



4 Peace Awards for McCauley Residents



5 Spirit of McCauley Awards



8 McCauley Fall Fiesta



9 Fr. Jim Honoured in Ceremony

Boyle McCauley News

CIRCULATION 6000 • BMCNEWS.ORG NOVEMBER 2016

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VOICE OF THE COMMUNITY SINCE 1979

Local Performer Makes It Awkward

Rachael John-West confronts racism with a song.



Rachael John-West. Alain Intwali

PAULA E. KIRMAN • BMC News Staff

When media personality Jesse Lipscombe was making a public service announcement about why Edmonton is a great place to live, he found himself the target of racist slurs. The cameras were still rolling and the resulting video was posted online. After the video went viral, Lipscombe and Mayor Don Iveson launched the #MakeItAwkward campaign in early September. The social media hashtag encourages people to confront racism and “make it awkward” for those expressing racism and discrimination.

Local musician Rachael John-West is making it awkward through a music project she became involved with in collaboration with another Edmonton artist, Mayne Champagne. The “#MakeItAwkward Song” along with its YouTube video, has gained media attention from CBC Television and Radio, as well as leading to a performance on City TV’s Dinner Television in September.

The 23-year-old, who works at the Boyle McCauley Health Centre as a Health Advocate and graduated as a social worker in April of 2015, has lived in and around the Boyle Street and McCauley neighbour-

hoods for her entire life. In fact, her family are all long-time volunteers with **Boyle McCauley News**. Parents Liz and Geoff John-West became block carriers while Rachael and her sisters were all small children, and continue with their routes to this day. She credits her parents’ work ethic being passed to her as a musician.

“My parents forced me to practice violin every day for years until I grew to love it myself,” she says.

Her involvement with the “#MakeItAwkward Song” came about when local producer Mayne Champagne asked Rachael to be part of the campaign against discrimination. “The campaign resonates with him because being of Jamaican descent, he has experienced racism firsthand here in Canada,” Rachael explains “I agreed without hesitation because standing up against all kinds of discrimination and injustice has always been at the centre of my heart, and what an exciting thing to be able to use music to do it!”

Rachael credits her passion for social causes to living in the inner city area, as well as to her mother. “All my life I have been involved in social justice issues thanks to my mom who had me and my sisters

volunteering for different fundraising or social awareness events, participating in marches/walks, learning about very intricate social issues from a young age, and personally opening our home to people of all walks of life. Growing up that way has led me to loving volunteering, doing social work as a career, and doing my own social projects.”

She hopes that other young people will find within themselves the power to make positive changes and work towards “tolerance, acceptance, and celebration of the uniqueness of each other. So to young people, I would give the challenge to first question your own views of others. To overcome any bias, you simply need to get to know the other person so that he or she is no longer just a certain colour or trait but a whole person. And then, secondly, to make it awkward when anything is said or done around you that is discriminatory. It’s not just a joke - these things have a profound impact on the individual or group victims of the discrimination. Make it awkward in a safe and respectful way. Let’s lift each other up!”

To listen to the “#MakeItAwkward Song,” search for it on YouTube or iTunes. Half of the proceeds from iTunes downloads are going to the Centre for Race and Culture.

Inside THIS MONTH:

RECREATIONAL DROP-IN SOCCER BUILDS COMMUNITY

“In those fleeting moments, we build relationships of trust and fellowship. During a few minutes of good old soccer, void of expectations or judgement, we are free.

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“Another determinate of health is one’s connection to community. We are, by nature, social creatures so we seek a social circle to which we can belong.

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“Every time people gather, every time people walk, smudge, light candles, drum, dance and speak, those who have been stolen are remembered.

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Just For the Health of It



PAULA E. KIRMAN • BMC News Staff

McCauley Musings

Health is made of up so many different aspects. There's physical health and mental health, and there are many ways that we can take care of ourselves in terms of both of those things. People exercise, eat healthy foods, maintain a spiritual life, try to reduce stress, and when asked why they do these things the answer often includes something along the lines of it being for their health.

But what about when, despite our best attempts and intentions, things go awry with our health anyway? I know people who have cancer, or have suffered a heart attack, or had some other kind of crisis who, by all outward appearances, live very healthy lives. Some of them have

even pointed out the irony of their situations.

Then, why bother to go jogging, or eat your fruits and veggies, or meditate? Because, even though there are things that are out of our control, living a healthy lifestyle is still a better option. None of us has a crystal ball that will let us know what will happen to our health in the future, but maybe that person with cancer is doing better because they were in a stronger place while going through treatment. Perhaps someone experiencing depression finds exercise a way to enhance not only their physical energy, but their mental energy as well.

Of course, I don't agree with being a fanatic about one's health either. I think there is a (dare I say it?) healthy balance we all need to discover for ourselves. It's all about moderation. Enjoy some chocolate, or a juicy burger, or spend a day vegging out in front of the television but not every day. Make healthy choices, hope for the best, and keep living life.

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.

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PAULA E. KIRMAN • BMC News Staff

Editor's Notes

As I am preparing this issue of the paper to be sent to our fantastic designer Vikki to begin the production process, an early snow storm has brought the outside world seemingly to a halt. So, while it is actually still October, it feels extremely appropriate to be working on the November issue!

We just had our annual fall Pizza Night to celebrate our volunteers, and I am always amazed by the diversity of people who support Boyle McCauley News with their time. If you are interested in helping out with the paper, please contact me at editor@bmcnews.org. All of our block carrier

routes are taken (at least, at the time that I am writing this), but we are always looking for reporters and photographers who have a passion for Boyle Street and McCauley.

I am also willing to entertain suggestions for regular or semi-regular columns. Some ideas may include seniors, gardening, parenting, food (either recipes or local food security), local Indigenous issues, and health. We also need people who are available to take photos at community events. This is a great opportunity to build a portfolio and contribute to your community.

Have a great month, enjoy the issue, and try to stay warm out there!

Our Next Issue. . .

Our December 2016/January 2017 issue will feature our annual theme of "Holidays." Share your holiday memories, recipes, and tips for surviving seasonal stress. Tell us about the holiday of your culture or faith tradition. Deadline: November 12. Send submissions to: editor@bmcnews.org. Articles should be 500 words or less and accompanied by photographs when possible.

Letters to the Editor

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

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- click on Crime Prevention

REACH Edmonton website • www.reachedmonton.ca

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

Rink Season Begins!

DAN GLUGOSH

Around the Rink

I still can't believe how fast the summer went by, and now here we are getting ready for the start of the 2016/17 skating program. Every year at this time, I start to get excited, knowing we are getting ready to kick off another great skating season at the community rink. Here are some updates of where we are for this year's season.

The McCauley Community League will once again will be working in partnership with the KIDS organization for the winter season. The proposal that has been worked out between the two groups is basically the same as it has been for the last few years, The working agreement can be found on the MCL website at www.mccauley-cl.com. A big thank you to both groups, the McCauley Community League and KIDS, who worked together on this very successful partnership. We look forward to having another wonderful winter working together.

Once again, the rink will focus on being open seven days a week when the weather permits. Skating hours can be found on the McCauley Community League's website and Facebook. We will have the full schedule in the next issue of the paper.

Here is some of the special programming that we are working on for the 2016/17 skating season. The McCauley Cup (EPS cops versus community kids) will be held in December. The third annual New Year's Eve skating party will be on Saturday, December 31. The Family Day skating party will be on Monday, February 20. All times for the above events will be posted in December.

If you have any ideas for winter skating programs, please feel free to contact the rink committee at mccauleycommunityleague2014@gmail.com.

Dan is with the McCauley Community League.

A Wild Rose in Boyle Street



A piece of public art by Rebecca Belmore and Osvaldo Yero located on 96 Street and 103 Avenue. "Wild Rose" is 18 feet tall and made of stainless steel. It is based on two symbols that represent Alberta – the wild rose and the lodgepole pine. Paula E. Kirman

Pizza Night: Celebrating Volunteers and Building Community



On October 13, 45 people joined us at Tony's Pizza for Boyle McCauley News' Pizza Night. A volunteer appreciation event, it is an opportunity for volunteers to meet in person, some for the first time. We were also joined by several members of the Breakout Crew, a group of residents from Immigration Hall who volunteer at community events.

Paula E. Kirman

McCauley Residents Receive Peace Awards

PAULA E. KIRMAN • BMC News Staff

A number of people who live in Boyle Street and McCauley, or who are affiliated in some way with the area, have been recipients of the Salvos Prelorenzios Peace Award over the years. However, this year's awards ceremony on September 29 at City Hall was an all-McCauley affair.

Linda Dumont is the 2016 recipient of the Salvos Award. A long-time Mc-

Cauley resident, she is the founder and publisher of *Alberta Street News*, and is dedicated to supporting the lives of marginalized people.

Bob McKeon received the 2016 Polovnikoff-Mokry Lifetime Service Award for his many years of advocating for social justice, including inner city issues, poverty, health, hunger, housing, and community and economic development.

The guest speaker for the evening was John Kolkman, Research Coordinator with the Edmonton Social Planning Council and another long-time McCauley resident. He spoke about issues pertaining to poverty in Edmonton.

For the entertainment, Linda Dumont's son Sean Giroux performed an original dance piece with his group. Entitled "Unseeables," the piece explored issues surrounding

the horrors of residential schools and the lasting effects they have had.

The Salvos Prelorenzios Peace Awards are organized by Project Ploughshares Edmonton and recognize people who work for peace but have not been previously recognized for their efforts. The awards were held in November in previous years, but were moved to late September to be included as part of the Edmonton Peace Festival's series of events.



Clockwise: Linda Dumont receives the Salvos Prelorenzios Peace Award from Jim Gurnett. Paula E. Kirman Bob McKeon is presented the Polovnikoff-Mokry Lifetime Service Award from Paula Kirman. Johnny Blackburn A moment from "Unseeables," an installation dance piece by Sean Giroux. Paula E. Kirman

CHECK OUT THE NEW
SUDOKU PUZZLE
ON **PAGE 15** AND CHECK
YOUR ANSWERS HERE

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Spirit of McCauley Awards Dinner

PAULA E. KIRMAN • BMC News Staff

The Spirit of McCauley Awards Dinner took place on October 15 at the Ital-Canadian Seniors Association, where a number of people were honoured for their contributions to the neighbourhood by McCauley Revitalization.

Revitalization Steering Committee Chair Todd Janes co-hosted the event with Jane Molstad (McCauley Revitalization Coordinator), handing out awards to residents, gardeners, people involved with the arts, business owners, couples, and agency representatives.

Karen Kennedy, the Community Recreation Coordinator, received a special presentation for her years of service to the area. Kennedy is retiring from the City in 2017.

In what was probably the most emotionally moving moment of the evening, Mary Gallivan spoke about her daughter Joanna Gallivan-Smith, who died in June of this year from cancer. Jane Molstad made a contribution to the Joanna Gallivan-Smith Celebrating Home Fund, on behalf of Revitalization.

An excellent buffet dinner was provided for the invited guests. After the meal was over and the awards handed out, musician Josh Williams provided entertainment while people mingled.

Here is a full list of those honoured.

Residents

- Eliza Zenari
- Leif Gregersen
- The McCauley Safety Council: Stephanie Laskoski, Sian Williams, Dan Glugosh, Elizabeth McEwan, Joe Linzen, Bola Fadeyi, Kim Lerbekmo,

and Sarah Dreger.

Business Owners

- Svetlana Radmanovic (Kafana)
- Stan Mah (BMA Building)

Agencies and Not-For -Profits

- Jeremiah Basuric (The Mustard Seed)
- Lan Chan Marples (Chinese Benevolent Society)

The Arts

- Gerry Morita (Mile Zero Dance)
- Mike Siek (Heart of the City)

Gardening

- Dustin Bajer (Local permaculturist and bee keeper)
- Debbie Reid (Little Italy Community Garden)

Couples

- Miranda Ringma and Ken Bregenser

- Anne Fitzpatrick and Rich Gossen
- Johanna and Larry Andreoff

Honouring a Special Person

- Karen Kennedy, McCauley CRC

Special Presentation

- Joanna Gallivan-Smith (accepted by Mary Gallivan)

People Who Contribute to McCauley

- Gary Garrison and Sarah Coumantarakis (Writers)
- Bob McKeon (Founding member, Inn Roads Housing Cooperative)
- Freya Fu (Coordinator of Food Crawls in McCauley)
- Paula Kirman (*Boyle McCauley News*; contributions to the arts/videos)
- Adriana (Adi) Cruces (Designer of postcards and posters)
- Ron Varga (Coordinator of the weekly pick-it-up project)



Clockwise: From left: Anne Fitzpatrick, Rich Gossen, Johanna Andreoff, Larry Andreoff, Miranda Ringma, Ken Bregenser, and Rachael Putt (assistant to Councillor Scott McKeen, who was not able to attend). Paula E. Kirman Mary Gallivan speaking of her daughter Joanna's legacy, with Rachael Putt and Todd Janes (McCauley Revitalization Steering Committee Chair) in the background. Paula E. Kirman From left: Jane Molstad (McCauley Revitalization Coordinator), Mike Siek, Gerry Morita, and Rachael Putt. Paula E. Kirman

The Joy of Surviving Cancer

Good health is often taken for granted when we are young, unless we have an accident or an ailment we have to fight. As we age, we become aware of how our bodies are affected by what we eat, how we exercise, or how we cope with stress. Many of us just cruise along, not thinking much about it, until we are suddenly confronted with some kind of pain.

That was certainly the way I felt growing up. I took my healthy body for granted. I pushed myself in swimming, singing, dancing, running, and playing violin from the age of four. In college, I ran a mile every night and loved it. I pushed myself into lots of physical activities without thinking twice. Then, I married and had two 10-pound babies, and ended up caring for them as a single parent. I worked as many as four jobs to pay our bills.

At age 40 I faced my first cancer. What a shock. We all know people that have died of cancer - it's a very scary word. Suddenly, that horrible diagnosis changed my life. Was I going to die? How could I tell my two young daughters their mother wouldn't be there for them? I cried a lot and hugged them. I tried to be prepared for the worst. Then I had two surgeries and the doctors said they got it all. I was ecstatic - I had beat cancer! It felt like every new day was an unexpected gift.

A few years later, I had another cancer scare. It was a different kind, and it too was cut out. The doctor said I would always have to be vigilant because I had been badly sun-

burned as a child. Again, I felt like my future was a gift. Several times after that, lumps were found here and there on my body, and they were cut out. I worried, but none were malignant. Later, I had two knee replacement surgeries, and while they were painful, they were not life-threatening. However, they taught me about my responsibility to walk and exercise.

Then, just a few years ago, I noticed a spot on my neck that wouldn't heal. I asked my doctor about it, and he said it was nothing. But it didn't heal, so finally I asked him to refer me to a specialist. When I finally saw that doctor, he immediately cut out the spot. He later confirmed it was squamous cell carcinoma - the second most deadly type of skin cancer.

I was the one who insisted that my doctor refer me, which taught me that we are the ones who need to stay on top of our own health. We are the people who know most about our bodies. We need our doctor's help, but we also have to responsibly exercise, walk, and keep our muscles, bones, and skin healthy.

Now, I try to live as healthily as possible. I know I can't take my future for granted. Daily, when I wake up, I try to remember to be thankful that I can actually open my eyes one more day. That is the joy of surviving cancer: greeting each new day as a gift.

Written by a McCauley resident whose name is withheld by request.

New Mural at Studio 96



This outside window mural was created in September on the east side of Studio 96. Paula E. Kirman

Ethical Market Comes to McCauley

Just One World features unique holiday gifts that support social justice.

PAULA E. KIRMAN • BMC News Staff

The annual event formerly known as Just Christmas has rebranded. Just One World gives people shopping for holiday presents the opportunity to find a variety of Fair Trade and direct trade items from different countries and organizations. Profits go towards social justice organizations and the artists themselves.

"A number of different social justice organizations participate from countries all over the world," says Heather Mackenzie, a vendor and former event coordinator. "Ultimately, we wanted an event that was reflective

of the diversity of the participants."

The new mission statement of Just One World reflects its intention of diversity: to create an opportunity for social justice organizations to raise awareness and funds within a global marketplace.

In addition to the new name, the event has new dates: Saturday, November 12 (10 a.m. - 4 p.m.) and Sunday, November 13 (10 a.m. - 3 p.m.). Finally, there is a new location: the Ital-Canadian Seniors Association at 9111 110 Avenue.

Admission is by donation.



A couple of photos from a past Just Christmas, now Just One World. Sarah Cashmore

Recreational Drop-In Soccer Builds Community

TARO HASHIMOTO

No jerseys, refs, or fans. Just the fresh air and some grass. There is something to be said for the joy of meeting up in a schoolyard and having the opportunity to touch the ball with your feet, and hopefully make a play to somebody on your team. In those fleeting moments, we build relationships of trust and fellowship. During a few minutes of good old soccer, void of expectations or judgement, we are free.

Todd from the Alberta Health Services Sports Check Program and I started an outdoor soccer program this summer in May, over by Sacred Heart Church in the little elementary school-sized field with a ball and two participants. We had just spent the winter playing a mix of soccer and basketball in the YMCA Welcome Village Gym on Thursdays, and for whatever reason that program just didn't take off attendance-wise. The beginnings of outdoor soccer weren't glorious or fantastic either. However, we were outside, playing sports, and in good company.

So, every Thursday, three or four of us would kick the ball around, and take penalty shots on the little six foot by eight foot goals at the far end

of the field. We would aim for the bar, either the uprights or the crossbar. If we hit the steel, we would gain a point. The first to reach five would win. It was the easiest and most relaxing test of skill we could do, especially considering we had too few players to play a real game.

We would do this until any other interested person would come along and ask to play or kick the ball. Of course, they were met with an enthusiastic, "Yes! Please join us!" Sometimes, when tenants of the McCauley Apartments and other neighbours would trickle down and through, we would invite them to join in getting some kicks towards the net. If there were enough for a game, it was a great joy to play a little 3 on 3 or if we were lucky, 4 on 4. Sometimes, a bunch of kids would challenge us to a game, and there we were, three grown men, fighting for our lives against a whole half daycare/after school care class (some of those kids were really good!). It was fun and exhilarating, and believe it or not, we started to see different folks stop randomly by to join in the fun.

For several months, we were joined by a very tall and strong man named Sebastian, who originated from Nigeria. He was staying at the Rhema

church, as he was displaced from his working home in Fort McMurray during the wildfires. He was so good, that we often were left in awe at the powerful kicks that were passes, but which felt like living thunder as they hit our feet. It was quite a privilege to hear about how he and his wife survived their car being rolled over in an accident coming out of Fort Mac, and to hear him say how he felt good to be able to join us for soccer. I like to think we provided him a little bit of relief from the stress and traumatic recovery he was going through. When he stopped coming, we didn't talk about it much, but I think we all knew he had gone back home to work and rebuild his life in Fort Mac.

As the summer days grew long, folks from the Mustard Seed and Inner City Rec Program caught word that we were playing, and some workers brought over students and community members who had an interest in what was going on. Our attendance grew to an average of six to eight people weekly, and we were playing in the scorching heat and/or among bloodthirsty mosquitos, until we had to run in for water, shade, and bug spray. I think Father Jim and Kyle from Sacred Heart Church took notice of our schedule, and the grass (which Kyle so diligently mows ev-

ery week) seemed to be freshly cut by Wednesday the day before we played. Even if this was just a coincidence, it was sure good to play on cut grass!

By the end of the summer, new faces were becoming familiar faces, and we grew to be a group of 10 to 12 soccer folks screaming, laughing, cheering, and groaning on a Thursday afternoon. Some people would even gather around and chuckle at our stumbles and crazy moments or watch from their apartments to enjoy the games and fun being had. I know this, because people often mention in passing that they have been watching us play.

As of Thursday, October 27, we returned to the YMCA Welcome Village gym for our weekly games, but this time we have some friends to invite, and we will be together cheering, groaning, falling over, and enjoying the game of soccer in its most basic and raw form. All the while, we will be dreaming of spring and when we can get back out onto the little field behind Sacred Heart Church with the cut grass, little goal posts, gentle breezes, and the company of new and familiar faces.

Taro is the Community Development Officer - McCauley Apartments.

Active Communities (and Commutes!)

JANIS IRWIN

Rain, shine, or snow, I run to and from work almost every day. Part of this is due to habit, part of it is due to my car-free lifestyle, and maybe just a small part can be attributed to sheer foolishness. From my home in the Parkdale neighbourhood, it's a journey that takes me through parts of McCauley and Boyle Street, and the downtown core.

Running, for some, is an activity best done solo, pointing to the mental clarity that it can provide. I appreciate this aspect of running, but I have also come to see my "run-commute" as an opportunity to interact with others.

Often the first people I converse with in the morning are those I encounter while running. Whether camped out along the Stadium LRT line, or huddled outside the Bissell Centre, almost without fail, I meet people

who don't hesitate to shout a hello, or stop me to ask how I'm doing.

I've been reflecting on how much these daily interactions mean to me, and the benefits that I've been afforded by choosing an active form of transportation. Active transportation, according to the Government of Canada, is defined as "any form of human-powered transportation - walking, cycling, using a wheelchair, in-line skating, or skateboarding."

We see firsthand here in Edmonton just how much focus there's been on active transportation lately in the spirited debate regarding bike lanes. Those fighting for enhanced infrastructure experienced much frustration as they found their voices stifled by those who'd prefer to maintain the status quo. However, thanks to the commitment and advocacy of citizens, a victory for active transportation was won with City Council's recent decision to construct a down-

town bike lane grid.

Driving is not only an inactive form of transportation, for most, it's also a solitary endeavour. In our city, the statistics on carpooling are dismal: only about 15% of Edmontonians who drive do so with one or more others. Similarly, take a look around you the next time that you're on the bus or the LRT. Notice how many heads are down, focused on their phones, rarely engaging with those around them.

Social isolation is a concern here in our city, and it's an issue that has far-reaching effects, particularly on our mental health. In the area of social studies education, where I work, we talk about the power of instilling in our students the importance of active, engaged citizenship. And so I wonder - what if we took this model of active, engaged citizenship, and applied it to the realm of transportation?

Imagine the shift that we could make

to improve community and social bonds in our city if we each considered how we might make transportation choices that are a little more active, and a little more engaged. Perhaps, if the environmental, health, and economic benefits aren't enough to motivate us, maybe the social and psychological benefits are.

In a large city designed for cars and car owners, it's not easy for many to run, bike, or walk to work. Undoubtedly, many Edmontonians don't have a lot of choice when it comes to their mode of transportation. But, some of us do have a choice, and we can work to help shift mindsets by modeling active, engaged transportation, one step at a time.

Janis Irwin is a Parkdale resident who spends a lot of time in the Boyle Street and McCauley neighbourhoods. Say hello if you see her around, and see what she's up to at janisirwin.ca.

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Fall Fiesta is McCauley's Party

Around 300 people came out for this year's Fall Fiesta in Giovanni Caboto Park on September 17.

The morning started off pretty wet so volunteers had to set up in the rain, but it cleared up beautifully and the event began to come together. Tables were set up around the park. Food was picked up from local vendors and donors. Bannock was provided by a local neighbour. Craft tables and sound systems were set up. Bouncy castles (after some delays due to generator issues) began to reach for the sky. And, our face-painter began to work her wonders.

This is McCauley's party! Planned by McCauley for McCauley, and we had lots of special moments. Our MLA, Brian Mason came out to sit in the sun with us. Local musicians played a variety of instruments for us. Silly songs were sung and stories told, and the kids had their turn at the mic.

The new Arts Collective here in McCauley was one of our special guests, and they led our kids in mask-making and showed their art. Our woodworking table was back this year, and again saw a steady stream of kids hammering and painting their creations for four hours straight. And, of course, the

bouncy castles were well-loved. We had a strong turnout of young families with kids, and the many smiles on their faces were all the reward our volunteers needed. The Community League wants to pass along big thanks to Evelina Developments for providing one of the bouncy castles. Thanks, Evelina!

What makes this event work every year is our core of volunteers. So, the McCauley Community League would like to express our deep appreciation for the following. The Breakout Crew from Hope Mission: this team of ten guys was there from the very beginning to the very end, helping with set-up, serving food, helping keep the park clean, and lending a hand wherever they were needed. We want to thank the Arts Collective for their smiles and assistance. MCL also wants to thank our organizing team: Kelvin Wright, Grace Kuipers, Stacey Emmerzael, and Mike Van Boom; and our other neighbours and board volunteers who came out to help. We had a lot of fun, and you all made it happen!

Fall Fiesta is organized every year by the McCauley Community League.

Article submitted by the McCauley Community League.



Clockwise: Giovanni Caboto Park full of Fall Fiesta attendees. Ruth and her daughter Maia having fun at the craft table. Volunteers helping serve refreshments. Heather Workman painted faces. **PHOTOS BY PAULA E. KIRMAN**

More Accolades for Father Jim

Fr. Jim gets name and crowning glory in a special Aboriginal ceremony.



Fr. Jim is flanked (left to right) by Elders Terry Lusty, Gilman Cardinal, John McDonald, and Myrtle Calahaisn. Bonnie Bellhumeur Inset: Elder Martin Eagle Child places the headdress on Fr. Jim. Terry Lusty

TERRY LUSTY

In a ceremony generally reserved for heads of state, political leaders, and individuals of great importance, an eagle feather headdress was ceremoniously transferred from Kainai Elder Martin Eagle Child to Fr. Jim, as he is affectionately called, after the 11:30 a.m. mass on October 2 at Sacred Heart Church of the First Peoples where he has been parish priest for more than 20 years.

For Fr. Jim, it is the second significant honour bestowed to him this year. Earlier in 2016, a two-block stretch of 108A Avenue that borders the church between 95 and 97 Street was named Fr. Jim Holland Way in tribute to his longstanding service and dedication to the community in the McCauley area, immediately northeast of downtown Edmonton.

The former owner and transferrer of the headdress, Martin Eagle Child, from the Blood Reserve in southern Alberta, had pondered for some time as to whom he might honour with the headdress. After all, it couldn't just go

to anyone. Upon giving it considerable thought and time, he ultimately settled on presenting it to a man he had met and befriended some years ago, a man who, over the years, exhibited great compassion and performed numerous good deeds for the betterment of his community, especially those of Aboriginal background. In his estimation, Fr. Jim was, indeed, a prime candidate for such recognition. After all, one doesn't gift a person with one of the highest honours from First Nations people unless they've done great things.

Eagle Child announced Fr. Jim's long and outstanding service, including the long hours he put in, often for days at a stretch before moving on to still other tasks. Things like preparations and facilitating at weddings, funerals, baptisms, children's Christmas concerts, one-to-one personal counseling, occasional free meals for hundreds at a time, and so much more.

Paul Vanderham, the emcee for the event, informed the 100 or so people in attendance that Fr. Jim originally hailed from a Baptist family in North

Carolina before trekking north to Montreal where he joined the Franciscan order, then relocated to Edmonton where he was ordained a Catholic priest with the Oblates of Mary Immaculate.

In procedural sequence, Eagle Child sat Fr. Jim down a few feet away from him and faced him. He then informed the priest of why he was being honoured and the process that was to transpire over the following half-hour or so. One of the first duties he performed was to paint Fr. Jim's face, one of the required elements of the ceremony.

Things were then turned over to Air Force veteran John McDonald who recalled four brave events he was a part of while on military duty, facing each of the four cardinal directions with each story. Once that was out of the way, he and Eagle Child took Fr. Jim by the arms and danced him around the Inner Circle of about 40 church seniors and Elders. Behind them were another 50 or 60 people seated in theatre fashion.

Eagle Child, flanked on his right by Elders Terry Lusty (myself) and Gilman Cardinal and on his left, by John McDonald and Myrtle Calahaisn, offered up prayers, then transferred the headdress from his hands to the head of Fr. Jim, amid whoops and hollers and female trilling to signify the important occasion.

Elder Gilman Cardinal followed up with a naming ceremony in which he bestowed the priest with the name *Napew ka mio tee heet*, or "Man with Good Heart."

A mini Round Dance capped the ceremony in which all were invited to participate. Once concluded, Fr. Jim was kind enough to make himself available to the many wanting to photograph him with his headdress and painted face.

It was, indeed, a magic moment for Fr. Jim Holland, certainly one he'll treasure proudly for the duration of his life.

Terry is a former resident of McCauley and an Elder at Sacred Heart Church.

Embracing Conscious Living

MANON AUBRY

BoyleBits: A View from Boyle Street

Two years ago, when my longtime companion passed away suddenly, my world lost its clarity. I wandered around in a haze and my world became a dark and unsafe place. My heart pounded in my chest as though I were faced with very real and imminent danger. My steps became unsure and my head would spin as though I was about to lose my balance. It took the comfort of friends and a decisive plan to bring some normalcy to my life.

First, I decided that I would make an effort to honour his legacy in my life by living more spiritually. I was always pretty conscious of spiritual matters, but I could be blown off course too easily. I redoubled my effort to live in a way that was congruent with my beliefs. Certainly, I didn't always succeed but I made a real effort. I also reminded myself about all that I could be grateful for, much more than I could have ever imagined. I made a conscious practice of "gratitude." I took up yoga, more as a form of exercise than anything else. I enjoyed moving muscles that I would not usually be aware of. I learned to be more patient at the end of the session when we just lay still. At first, I found myself impatiently waiting to be released from the resting pose, but I learned to use the imposed stillness to centre myself. Even just a few minutes of mindful meditation is better than none at all.

Then one day I woke up and said, "Today's the day I'm getting a dog." I knew right way when I met Knight that he was my dog. His bio was bad: destroys cushions and shoes, raids garbage, steals

food, and eats toys. I'm still waiting to see any of that (well, maybe except when he steals cat food). This young, energetic dog forced me to walk everyday. River Valley off leash parks are the best - we are so lucky to have such easy access in this neighbourhood. Every day we walk a few kilometres. Moderate exercise. Fresh air (sometimes a little too fresh) filling my lungs. The muscles of my legs getting stronger. Being exposed to direct sunshine for a couple hours a day. Fresh air and sunshine, for me, is the easiest cure for dark thoughts.

I also let the doctor prescribe something to unclutter my mind. And, I used conscious control of my thoughts to steer my mind in the right direction. When a disturbing thought crept into my consciousness, I learned to put the breaks on and steer my brain to a more constructive line of thought. When I felt extreme emotions, I used the energy to program my mind towards a more positive life. I know the next step is to let myself dream of what my ideal life would be, and to use the energy from strong emotions to make promises to myself about having that ultimate life. I've used that technique successfully before - I just need to get to a place where I can dare to have a dream again.

Conscious living is where you learn that things that don't work anymore in your life need to be replaced with new habits that work towards building a better life. Now, only if I could do more of that.

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.

Respect Your Body



IAN YOUNG

Ability and Community

"The first wealth is health." Ralph Waldo Emerson

Health comes in many forms, like physical, mental, and spiritual.

Physicians, specialists, therapists and others can be good sources of guidance and information, but as no two people are alike, you need to get to know your body, your family history, your environment, your strengths, and your limits.

I am grateful to that population of

people who have studied, taught, and dedicated their lives to help others, but you can do a bit of "self health" by checking in with yourself. Are you feeling well, mentally and physically? Do yourself a favour and take time to know your body and mind. Never be embarrassed or ashamed to tell a professional how you feel. They have taken an oath and are not supposed to judge. However, we have the option to obtain other resources if you feel one is not fit for you.

Maintaining regular appointments is a key component for health. I, for one, am not a big fan of visiting the dentist, but when I have the option of grinning and having no toothaches, it pays for itself.

Your body is your vessel - show it respect, and it will respect you!

Double Love on a Snowy Day in McCauley



McCauley resident Alan Schietzsch captured this interesting tire on October 14, the day of a big snowfall. It was in the alley behind La Dolce Vita, where someone drove nose first into the alley, then backed out to travel the opposite direction. Alan Schietzsch

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Dimensions of Well-Being

Health can involve so much more than just the physical.

KERI BRECKENRIDGE

Keri's Corner

The word *health* has several different connotations as varied as the people that we talk to every day. It is not at all a narrow spectrum of ideas. Most people think in the realm of blood pressure, exercise, and cholesterol. These things are certainly factors in the determination of one's health but they are only one dimension in the reality of one's well-being.

A strong influence on well-being is one's spiritual life. A strong sense of a place in the world can help negotiate the roller coaster of life. It also provides us with a sense of hope, knowing that the stresses of today will not last forever. It gives us the sense that our lives are wider and deeper than what we can perceive. I

am not promoting religion necessarily, but belief. If one believes their life to have value, they will treat themselves with value.

Another determinate of health is one's connection to community. We are, by nature, social creatures so we seek a social circle to which we can belong. This can be determined by neighbourhood, common interests, or any number of things. The kind of people and influences that one has in their lives affects how they view the world. If one is surrounded by negativity, one will absorb negativity. This pessimistic mindset will reflect itself in physical health. Phone your mom and tell her she was right about carefully choosing your friends. The reverse also holds true: if one is has positive people in their life, it will add to their well-being.

Health can also be measured by happiness. The more a person feels joy, the greater their well-being. Between work and home, people have accustomed themselves to being busy, busy, busy. We've put happiness on the schedule somewhere later in the week when we may have a moment for reflection. Often, we're too busy *doing* and we forget to simply *be*. The joy of simply being in this world is something that should be observed throughout the day.

Smile more, fret less, hang out with people who don't suck the happiness out of you, and observe the miracle of existing at all. It's good for you.

Keri lives, believes, and reflects in Boyle Street.



ISABELLE FOORD

Something Funny

I dreamed I was enjoying a big bowl turnip ice cream.

A 24 million dollar funicular will whisk you down to the River Valley. What do you do when you get there?

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

Staying Healthy in McCauley

LEIF GREGERSEN

My health is an issue that is constantly at the top of my thoughts and considerations. For some years now, I have tried to start my day with a workout, but as I get older I have had to change the focus of it. The working out started with me having strength and back problems, but as my workouts allowed me to surpass those problems, I found that exercise really made me feel good and be more able to enjoy life. One of the problems though, is that my chosen form of working out is swimming, which comes with some problems attached.

One of the big issues with swimming is that it is very hard for me to continue it in the winter time, partially because I often swim and build up my strength and endurance - then a cold or flu comes up. The time it takes to recover often sets back my workout goals for some time, not to mention that swimming in winter dries out my skin drastically.

I have been considering switching to working out in the "dry" gym riding an exercise bike and lifting weights. At such time that I make that change, I think I will revise the goals I have previously laid out for myself to constantly push myself for muscle and strength gain. I think it would be far better if I scaled back and just worked towards staying fit, toned, and flexible, like striving for 2/3 of my highest performance, be it time on the bike or weight I can

lift. I try to supplement my workouts with all the walking I can get in, summer or winter. My fitness watch that I wear has been a huge help in planning these endeavours.

Making the healthy choice of working out is one part of my plan. The other is to eat properly. To me, this means adding fruits and vegetables to my diet as much as I can, and monitoring my animal fat intake. Added to that is a regimen of vitamins, which includes a multivitamin and an Omega 3 supplement. As I am now over 40, I also try and remember to take a low-dose Aspirin each day for heart health. One of the last things I do which I think is extremely important is that I don't drink coffee all day anymore. I used to, and I found that it wasn't good for my digestion or sleep. So, with great difficulty, I switched over to mostly tea, which has been shown in studies to promote heart health along with it being much less expensive - at least when you make it at home.

Being healthy, I feel, is not just a state of having no illness - it is a mental state where you are in control of things that may be wrong with you and are actively making healthy choices in your life and living it to it's fullest. I have a health issue that some may see as totally debilitating. I have bipolar disorder, but because I am staying on top of my symptoms, taking my medication, and seeing my doctor, I don't see myself as an unhealthy person.

We are so fortunate not just in Edmonton, but right here in McCauley to have resources like the Commonwealth Recreation Centre and parks where our children can play. We also have access to hospitals, doctors, and many treatment programs and specialists, but even more importantly we live in a vibrant community with social events, celebrations, and festivals which make life worth living. That is so important to health, because if we didn't love ourselves and the people we live around, it would be very hard to keep the positive attitude that living healthy is all about.

Leif lives in McCauley.

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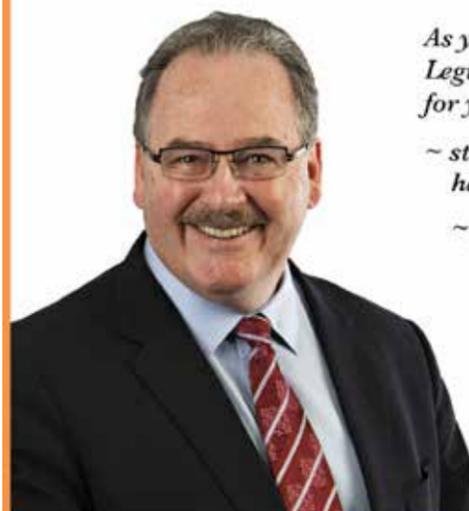
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Sisters in Spirit Vigils

A movement for social change.



Juanita Murphy of CEASE speaks at the Sisters in Spirit event on October 4 at the Legislature, while Kate Quinn holds an umbrella due to the pouring rain. On the right is Rhonda Spence, Master of Ceremonies. Paula E. Kirman

KATE QUINN

The Native Women's Association of Canada, NWAC, initiated a movement which has become a grassroots response to the harsh reality of the thousands of Indigenous women who have been stolen from their families and communities. "October 4th is a day where we honour the lives of missing and murdered Aboriginal women and girls. The violence experienced by Aboriginal women and girls in Canada is a national tragedy. We must take the time to give thanks to the families who are our reason we all continue to demand action." (www.nwac.ca)

There were at least 16 vigils or walks registered in Alberta with NWAC and many more across the country. Two of the vigils took place in Edmonton, one on October 1 at the Legislature grounds, and the other October 4 at City Hall. The rain poured on those who gathered on October 1, causing some to remark that the rain was a symbol of the multitude of tears that have been shed. Rhonda Spence, Master of Ceremonies, called the rain a blessing and sign of spiritual cleansing.

Juanita Murphy, a CEASE Advocate, described the trauma that impacts surviving family members and that support must be made available. This includes trauma counseling and poverty relief, along with sup-

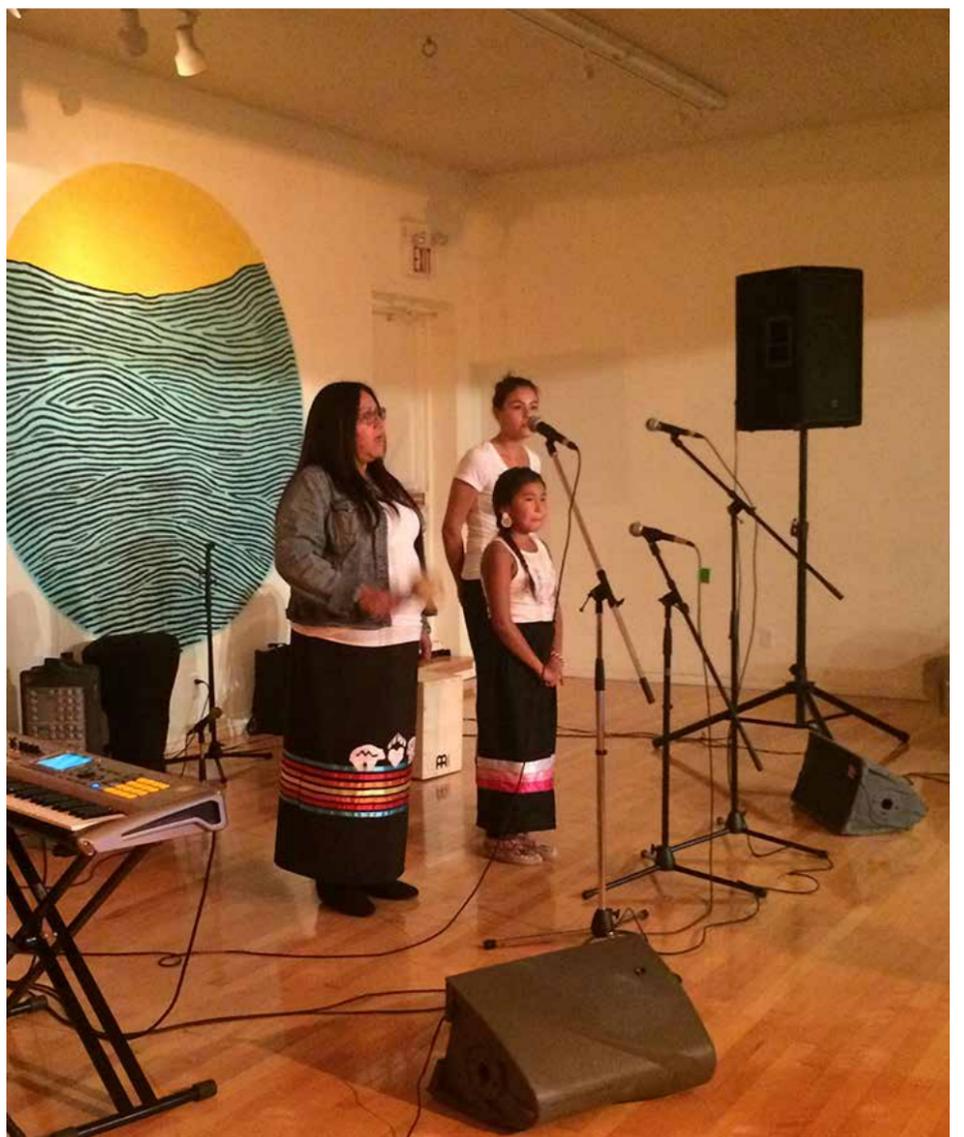
port during the complex court processes when a murderer has been identified. Families and community whose loved ones are missing live with daily anguish, always wondering if their loved one is alive or dead, and who stole them. They long for the person to return, or, to have the death confirmed. Their lives are often in the public spotlight, which adds another layer to their grief.

Those who gathered were also invited to participate the next day in the "Healing the Streets" awareness event. Indigenous Men Against Violence Against Indigenous Women, organized by Damian Canuck Abrahams, who said, "Smudging is an act of healing. We will be smudging the areas of 118 Avenue, 97 Street, and 95 Street on Sunday, 2 October 2016 to heal the trauma and violence women experience in the streets of Edmonton."

Every time people gather, every time people walk, smudge, light candles, drum, dance and speak, those who have been stolen are remembered. The community of concern across the nation is emboldened to work for social justice changes that will end the anguish of this national tragedy.

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

Music at the McCauley Mixdown



Chelsie Young (top) and The Chipay Iskwew Singers performing at the McCauley Mixdown Coffee House on September 24 at Mile Zero Dace. Taro Hashimoto

McDavid in McCauley



Connor McDavid on location at the McCauley Community Rink. Dan Glugosh

DAN GLUGOSH

The McCauley Community League received a phone call in late September from Mosaic Entertainment, an Edmonton-based, multi-platform production company. They were hired by the Edmonton Oilers to produce a video that will be played at all Oilers' home games as the players come onto the ice.

Paul Bock, the producer for the video, viewed several outdoor rinks throughout Edmonton, but chose the McCauley rink because he was impressed not only with the nice boards and rink surface, but also because it features a beautiful view of the downtown skyline.

When asked if they could use our rink, we were glad to help out. I told him that the Edmonton Oilers is one of our McCauley Community League's working partners, and we would be glad to be a part of the video. My next question to Paul was, "Who is going to be coming to rink for the video?"

He continued to explain that they

wanted to shoot Connor McDavid, the 2015 first round pick by the Edmonton Oilers, and the first overall pick in the draft. For anyone who follows hockey, they would understand my reaction of my jaw dropping and my heart pounding with excitement.

On Wednesday, October 5, Paul Bock, Michael Maxxis (Director), and the rest of the Mosaic crew showed up at 5 p.m. with movie cameras and lights to set up. At 6:30 p.m., Connor McDavid was at the rink taking shots with pucks, doing some fancy stick handling, and showing his talents - demonstrating why he is the best hockey player today in the NHL.

Curious neighbours stopped to watch, and after Connor McDavid was done he took pictures and signed some autographs. The night was special, and we hope that the video will bring smiles to all who watch it. If you're interested in viewing the video please go to the Edmonton Oilers' website (nhl.com/oilers) and look for the 2016-17 Oilers opening video, or you can view it on our Facebook page.

Boyle Street Community League Update

Healthy Boyle Street

ALF WHITE BSCL Update

Hi all! This month's column is about "Health." How do we keep healthy? I personally take care of myself as best I can. Right now, however, I am experiencing several bouts of dizziness or vertigo, I don't know which. I am working with the doctor to find the cause of this.

I do a lot of walking daily. I like to drink lots of water and my diet is pretty good as I like to eat lots of fruits and vegetables. Chicken and fish are my favourites as well, but I also have a fondness for CHOCOLATE!! Being diabetic, I have to restrict my intake of chocolate to one or two portions per week.

Another factor for being careful about my health is my age. I am 64 now, and I am learning about the

process and symptoms of aging. So, I must be more diligent about my health because of my diabetes, high blood pressure, and my age.

I also would like to talk a bit about the "health" of the Boyle Street Community League. The board members are very healthy physically and mentally. I have observed how passionate they are about Boyle Street: its future, the geography, the demographics, the future health of Boyle Street, and how we want Boyle Street to look and remain healthy for decades to come.

In closing, what is my main tip I have for all of you to remain healthy? Don't touch my food when I am eating! You all take care now, and let's stay healthy!

Alf White is the President of the Boyle Street Community League.

Constellations Workshops a Path to Emotional Health

NATHAN BINNEMA

For about a year now, I have been participating in Family Constellations workshops, a practice that has improved my mental and emotional well-being. I heard about Family Constellations when I was in Vancouver, taking some "Shaman Training" workshops. A friend of mine had participated in several of them in Germany where the work originated, and recommended them to me as a way to heal ancestral wounds. She didn't tell me a lot about the process, just reassured me that if I was present the way I normally am, I would be fine. However, facilitators for the work are much rarer in Canada than in Europe, and I doubted that someone would be using this innovative approach to healing here in Edmonton. Imagine my surprise when I found a facilitator not just in my city, but one who lived in my own neighbourhood of McCauley scarcely a block from my own place of residence.

The premise of Family Constellations, as I understand it, is that a family has its own "nervous system," and "injuries" in the relationships in that system can be experienced by individuals on an unconscious level. When we experience difficulty in our lives, the root cause may be something unresolved in relationships between our ancestors that we are unaware of. The process begins with one person requesting a constellation by bringing an issue forward, the facilitator asking some questions about family and personal history, and others from the circle being chosen to represent key

players from the family system.

Then, the magic happens. The representatives are asked to be aware of what they feel in their bodies. The representatives move around and report on how they are feeling, and the process happens partly by itself, and partly with guidance from the facilitator, who may make suggestions that can bring about a resolution or reconciliation within the system, based on their experience and training in the method.

No one is required to request a constellation or to represent. I was cautious the first time I came to a workshop. I tried representing, but did not request a constellation for myself. I have now requested my own constellation twice: once for suicidal thoughts, and once for anxiety. What happened in the constellation was very mysterious and unexpected to me, and while I felt at the time that nothing had happened, I noticed over time that the issues pretty much cleared up. Something inside me that had always been there wasn't there anymore, and I was lighter and freer.

What I like best about the approach is that those who gather together do the healing for each other. We acknowledge our dependence on each other to heal, and experience in one unique way our capacity to do together for each other what we cannot do for ourselves.

Our own Jonathan Hooton facilitates Family Constellations once a month. For more information, visit soul-guide.com.

Nathan lives in McCauley.

SUDOKU

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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. Street works 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 eye-glasses every Monday, 9 a.m.-1 p.m.; housing, family, youth, mental health and outreach programs available.

INNER CITY PASTORAL MINISTRY

10527-96 St. NW
 (780) 424-7652
 Pastor Rick Chapman
 Pastoral Assistant: Michelle Nieviadomy
 Sunday Service: 11 a.m. - noon
 Sunday Lunch: Noon - 1 p.m.

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.

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

FREE KIDS COMPETITIVE SWIM PROGRAM

For kids ages 6 to 14 at Commonwealth Pool. Must be able to swim 25m unassisted. Must live within the McCauley boundary. Mondays, Wednesdays, and Fridays from 4 p.m. to 5 p.m. www.mcauleyfriends.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

DROP-IN DANCE/MOVEMENT CLASSES FALL 2016

Mile Zero Dance offers a number of drop-in dance and movement classes this fall in its studio (Spazio Performativo, 10816-95 St.). MONDAYS: Professional Technique (10-11:30 a.m.), Beginner Ballet (6-7 p.m.), Contact Improv (7-9 p.m.). TUESDAYS: Toonie Yoga (5:30-6:45 p.m.), Butoh (7-9 p.m.). WEDNESDAYS: Noguchi Taiso (10-11:30 a.m.), Hip Hop (5:30-6:30 p.m.). THURSDAYS: Preschool Dance Ages 3-5 (10-10:45 a.m.), Kids Dance Ages 6-10 (4:15-5 p.m.), Beginner Contemporary (5-6:15 p.m.). SUNDAYS: Folk Now! (3-4 p.m.), House (4-5pm). \$15 non-member / \$12 member / \$100 for a 10-class card. For details on all classes, visit: milezerodance.com

SECOND SATURDAYS DANCE SEMINAR #1

Second Saturdays is a series of dance seminars with invited guest artists. Each is unique to the guest and will provoke and encourage dialogue and reflection.

November 19 - Lin Snelling
 December 10 - Pirkko Markula

Pre-registration is important as readings will be emailed to participants. Email info@milezerodance.com.



WECAN FOOD COOP

Monthly Food Basket \$15/meat order, \$10/produce order – Annual Membership is \$5. Upcoming deadline for payment is Friday, November 4. Payment can be at McCauley Boys & Girls Club, during business hours, Monday – Friday 9 a.m.-4 p.m. Next depot date is Thursday, November 17, 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. (Children under 12 must be accompanied by an adult.) Everyone welcome. Guitars available to use. Every Monday 8:15 p.m. – 9:45 p.m. 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.

STREET PRINTS ARTIST COLLECTIVE

Creating opportunities for independent artists to market and sell!

A small but growing group of artists and community development folks, volunteering together to market and sell the works of artists who consign their works for a minimal fee. Meetings happen bi-weekly as per the availability of members. Location: Office #B08 at McCauley Apartments (9541 108A Avenue). For more info please contact (780) 424-2870.

INDOOR SOCCER AT YMCA WELCOME VILLAGE COMMUNITY GYM

Weekly recreational soccer fun!
 Come alone or with friends to join in drop-in recreational soccer! Everyone is welcome and we play to have fun and to everyone's ability. Developed through community partnership with E4C, Sports Check (AHS) and Inner City Recreation Program Thursdays 3:00 p.m. – 5:00 p.m. Throughout Winter months (November-April) Location: 10350 95 St, Edmonton AB T5H 0H8 For more info please contact (780) 424-2870.

WELLNESS WEDNESDAYS

A day to be dedicated to wellness!
 Activities which focus on holistic well-being. From crafts and arts, games and outings in nature! Wednesdays, 1:00 p.m. – 3:00 p.m. October through December Location: Office #B08 at McCauley Apartments (9541 108A Avenue). For more info please contact (780) 424-2870.

Park(ing) Day 2016

Park(ing) Day, this year on September 16, is an international event where parking stalls are transformed into temporary public parks. CITYlab collaborated with local artist Chelsea Boos, to reserve 20 stalls on 101A Avenue between 96 and 97 Street. The stalls became parklets, performance venues, and interactive displays.

PHOTOS BY PAULA E. KIRMAN



BOYLE MCCAULEY PHARMACY AND HOME HEALTH CARE

10817 95 ST EDMONTON, AB T5H 2E2 • (780) 705-6333

FLU VACCINE CLINIC STARTS OCT. 24!

NEW HOURS

**WEEKDAYS 8 A.M. UNTIL MIDNIGHT
WEEKENDS AND HOLIDAYS 10 A.M. - 6 P.M.**

NEW PROMO!
DAILY DISPENSE PATIENTS WILL RECEIVE **\$5 TIM HORTONS CARD** EVERY DAY WHEN THEY PICK UP THEIR MEDICATIONS AT THE PHARMACY.

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Entire top floor is the master suite with walk through closets, private balconies & ensuite spa bathrooms
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