in the Boyle Street area. The burned building was insured for $375,000 but building regulations will not permit rebuilding on the same lot. Insurance will also pay some towards replacement of cooking utensils, tables and chairs, office equipment, janitorial equipment, and the sound system.

House of Refuge is run by volunteers, receives no government funding, and is supported through private donations. “We had people working off fines through community service helping out with the meal preparation, serving, and clean up,” Dumont says.

The mission has been serving the poor for 50 years and was registered as a non-profit company about 30 years ago. It was in several different locations before moving to Choy’s building in 2004. Last year, Brazilian artist Pammela Castro visited Edmonton to paint an original mural on the south side of the building.

On November 1 another fire occurred at the remains of House of Refuge’s original location. This time, the cause was believed to be arson.

Donations to House of Refuge can be made through the website: www.refugemission.com.

Meet Councillor Scott McKeen

IAN YOUNG

On November 7 I had the pleasure of sitting down with the newly elected City Councillor for Ward 6, Scott McKeen. Our invigorating friendly conversation was very uplifting and I felt like I was chatting with an old friend.

He likes to be referred to as just “Scott,” making him such a warm, personable, approachable man.

When I asked him his opinions on the Boyle Street and McCauley area he was quick to say, “It should be a community not recognized by its problems but by its success.” Such a refreshing comment to hear! Scott strikes me as a man who will work on our strengths and diversity, not showcase our weaknesses.

He is familiar with the diverse community we have and has even attended festivals, playing at Heart of the City in the past!

Scott and I discussed everything from the interesting businesses to the abundance of culture the Boyle Street and McCauley area is home to. A little background on Scott: he is a former journalist having worked for the St. Albert Gazette and the Edmonton Journal, where he covered City Hall column for eight years. He was born in Flin Flon, Manitoba but grew up here in Edmonton for most of his life.

Scott is very encouraging of communities taking pride in their home and neighbourhood. As he was just elected, he is the first to admit he and the other newly elected councillors have a lot to learn, but is excited about the learning process, one I am confident he will share with us all.

We did not really get into specific changes and concerns at this point, as he is in the learning phase, but his openness and approachability makes me feel confident Scott is a quick learner and a listener. He respects and considers input from every community member on any topic.

His presence and open door policy makes Scott a great choice for our community.

As I left Scott’s office I walked from City Hall back to my home through our neighbourhood, relishing the beauty, diversity, and confidence knowing we have a man who will work with us!

I have a feeling Scott is going to be a very visible man in the community. His enthusiasm and appreciation is so obvious. His outgoing nature is a trait I admire!

Scott can always be reached at (780) 496-8100 or by e-mail at: scott.mckeen@edmonton.ca.
Attention all McCauley dog owners: there is still hope that we can create a dog park in McCauley!

Of course, there would have to be guidelines similar to all dog parks, like respectful behaviour and cleaning up after our dogs. And, we need one that is fully fenced so the dogs don’t run out into the traffic. We all know that Giovanni Caboto Park is for humans and their children, and while we can walk along the borders with our dogs on leash, it is not safe to mix little children and big dogs.

A number of people here are still working behind the scenes to make a dog park happen, so we have to be patient. We’ll keep you posted as we identify a suitable space, and get it fenced. If you have ideas you want to share, send me a message c/o BMC News.

Joanne McNeal is a McCauley homeowner with two medium-large sized dogs.

Dog Park Still Possible

JOANNE MCNEAL

Merry Cheap Christmas

Cold Weather Safety

Frostnip

- Frostnip occurs when skin is extremenly cold, but not frozen. It is commonly affects the ears, nose, cheeks, fingers and toes.
- Skin appears red, but also turns white when pressed. It may also feel numb to the touch.
- When exposed to the cold, frostnip skin will feel without complication.
- Gently rewarming the affected area in a warm environment is advised.

Frostbite

- Frostbite occurs when skin becomes so cold, that the skin and underlying tissues freeze completely.
- It may look white and waxy and will feel hard to the touch.
- Treatment begins with removal from the cold environment and placing the affected area in warm, not hot, water (about 41°C), until rewarmed.
- Seek further medical attention as required.

Hypothermia

- Hypothermia is an abnormally low body temperature - less than 34°C (as compared to normal body temperature of about 37°C).
- People suffering hypothermia may act inappropriately with uncharacteristic stumbling, mumbling, and fumbling, as their body temperature continues to lower.
- Early recognition and prompt medical attention is crucial. Left untreated, hypothermia may progress to coma and death.
- Call 9-1-1. Don’t forget to protect yourself from the factors that originally lead to the patient’s situation.
- Gently rewarming should start as quickly as possible, including: removal of wet or constraining clothing, covering with blankets or sleeping bags, and protecting the patient from further heat loss (wind, moisture and contact with cold surfaces).

Cold Remedy

Lumber on over to your local gift & flower shop for trunks full of ideas for giving and decorating.

pashmina $20

elephant tea pot $12

sip a hot cappuccino in full colour

www.albertahealthservices.ca

www.italianCentre.ca

www.zocalo.ca

By Ping Nixon-Hermansen
Favourite Traditional Holiday Foods

Holiday foods can be healthy and delicious, and a way to share love

NHAAN LU
Pacific Notes

My husband always asks me: What are the real holiday food traditions? According to him, the holiday meal is supposed to have a lot of meats, which have to be fried, or baked with butter, oil, and cheese. My holiday meal is simple: fresh vegetables, fruits, raw nuts. Delicious flavours that do not require any deep-frying or browning with oil or butter.

My diet is based on fresh fruits, vegetables, and legumes. I was slim and healthy growing up. I ate any fruits or vegetables that were available at my grandparents’ farm. My favourite drinks were young coconut water and sugar cane juice. At that time, I was so slim that my family members said I was suffering from malnutrition. They made me eat meat. I hid the meat at mealtime in my pocket or under the dinner table, but not too long after, my mother or the housekeeper discovered it. They ground the meat and mixed it with rice. I still separated it and left half of the portion of meat on my plate. The family doctor suggested that I have one hard boiled egg each day if I did not eat meat. I chose one quail egg over a chicken egg.

My parents could not change my eating habits, so they made me swallow vitamin pills. I choked every time. My parents requested that the doctor give me one vitamin needle per month. It took four adults to hold me down, and my leg went numb. My parents were tired of my stubbornness after two times of doing this. My grandparents stepped in. They did not force me to eat meat. They introduced some simple cooked fish and shrimp with my raw vegetables and I enjoyed it.

Recently, I spoke with several people in healthcare, the fire department, fitness instructors, and insurance companies. They recognize that my traditional cooking and eating habits fit in with the healthy food trends now. With only one pot of boiling water I can create a flavourful steamed fish with onion, ginger, and soybean, wrapped in banana leaves that my co-workers love. I also make a delicious coconut curry chicken with steamed rice in my cooking class.

I am proud to share food as a part of holiday love and to inspire others to get in the kitchen with their families this year. If you would like to join my cooking class, third from McCauley Centre on Wednesdays from 1 p.m. to 3 p.m., please call (780) 423-1973 to register. Bring your favourite ingredients. I will share my spices with yours.

The Edmonton Intercultural Centre
The Beating Heart at the Heart of the City!

Would you like to learn about the exciting discussion underway to explore a unique opportunity to revitalize the McCauley School and its neighbourhood? The Edmonton Public School Board and City of Edmonton are working together with the members of the Edmonton Intercultural Centre to transform the McCauley School into a centre for learning, research, recreation, and the arts that reflects and capitalizes on the rich diversity in our community!

The Edmonton Intercultural Centre, located in McCauley School, will make Edmonton one of the leaders in intercultural excellence and help to place the city within the global membership of intercultural cities.

What is interculturalism? The two founding partners of the Edmonton Intercultural Centre, Yvonne Chiu of the Multicultural Health Brokers Cooperative and Dianna Fondo of the Edmonton Multicultural Coalition, describe it as what happens when people from diverse backgrounds come together to meet, share ideas, and find new ways of working together. In short, it is an approach to community life that focuses on creating engaging, thought provoking, and exciting ways to come to know each other so that we can build even stronger communities!

The vision for the Edmonton Intercultural Centre begins with a space: McCauley School. The school is an iconic building, welcoming, supporting, and responding to the needs of an increasingly diverse community. It has long been at the heart of community life and is currently the home of a number of the Intercultural Centre partners, including the Multicultural Health Brokers and Intercultural Daycares. The Centre will also become the home for a number of other agencies currently located in the McCauley neighbourhood including the Edmonton Multicultural Coalition, Centre for Race and Culture, Creative Hope Society, and a group of visual artists and writers supported by the Edmonton Mennonite Centre for Newcomers.

As an incubator for the arts and culture, the Intercultural Centre will showcase the resilience and creativity of the local community and act as an engine for social enterprise and community engagement. The Centre hopes to provide space for rent to visual, performing, and spoken word artists to collaborate and engage with the community. The school’s gym will be available for rent to increase recreation opportunities in the McCauley neighbourhood.

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As the Intercultural Centre, McCauley School will continue to symbolize and illustrate the importance of education, social interaction, and innovation in building citizenship and creating an open society. The Centre will be a place where anyone can learn. It will be a transformative space! The partners will build on McCauley School’s strong tradition of public education and community engagement by reaching out to post-secondary institutions such as U of C and the Community Engagement program, the Medical School at the University of Alberta, and our colleagues at the City of Edmonton and Government of Alberta. The Centre will support opportunities for collaboration and mutual learning directly between community members and our social institutions that will bring about more inclusive and innovative communities.

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Addressing Two Trends

COP'S CORNER

Hello! My name is Constable Christopher Lucas. Currently, I'm working as a Community Liaison Constable (CLC) in District One Downtown. This area encompasses 97 Street to Wayne Gretzky, and Yellowhead trail to 111 Avenue. I currently have four years with the Edmonton Police Service (EPS), with half of that time working in District One as the CLC. During this time I have noticed two particular trends that have come up often, which I would like to address.

The first is people leaving their vehicles running and unlocked. Every morning I read through the calls to service in District One and view the crime trends. On any given day, about 25 percent of all theft of vehicles and theft from vehicles are caused by drivers leaving their vehicles unlocked, or even worse, unlocked with the keys in the ignition.

I cannot stress enough how important it is for everyone to lock your doors and take the keys with you. Even though this seems like common sense, thefts caused by not doing these things still happen on a daily basis.

The second thing I would like to talk about is people leaving their children abandoned in their vehicles. Over this past summer the EPS received far too many calls from concerned citizens who observed children unattended.

As I get asked this question all the time (“Is it reasonable to leave my child in the car alone if I just go . . .?”) the rule of thumb that I like to use is this: NEVER leave your child alone in the car. It is always better to take the extra time and bring your children with you.

Even though it may not seem like a big deal, so many things can go wrong when children are left alone in vehicles. In addition to the safety of the children (which is paramount), you can be charged criminally under section 218 of the Criminal Code by the police should you abandon your child (under the age of 10) in the vehicle.

The purpose of my article today is not to scare or threaten anyone, but rather to educate and clear the air. My hope moving forward is that the citizens of Edmonton will make these small changes which will help decrease in vehicle crimes, and increase the safety of our children.

Be safe, and look after each other.

Gifts of Life and Friendship

Drum Beats

As we were walking down the icy trail of the city street, I could feel the cold chill of winter on my cheeks and face. The two of us laughed as we enjoyed a conversation about old architecture in Edmonton’s inner city.

When I first met this person I sensed a warm feeling of trust beginning to start between us. Becoming new friends means opening up to a person that may become a long term situation, or like the changing seasons the person may come and go. The benefits of experience that friends from two different generations share is actually quite fascinating, like two ships meeting their destination from different directions.

The coming holidays bring back memories of past years, when times can get chaotic. I really don’t know what God has in store for my life as I also approach another birthday, but I’m sure there will be more surprises in the near future.

I’ve had so many new changes unexpectedly since the summer. I’d like to have a peaceful Christmas dinner this year, with my daughter Alyssia helping with baking and preparing some new dishes. A simple way to decorate is to make paper snowflakes with sprinkles of shining sparkle dust that twinkle like new diamonds.

I enjoy having fellowships with friends, sing-alongs, and sharing a nice meal together. Giving gifts to others is wonderful when I see the gleaming smiles on their faces as they receive something they had prayed for. To be appreciative of the gift of life is another wonderful area for which one can be always be thankful. We don’t know when our days can be overrun by overwhelming health issues. I have a few friends I know that are stricken with cancer or other debilitating issues. I too have been pained by not doing these things still happen on a daily basis.

The purpose of my article today is not to scare or threaten anyone, but rather to educate and clear the air. My hope moving forward is that the citizens of Edmonton will make these small changes which will help decrease in vehicle crimes, and increase the safety of our children.

Be safe, and look after each other.

Season’s Greetings

TO YOU AND YOURS FROM
ALL OF US AT BMC NEWS!
Music Program a First in Edmonton

"It was a dream come true!"

So says one of the 20 Mother Teresa grade two and three students who graduated to real violins after four weeks on cardboard violins they'd made and decorated themselves.

On November 4, parents, teachers, students, and supporters of the YONA-Sistema Program gathered in the school gymnasium to watch the children perform on their cardboard instruments, demonstrate how much they'd learned about music and violins, and then play a real note together. (The YONA part of the name stands for the Youth Orchestra of Northern Alberta.)

A big part of what the children learned was how to care for their paper instruments. When the students' names were called, they proceeded one by one across the stage, placed their old instruments on a table, signed a detailed promise about violin care, and then received their real violins. Once they'd all returned to their places, they put the violins under their chins, raised real bows, and stroked their first note. For the children and for everyone else in the room, it was a magical moment, a new beginning.

The kids' enthusiasm has been evident from the start. The school’s hallways are alive with laughter, song, rhythm, and music five days a week for three hours after regular classes are over. The children are clearly having fun, despite being at school for longer days than many people with full-time work are on the job.

According to Tommy Banks, an Edmonton musician who has won Juno and Gemini awards and performed around the world, the program “has nothing to do with turning out professional musicians... It welds their creative synapses in ways that help them throughout their whole lives and makes them better students in every subject.” He says that’s not just his opinion; it’s been proven time and again.

"Most importantly, they understand interdependence in a way that others don’t. When you’re playing music with people, they are absolutely relying on you to do what you’re supposed to do, and you are absolutely relying on them."

Jose Antonio Breu founded El Sistema in Venezuela in 1975 as a means of positive social change. Since then, nearly a million Venezuelan children have been through it, and it has spread around the world. Mother Teresa School is the first in Edmonton to host El Sistema. The instructors are professional musicians from the Edmonton Symphony Orchestra, and program sponsors include the Edmonton Community Foundation, Rotary International, and the Edmonton Inner City Children's Program.

Tommy Banks’ hope is that this program “will grow and grow and grow and there will be more people in it in this school and eventually in every school.”
New Art Gallery in Chinatown

Maria Pace-Wynters opens a new space to showcase her unique artwork

Local artist Maria Pace-Wynters has set up a self-titled shop in a new gallery space at 10563 97 Street.

“I was driving down 97 Street and saw a For Rent sign in the window of this tiny little shop and I thought, ‘That is so cute. That would be the perfect size for me to sell my artwork’. Patrons are constantly asking me if I have a place that they could come see my stuff in person,” says the artist.

“I really didn’t know I was looking for a space until I saw that For Rent sign in the window. It being in Chinatown was just an added bonus. Everyone has welcomed me with open arms and Asian art and culture have always influenced my art, so it has all worked out perfectly. I am originally from Victoria and one of my favourite places to visit is Chinatown. I love this one shop called FanTan Gallery which is very western but at the same time fits perfectly among all the little Chinese shops. Maybe I can be the start of something like that in our Chinatown.”

Pace-Wynters is a mother of two daughters and has been a professional artist for the last six years. “My art is very much influenced by my two daughters. They inspire me and constantly remind me of my childhood. As a Mother I see how important it is to cultivate their dreams, encourage their aspirations and inspire them as much as they inspire me.”

You can learn more about Maria and her work at her blog: www.mariapacewynters.com.
The well-being index looked at four major categories: income security, health status, education, employment, and enabling environment. Income security is about having sufficient income and also the capacity to use it independently. Health status relates to physical frailty or the onset of ill-health and disability and life expectancy at age 60. Employment and education refers to the coping capacity and capability attributes of older people (not experiencing discrimination). Finally, enabling environment means older people have the freedom of choice to live independent and self-reliant lives. This includes access to public transportation, physical safety and good social connections.

The top 10 countries in order are: Sweden, Norway, Germany, Netherlands, Canada, Switzerland, New Zealand, USA, Iceland, and Japan. At the very bottom at 91 is Afghanistan and just above are a host of African and Middle Eastern countries. Low or no access to pensions, poor health care, and little access to public services is what places countries in the bottom.

Life in Canada for seniors is generally good. We live longer and are healthier longer. While our actual poverty rate is lowest, many seniors live just above the poverty line thanks to provincial top-up financial assistance. However, Old Age Security, supplemental pensions for low income Canadians, and the Canada Pension Plan have not kept pace with the growing economy. The poverty rate for women is much higher at 20%.

Pension reform is urgently needed if these figures are to remain stable or improve. I was encouraged to read that CPP reform is once again being discussed with the Ontario Premier pushing Premier Redford and the Alberta government to stop vetoing proposed increases.

This is my Christmas wish: dear Santa, please bring us CPP reform so Canadian seniors won’t have to live in poverty any longer.

Boyle McCauley News
December 2013 & January 2014

Sherry McKibben
Catch 66

October 1 was the UN’s International Day of Older Persons. The UN produced the first-ever overview of the wellbeing of older people over age 60. So here goes with a bit of information about how older people in Canada are doing compared to some other countries.

All over the world people are living longer. In 2012 there were 809 million or 11% of the population and by 2050 there will be 2,031 million or 22% of the population. Canada’s seniors’ population is already 21% at 7.2 million and is expected to increase to 31% by 2050. Therefore, good pensions and services for seniors are critically important to the overall health of our seniors, our communities, and our economy.

Ability and Community

“Christmas isn’t a season. It’s a feeling.” - Edna Ferber

I can’t help but feeling a sense of warmth when this season approaches. Memories are made at Christmas, with the array of festivities, gatherings, and spending time with loved ones, despite the temperature being cold.

One of my favourite Christmas memories is recent. It seems the more I mature, the more family has importance. Bloodlines make you related. Love makes you family!

A few years back, after not seeing a treasured friend I proudly call my “bonus sister,” I was invited to a celebration and dinner at her home. Much time had gone by since we had seen each other, and she was now the proud mother of two astonishing adult children who of course are my “bonus niece and nephew.”

The feeling of elation being surrounded by the gorgeous decorations, the scrumptious, succulent traditional feast, meeting new friends, and seeing familiar faces were memories I will keep forever. We laughed about old times, did a traditional gift exchange, and we all came away feeling grateful - not for the gifts that we received, but for the time we spent with each other. I never realized how important and dear this feeling was.

We all maintain busy lives but gathering with loved ones, family or not, is the greatest gift of all. It gave me a sense of belonging, meaning, and inclusion.

I wish the best holiday season for all, including my family and my “bonus” family. Reconnecting with those who mean the world to you is a treasured gift. Also, my bonus sister has become a resident of this community!

Jodie, Jenna, Dustin: thank you for giving me the best gifts ever: belonging, acceptance, and love! Happy Holidays to all!

Boyle McCauley News

Ian Young

A Christmas Wish for Seniors

CPP reform needed so Canadian seniors won’t have to live in poverty

Boyle McCauley News
December 2013 & January 2014

Sherry McKibben
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The wellbeing index looked at four major categories: income security, health status, employment/education, and enabling environment. Income security is about sufficient income and also the capacity to use it independently. Health status relates to physical frailty or the onset of ill-health and disability and life expectancy at age 60. Employment and education refers to the coping capacity and capability attributes of older people (not experiencing discrimination). Finally, enabling environment means older people have the freedom of choice to live independent and self-reliant lives. This includes access to public transportation, physical safety, and good social connections.

The top 10 countries in order are: Sweden, Norway, Germany, Netherlands, Canada, Switzerland, New Zealand, USA, Iceland, and Japan. At the very bottom at 91 is Afghanistan and just above are a host of African and Middle Eastern countries. Low or no access to pensions, poor health care, and little access to public services is what places countries in the bottom.

Life in Canada for seniors is generally good. We live longer and are healthier longer. While our actual poverty rate is lowest, many seniors live just above the poverty line thanks to provincial top-up financial assistance. However, Old Age Security, supplemental pensions for low income Canadians, and the Canada Pension Plan have not kept pace with the growing economy. The poverty rate for women is much higher at 20%.

Pension reform is urgently needed if these figures are to remain stable or improve. I was encouraged to read that CPP reform is once again being discussed with the Ontario Premier pushing Premier Redford and the Alberta government to stop vetoing proposed increases.

This is my Christmas wish: dear Santa, please bring us CPP reform so Canadian seniors won’t have to live in poverty any longer.

Boyle McCauley News
December 2013 & January 2014
### An Afghan Experience

#### Dining Out

**Afghan Chopan Kebab**

10756 101 Street
(780) 756-3191

The Afghan Chopan Kebab restaurant (10756 – 101 Street) is under new ownership since last spring, and certainly looked worthy of a visit in my never-ending quest for authentic regional cuisine.

The menus were succinct: nine appetizers ($3.99-$10.95), fifteen entrees ($9.95-$24.95), eight sides ($1.99-$9.95), and four desserts (all $2.99, with tea). Most of the appetizers were something with a dipping sauce and since we were given a seeded flat bread (with dipping sauce) right away, we decided to pass. We ordered two:

- **Afghan and Canadian** to good food and to bridge
- **Seekh Kebab**

####Seekh Kebab - John Hooper

entrees: Seekh Kabab (marinated ground beef with salad and rice) and Mantu (beef dumplings with a spicy vegetable sauce).

The Seekh Kebab was two long rolled logs of seasoned ground beef served over a massive amount of basmati rice and an enormous green salad. The beef was a bit crunchy on the outside and moist on the inside, but the flavor was excellent, balanced with the somewhat sweet rice and crispy salad.

The Mantu consisted of light steamed dumplings stuffed with ground beef covered by a spicy sauce, with mostly beans, lentils, and other legumes. The spice was curry-like, but not the typical Indian fare. It was topped with a light yogurt-mint dressing which really complemented the rest of the dish in temperature, texture, and taste.

Then, it was time for dessert. Jelabi was a sugary, sweet candy-like swirl, reminiscent of maple sugar in the snow, but classier with a faint savoury smell. Fernee was a rich milk pudding with more body than one gets from butterscotch from a box. It was creamy and sweet, but not overly so.

Afterwards came the "Afghan whisky," the owner proclaimed, explaining that it was 100% pomegranate juice. The pure juice is very strong, rich, and dense. It was in the conversation over dessert that new owner Mohammed Sana talked about his commitment to good food and to bridge Afghan and Canadian communities.

If you can't make up your mind from the menu, there is a $12 lunch buffet Monday to Friday. Their website, afghan Chopan Kebab.ca provides the menu and more, with pictures.

**John is a resident of Boyle Street.**
A new film about our McCauley neighbourhood was screened on Nov. 10 at the Commonwealth Rec. Centre. About 50 local citizens and children (as well as local media) turned out to watch McCauley Moments, despite the premiere being organized on short notice. Everyone was excited to see the 35 minute film created by Paula Kirman, the editor of this newspaper. She was the camera crew, director, and editor of the film - a huge accomplishment, and it was her first professional film. McCauley Moments was produced with the support of McCauley Revitalization (City of Edmonton) and The Works International Visual Arts Society. Jane Molstad, McCauley Revitalization Coordinator and Linda Wedman from The Works both spoke about the development and importance of the film, and Paula also said a few words about her experience in making it.

The film provides a whirlwind look at various aspects of McCauley including young families, Chinese and Italian communities, Church Street, Ukrainian and Aboriginal culture, and long-time residents. It includes footage of festivals and events over the past year and even provides some historical perspective.

The atmosphere in the room was electric with anticipation as we waited for the film to begin. Refreshments were enjoyed as audience members shared their McCauley experiences, while various people helped sort out a few hitches in the technology. The film is a wonderful introduction to our neighbourhood, and certainly made me feel proud to live here. You can see the film at the website: www.mccauleymoments.com. There will be more screenings in the new year. Congratulations Paula!
Childhood Memories of Christmas

JOANNE MCNEAL

I grew up in a family where Christmas was a huge family celebration, especially the dinners. My mother’s brothers and their families lived close by, along with other older aunts and uncles, so Christmas dinners together were a big but loving production. Everyone came to our grandparents’ home, and each family brought some part of the dinner. My mother or grandmother cooked the turkey. Our heritage came from the British Isles, so our table settings and foods were influenced by traditions there.

As a young girl, my job was to set the table with everything in its right place. The china and silver were brought out, and everything had to be squeaky clean and shiny. The silver had to be polished, and the linens ironed. We counted how many people there would be, and we added some at the last minute. If there was not enough room at the big table for everyone, the twelve kids’ places were set at some card tables nearby. Serving pieces were washed and counted, napkins had to be folded just so, and everything had to match.

On Christmas afternoon, everyone arrived from all the families, and the women gathered in the kitchen to prepare the last minute foods. The men set up the electric train under the tree, crawling around on their hands and knees.

One of my fondest memories is of the five women: my grandmother, mother, and three aunts, standing at the kitchen counter, chopping, stirring, talking, and laughing, working together to make us a feast. The smells were so delicious coming from the stove that I wanted to see it. But all I could see as a child were the women’s backsides with their apron strings hanging down from their waists. It always seemed to take way too long to put all the food on the table.

Still, those holiday dinners have influenced how I feel family gatherings should be. It was a simpler time. My fondest memories are not of presents, or of decorations, but of the food and music, and being all together. The brothers had their differences, but on this day there was only love and respect for each other. So, in honour of those long-gone days, I have tried to re-create my mental image of my grandmother’s kitchen on Christmas Day. These times of family closeness and love, of everyone pitching in, are what make the holidays special for me.

Dr. Joanne C. McNeal, McCauley homeowner, is an art education instructor at the U of A, and a mother and grandmother of two.

Happy Birthday Zocalo!

Happy Birthday Zocalo! Zocalo celebrated its tenth birthday on the second weekend in November. Festivities included this “cake.” Paul L. Keaveny.
Our wonderful Family Fair extraordinaires Kylee and Paula have developed the First Annual McCauley Solstice Celebration! This event will happen December 22 in Giovanni Caboto Park from noon to 4 p.m. Activities will include snow shoeing, cross country skiing, bannock making over fire pits, ice candle and bird feeder making, and much more. Ansgar Lutheran Church has also recently asked to meet with our Board of Directors to discuss funding a program or event within McCauley with a specific focus on children and families.

In Zoning news, much infill housing and commercial development is happening throughout the neighbourhood, and our committee is hard at work reviewing applications and information at multiple sites. We will also be meeting with Scott McKeen, our new City of Edmonton Councillor, to discuss the unique challenges and opportunities facing McCauley.

A Special Meeting will be held December 7 at 10:30 a.m. at Taipan Café at 10627-97 Street. Specifically, we will be discussing the Rink and two motions that have been raised: To have our AGM in March 2014, and to hand over all operations of our Rink to KIDS. Voters must be residents of McCauley and must hold valid McCauley Community League memberships.

As a Board we voted in October 2013 to work alongside KIDS in some operations of the Rink for the 2013/2014 season and to begin development of a partnership. As a part of the “trial run,” the Board asked for the following from KIDS:

- Access to all McCauley Community League historical financial information regarding rink operations as these documents are currently being held by KIDS representatives;
- Final approval of all volunteers and employees involved with the rink, including security clearances;
- A plan to promote a neighbourhood volunteer program in connection with the rink;
- A detailed list of all programming that KIDS would like to implement and run this winter;
- The ability to supersede KIDS programming or reserve blocks of time for resident-focused initiatives;
- A monthly report in person or by written submission about programming, attendance and maintenance needs; and,
- Emergency contact information gathered about all children under 12 using the Rink without parents or guardians present.

As of this writing, KIDS has informed the McCauley Community League Board of Directors that, “We simply cannot operate the McCauley rink with the conditions/points that you have stated.”

In the current absence of a clear way forward, a site maintenance staff member and supervisor has been hired. The Rink will be open Monday through Friday, 2:30-8 p.m. and Saturdays and Sundays 11 a.m. to 6 p.m., weather permitting. The Rink closes during heavy snow falls and when the temperature is below -20. Current programming opportunities will include:

- December 11 through March 2014, Wednesdays 4 p.m. - 5:30 p.m.: Hockey Skills and Drills for ages 6-12
- December 14 through March 2014: Skating Lessons/Activities on Saturdays from 1-4 p.m.
- Thursday nights from 7 p.m. to close: Adult-only shinny hockey
- Saturday nights from 6-9 p.m.: Family Skate and Craft Night
- Daily drop-in for all from 2:30-close, outside of programming times.
- As well, the annual Family Day Skating Party and McCauley Cup.

The McCauley Community League Rink site on 96 street and 107 avenue needs you!

Volunteers are needed to develop resident-driven programming opportunities. Email us at 780-428-5332 or if you’re interested or would like to find out more.

McCauley Community League
mccouleycommunityleague@gmail.com
COMMUNITY EVENTS AND ACTIVITIES

NEIGHBOURHOOD EVENTS

December is a month of anticipation within our culture, leading up to Christmas on December 25. Everyone is inundated with various forms of music and decorations, frequently designed to encourage people to spend money on gifts. But there's more to Christmas than commercialism. Christmas refers to the birth of Jesus Christ, who is accepted by many as the Son of God, born on Christmas Day, crucified on Good Friday and resurrected on Easter Sunday. The holiday is linked to a specific event in history that is celebrated in December. There are many ways to be involved in the celebration, whether as a child or an adult.

But there are holidays in December of course, such as Hanukkah, but two of the most popular holidays are Christmas and Hanukkah.

Boyle McCauley News December 2013 & January 2014

Volunteer Drivers Needed

SAVATION ARMY

BEBOOBER TO ZOOOMA YOGA

What do you think?

RESPECTING TRADITION

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What do you think?
A small group of children and adults play in Giovanni Caboto Park on November 16, undeterred by the first day of significant snowfall and cold temperatures. Paula E. Kirman

Thank you for all the support, McCauley and Boyle Street!

I look forward to working with you in the coming years, and I always want to hear from my constituents. My contact information is below. Please keep the conversation going!

Wishing you and yours a happy, safe and joyful holiday season.

COUNCILLOR SCOTT MCEKEN • WARD 6
scott.mceken@edmonton.ca (780) 496-8140

Seasons Greetings and best wishes for the New Year

Connect with Brian
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Phone: 780.414.0682 Fax: 780.414.0684
6519-112 Avenue