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Boyle McCauley News

CIRCULATION 6000 • BMCNEWS.ORG

NOVEMBER 2018

FREE

VOICE OF THE COMMUNITY SINCE 1979

MCHB Co-op Celebrates 20 Years

Multicultural Health Brokers Co-operative continues to help bridge the gaps for newcomers.

Multicultural Health Brokers Co-op (MCHB Co-op) began in the 90s as a three-year demonstration project of the local public health department. It was a major initiative in terms of the recruitment and training of women leaders from the top six newcomer communities at that time to take on the work of promoting maternal and infant health. The overall goal was to enhance the health and well-being of culturally diverse families, and to foster their efforts at building community so they could thrive and actively contribute to society.

This year, MCHB Co-op is turning 20 as a unique workers co-operative. It has currently 90 passionate and skilled "cultural brokers" (multilingual community workers) from 25 immigrant and refugee communities. Many of them know first-hand the social, economic, and language difficulties that immigrants and refugees face in their settlement and integration journey. Over the years, MCHB Co-op has become an important relationship bridge between newcomer families and the formal systems of health, early learning and education, and children's services in Edmonton.

MCHB Co-op began calling McCauley home in the early 2000s. Originally operating out of a house on 97 Street and 109 Avenue, it became a partner/tenant of Edmonton Intercultural Centre (McCauley School site) four years ago. We have since enjoyed being active participants in or initiator of community enriching events and activities, such as the "pop-



Photo taken at the Multicultural Health Brokers Co-operative's 20th Anniversary celebration on June 4, 2019. RawGie Photography

up" teahouses, Burst - Multicultural Bazaar, and Heart of the City.

Being a workers co-operative, MCHB Co-op actively pursues or supports social enterprises of different sizes. Earlier this year, the team at MCHB was awarded a grant from Alberta Status of Women for a partnership with CUP (Commuting University Partnership) and the U of A Alumni. The goal of this partnership is to support immigrant and refugee women in pursuing micro enterprises.

MCHB Co-op itself operates two social enterprises:

1. Equi-tea Multicultural Catering, which is an excellent choice for ordering tasty multi-ethnic dishes at a great price for office or community events for the coming holiday season.
2. Intercultural Competence Training program, which will be presenting a public workshop series of three topics per month in November and December: Foundations for Intercultural Practice, Pre-migration Context Role

Changes and the Influence of Culture on Refugee Families, and PTSD, Trauma, and Strategies to work with affected Newcomer Individuals and Families. For more information about the ICTP, or to book a training session, please contact: mchb.ictp@gmail.com. You can also follow our Public Workshop Series on Facebook MCHB Intercultural Competency Training Workshops.

For more information about the MCHB Co-op, we invite you to visit www.mchb.org.

Information provided by the MCHB Co-op.

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Relevance in Changing Times



PAULA E. KIRMAN • BMC News Staff

McCauley Musings

I always enjoy getting comments and feedback from readers of *Boyle McCauley News* who reside in other places of the city. We have a loyal following who keep up with the paper through our website and social media. Like most media outlets, our online presence has expanded over the years, opening us up a new readership.

But even the print issue proves to have a far reach. I recall receiving a phone call from someone in Spruce Grove, who happened upon a paper and had a question about something pertaining to one of the articles. A former volunteer who moved

to another part of the city contacted me recently, excited to have seen a copy of the paper someone had left behind in a fast food restaurant in the west end.

Community newspapers are more important than ever. With many media companies cutting staff down to barely a skeleton crew, there ends up with limited coverage from limited perspectives. A publication that is hyperlocal - specific to a limited geographic area - is still relevant to people who seek to get to know the city and all of its hidden gems.

While the means by which many people get their news is digital, there is still a demand to hold a printed publication and flipping through its contents. We will continue to adapt to changing times while respecting the printed word. After all, the more things change, the more they stay the same.

Boyle McCauley News

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

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

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

PAULA E. KIRMAN • BMC News Staff

Editor's Notes

Welcome to November's issue! As I write this, we're having an unseasonably early snowfall. Again.

While we can't control the weather, we can update our website! We now have all of our web exclusive features in one convenient section, and have upgraded our archives to include our PDF downloads of every issue. Our "Neighbourhood Views" gallery of photos has also been upgraded. If you haven't visited us recently (and even if you have!) check us out at bmcnews.org.

Those of you who use social media should also follow us for news and updates that come between our print issues. We are on Instagram (@bmcviews), Facebook, and Twitter (@bmcnews in both places).

Want to volunteer with the paper? If you enjoy taking photos or writing, and would like to share your work in print or online, please contact me at editor@bmcnews.org. You can also reach me there if you would like to be a block carrier. All of our routes are currently taken, but we do have a waiting list.

See you next month!

Our Next Issue . . .

Our next issue is December 2018/January 2019. Articles and photos concerning community news, events, and opinions are welcome. We also accept submissions of poetry, and cartoons. Deadline: November 12. Send submissions to: editor@bmcnews.org. Articles should be 400 words or less and accompanied by photographs (JPG, in high resolution) when possible.

Letters to the Editor

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

Boyle Street and McCauley Crime and Safety Numbers

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Crisis Diversion Team • Call 211 and press 3

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1-800-222-TIPS**

MCCAULEY COMMUNITY LEAGUE UPDATE

Rink Time is Coming!

ADAM SNIDER

There's snow on the ground as I write this month's column, so it seems appropriate to be sharing some of the McCauley Community League's plans for the winter.

As you may know, the annual Fall Fiesta was cancelled this year, due to poor weather. It was a difficult decision to make but, after postponing it for a week in hope of better weather, we ultimately decided it wasn't going to be feasible this year. The combination of cold and rain, two Saturdays in a row, meant few people would be in attendance and those who did show up might not have much fun.

At the time, we promised an alternative event to make up for the cancellation. Instead of just one event, we're hosting several. The first was the Halloween warm-up in the friendship garden next to the Boys and Girls Club. I'm sure parents accompanying our neighbourhood's littlest trick-or-treaters appreciated the opportunity to warm up by the fire as they made their way around the community.

"Warming up" might well be the theme of the events we'll be hosting throughout the winter months.

Throughout the winter, we'll be heading to the tobogganing hills

just west of Commonwealth Stadium with hot chocolate and other goodies for kids and families out for a sled. These events will be weather dependent, but we're hoping to have volunteers out for a couple of hours most Saturdays in December and January. We're also planning to have at least one big tobogganing party on the hills this winter; stay tuned for more information.

Of course, these winter-warmer events aren't all the league has going on during the winter. November means the start of rink season, which many in McCauley look forward to all year long. Weather permitting, the rink will be open every day until late March,

with the exception of holidays. The rink closes if the temperature reaches -25 or colder (including windchill), if there is a snowstorm, or if warm weather creates poor ice conditions.

The rink is available to anyone in the community, free of charge, and there are skates and helmets you can borrow at no cost. If you're new to the neighbourhood, or if you've never visited the rink, we really encourage you to check it out. If Giovanni Caboto Park is the heart of McCauley in the summer, the rink fills that role during the winter. We hope to see you there!

Adam is the Secretary of the McCauley Community League.

Letter to the Editor

Thanks, from iHuman

Re: "iHuman: A Welcoming Place for Young People" (October, 2018)

I greatly appreciate your you and your team's work putting this together. In fact, I've already had a couple of folks reach out because of it.

Christopher Weiss
Community Engagement Manager
iHuman Youth Society

Win a Trip to Italy!

Raffle Update

COLLEEN CHAPMAN • BMC News Staff

As of our press deadline for the November issue, we are still waiting to receive our license for our next raffle: a trip for two to Italy, with air fare donated by Teresa Spinelli! Our sponsors really support our neighbourhoods, so please support them.

If you are interested in purchasing tickets (\$10/each) you can write to Paula at editor@bmcnews.org and put your name on the growing waiting list. We will sell only 2,500 tickets, so get on the list as soon as you can. We are set to do online purchases, as well as in person. There is no cost to put your name on the list, and you will be notified first of their availability prior to the start of cash sales. Viva Italia!

An Ode to Age

We look at our seniors and sometimes laugh
Without realizing our own better days will one day pass

Somehow it seems our youth will never pass us by
But it can't be stopped no matter how hard we try

We see our neighbourhood and neighbours change
Slowly we change too until everything seems strange

We love and lose, we fight and try to pass the torch
But one day grow tired of fighting and just sit upon our porch

Gone are the days of hard work and harder play
And we stop much more often to contemplate and pray

And still there is no way to stop the march of time
Or to stem our growing fears of hatred and crime

As the years slip past we think of family now gone
And never dare to reminisce or sing sad songs

The words we spoke to loved ones past are just too strong
And no matter who we are, we must always move on

A simple sign with worn lettering reminds us of the day
When love and ambition lit the path we chose to take

Those ancient dreams of building wealth and security
Seem so wasted now that we don't have a family

But you must hold onto the wisdom that comes with age
We need to have our elders to guide the way

No day goes by that I don't have questions for my dad
He's been through thick and thin, and good and bad

And there are many in this neighbourhood who mean a lot to me
So please honour all of our elders in Boyle Street and McCauley

- Poem by Leif Gregersen

Leif lives in McCauley. His books can be found at the Edmonton Public Library or at Mint Health + Drugs on 96 Street.

You can visit his website at www.edmontonwriter.com.

Gary Garrison Launches New Book



Gary Garrison reads to the audience at his book launch on October 9. Paula E. Kirman

ANITA JENKINS

McCauley resident Gary Garrison launched his latest book, *Raising Grandkids: Inside skipped generation families* at Audrey's Books on Tuesday, October 9.

Host Alice Major, Edmonton's first poet laureate, spoke about how important this book is. She said that increasingly large numbers of grandparents are finding themselves caring for grandchildren because their sons and/or daughters are not able to take on a parenting role. This phenomenon is "invisible to most of the population," she said.

The book has met with great success. The first chapter has been published in Canadian magazine *The Walrus*, and articles and reviews have appeared in *Publishers Weekly* and the *Globe and Mail*. A review in the *Librarians' Quarterly* resulted in orders for 1,000 books. Garrison was interviewed on CBC Radio by 15 afternoon hosts all across Canada. Originally published in August, the book has already had a second printing.

One of the book's themes is the difficult relationship that care-giving guardians often have with government and social agencies. Garrison said that although most social workers are highly committed to serving in a helping profession, the system often requires them to respond like "the Tin Man in the *Wizard of Oz* before he gets a heart." The result is a struggle between treating people as human beings and dealing with them as another object to be fitted into the structure.

Another theme is the challenges and rewards of parenting all over again in what Garrison describes as "the second time around." The

rewards are self-evident for the grandparents involved, as illustrated in the poem he wrote about it and read at the end of the evening. Entitled, "Do the Math," it ends with the line, "Two plus two is the opposite of dead." But the challenges are enormous and ongoing: battles for custody, pressures from caseworkers, navigating their own health and financial issues, guilt and resentment towards their missing son or daughter, and much more.

To protect the children involved, almost all of the names used in the book are pseudonyms. As well, Garrison sometimes created composites instead of individual personal stories. The concern about privacy affects Garrison directly. The idea for the book arose out of his own experience as a step-grandfather helping his partner to raise her grandchildren.

The intensive interviews the couple had with the part of government called Kinship Care made Garrison begin to think, "There must be a book in this." And there was!

The publishing process went smoothly – not the usual story told by writers. Garrison had previously published *Human on the Inside* with the University of Regina Press, and they were eager to take on this second title.

Gary Garrison: Bio

Gary Garrison worked for the Mennonite Central Committee for almost a decade. A major part of the work was coordinating a visiting program at a maximum security prison. He holds a PhD in English from the University of Alberta, and is a poet/songwriter and the former editor of Alberta Hansard.

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

An Unexpected Visit to the RAM



The Manitou Stone. Sharon Pasula

SHARON PASULA

You may have heard the saying, "Obedience is better than sacrifice." But what happens when obedience becomes sacrifice?

In this instance I believe it was a double blessing. On October 3, I walked past the Royal Alberta Museum (RAM) on the way to a meeting. I noticed a lot of activity including television cameras. I decided I wasn't interested and kept going. A couple of hours later on the way back however, the spirit pulled me there. My feet were causing me enough discomfort that I just wanted to get home (I have gout).

I was given a complimentary red mammoth sticker and went in. It was well into the afternoon and having missed lunch I decided to splurge and buy lunch in the café (besides rest my feet). The coffee was excellent and the bison chili was delicious. I appreciated them using eco-friendly containers.

Having limited time before closing I wanted to check out the Indigenous section. Ancestral Lands is the area I wanted. Pleasantly surprised at the size of the area, I walked quickly to get a scope of it and immediately knew I would have to come back. There were a couple of things I thought were controversial so I'll have to give those some thought. The centre circular display had a multimedia presentation. The drum song at the end, the words of which I did not understand, moved my spirit. I wept. As I prayed and pondered why I was weeping, it came to me: this is a respectful and excellent way to showcase Indigenous ways. I be-

lieve Creator is happy with this.

Fifteen minutes before closing, I still had to see the Manitou Stone. I was informed it is close to the entrance on the second floor. I already knew that it would be viewable without paying for entry into the museum, so this would be my last stop. You don't have to pay to see this object that is sacred to Indigenous peoples. It has an appropriate grand entrance. There were three people sitting on the side when I went in. The gentleman started to inform me about the history of the stone and the environment it is in now. He introduced the Indigenous woman beside him as Dr. Paulina Johnson, Acting Head, Community Engagement, RAM. She continued to give me information and we chatted. An important piece of information she gave was that Indigenous people only have to self-identify at the admission desk to gain entry to the museum. "We worked hard for that," she said. Hallelujah. Edmonton joins the ranks of the Museum Of Anthropology, UBC, and the Heard Museum in Phoenix for respecting First Peoples.

Two more things I appreciated were how RAM informed about the territory with a puzzle-like configuration in many Indigenous languages and the rotating digital welcome sign also in several Indigenous languages. Even though my feet were still a bit uncomfortable, it was well worth the obedience because my spirit was filled with gratitude and humility. Thank you, Creator, for the myriad blessings.

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

Gentrification Party Adds Satire to Nuit Blanche



Left: The Monkey King and partier Kent Kobylka start up the Gentrification Party at Nuit Blanche across the street from the former Harbin Gate site. Right: Partiers Lucy Lu and Skinny McLeod amp up the fun and satirical vibes for the Gentrification Party organized by the Aiya Collective, presented at Nuit Blanche on September 29. Art lions by artist Yong Fei Guan seen in both photos were part of the Gentrification Photo Booth. Paula E. Kirman

Mid Autumn Festival in Chinatown



The Mid Autumn Festival took place on September 22 at the Edmonton Chinatown Multicultural Centre. Shawn Tse

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From Edmonton to the Supreme Court

KATE QUINN

It's a community story, an Edmonton story, a national story. This story continues to raise outrage, increase awareness, clarify language terms, and question legal actions. The story contributes to the national dialogue around challenges facing Indigenous girls and women in their lives, in their deaths, and in the court room.

Cindy Gladue and her children lived in our core communities. They were neighbours. Her children attended local schools. Their lives became front page news when Ms. Gladue died in an Edmonton motel in 2011. The family endured the trial of Bradley Barton, The Alberta Court Appeal, and now the Supreme Court Appeal.

This Appeal was heard on October 11, 2018 with 16 Intervenors. Edmonton was well represented at the Appeal, through Dino Bottos for the Defence and Joanne Dartana, Director, Appeals, Alberta Justice and Solicitor General. The IAAW (Institute for the Advancement of Aboriginal Women), based in Edmonton, partnered with LEAF (Legal Education and Action Fund).

CEASE was privileged to be part of the Women's Coalition for Equality and Liberty along with EVE (formerly Exploited Voices now Educating), the Vancouver Rape Relief Society, Aboriginal Women's Action Network, Asian Women for Equality Society, and LaCles (La Concertation de Luttes Contre L'exploitation Sexuelle).

Trisha Baptie, with EVE said, "Men are not buying consent, but compliance. (Women) will do what the money in his pocket is demanding,

but they do not consent because they would rather be anywhere else . . . Ms. Gladue gave no consent to live in poverty, no consent to suffer the effects of colonization. Why do we think she consented to being a prostituted woman?"

IAAW and LEAF stated: "The trial judge's failure to apply the rape shield law (s. 276) allowed prejudice to infect the trial proceedings, raising discriminatory myths and racist stereotypes about Indigenous women. In addition, the trial judge's instructions did not clearly inform the jury that Canadian law requires a careful analysis of whether there was agreement to engage in every sexual act performed."

Indigenous voices were also represented through The Women of the Métis Nation, the National Inquiry into Murdered and Missing Indigenous Women, Aboriginal Legal Services, and Assembly of First Nations.

Jean Teillet, great-grand-daughter of Louis Riel, pleaded with the judges to speak up for Indigenous women. "We are asking you today to raise your voice on how the criminal justice system treats Indigenous women. We ask you to make sure no other Indigenous woman is dismembered."

While the Supreme Court must rule on the technical points brought forward by the Defence, it is the ringing challenges from advocates in the Indigenous community and front-line organizations that will have long-term impact.

Note: The Supreme Court will announce its decision in several months.

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



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WWII Ration Cake

YOVELLA M.

On Remembrance Day, we don't often think of food. It is, after all, a solemn occasion. And, we don't often associate food with times of war, but if you speak with people who lived during World War II they will tell you what it was like to ration food, clothing, and other staples.

In 1942, the Government of Canada began rationing food so there would be enough for civilians and those in the

military. Meat, butter, sugar, coffee, and tea were some of the main items on the list. A recipe that continues to be popular decades after the war had ended is a dessert that goes by a few different names such as Wartime Cake, WWII Cake, and Chocolate Ration Cake. Whatever you choose to call it, the recipe does not include milk or eggs yet still retains a rich taste. I call this: WWII Ration Chocolate Cake.

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

Ration Cake

Pre-heat oven to 350 degrees F.

Place the following dry ingredients into a mixing bowl:

1 ½ cups all purpose flour
1 teaspoon baking powder
1 cup granulated sugar
½ teaspoon cinnamon
1 teaspoon baking soda
½ teaspoon salt
3 tablespoons coca powder (there are no substitutes for this item)

Next, add the following wet ingredients:

1 teaspoon vanilla extract
1 tablespoon white vinegar
5 tablespoons vegetable oil (e.g. canola oil)
1 cup lukewarm water

Mix ingredients together and pour into an 8" square baking pan and bake for 30 minutes or until done.

Recipe Source: Veterans.gc.ca

A Villanelle* Through Time

LEIF GREGERSEN

We fight a war with time that never ends
Death will find us all and send us on our way
Anyone believing they are immortal just pretends

In our youth we cling to lovers and to friends
Our lives seem to be filled with joy, laughter and play
We fight a war with time that never ends

We think by being wise, good, and noble time extends
But as our time goes past we can truly only pray
Anyone believing they are immortal just pretends

Growing older we often find ourselves victims of the trends
We fear to challenge the insolence of youth and simply walk away
We fight a war with time that never ends

In our desperate final years, we take what God and fate to us sends
Infirmity and weakness allow us nothing but what comes our way
Anyone believing they are immortal just pretends

And I say to you my true love as I try to make amends
I can't open my heart to you and still neglect to say
We fight a war with time that never ends
Anyone believing they are immortal just pretends

Leif lives in McCauley. His books can be found at the Edmonton Public Library or at Mint Health + Drugs on 96 Street. You can visit his website at www.edmontonwriter.com.

**A villanelle is a 19-line poem with two rhymes, five tercets, and a quatrain. The first and third lines of the opening tercet recurring alternately at the end of the other tercets and both are repeated at the close of the concluding quatrain.*

Signing up your child for the Canada Learning Bond just got easier!

On November 19 from 10:00 a.m.-2:00 p.m., Bissell Centre will host a Canada Learning Bond event where eligible parents can open Registered Education Savings Accounts for their kids on the spot.

Banks will be at the event to ensure that those in need of a bank account or direct deposit can get one set up. Service Canada will also be at the event to provide SIN numbers to parents and their dependents.

Keep an eye on your mailbox for a

letter from Economic and Social Development Canada for more details! If you do not receive a letter, but would like to know if you are eligible, please call the contact information below. Light refreshments will be provided.

Event Details:

Monday November 19, 2018
10:00 a.m. to 2:00 p.m.
Bissell Centre East
10527-96 Street

For more information, contact Winnie Nalwadda: (780) 423-2285 ext. 146

McCauley Fall

LEIF GREGERSEN

Memories of long, warm sunny days
Best friends and true love by your side
Being so young, naive in so many ways
But still being tall enough to ride

Summer comes and goes so fast
Soon it's back to work or school
Nothing that good was meant to last
That could be a second golden rule

In summertime so many years ago
I met the one I thought was meant for me
But I was never able to truly grow
Until I could set my true love free

It seems we need to spend our time
Enjoying things in life but soon moving on
Not letting go is almost a crime
Since one day soon all our days will be gone

Leif lives in McCauley. His books can be found at the Edmonton Public Library or at Mint Health + Drugs on 96 Street. You can visit his website at www.edmonton-writer.com.

Help Define a Safer McCauley

Safermccauley.ca online tools invite input from all community members.

MARK DAVIS

McCauley Community Safety Meetings are a great way for community members to come together to discuss the creation of a safer neighbourhood for all. They are a means for engagement, connection, sharing, learning, and empowerment. They have connected attendees to one another - and to useful information and resources. However, attending meetings is not a commitment that all community members can make.

The process of creating a safer McCauley should be inclusive and accessible to all, regardless of circumstances. With this in mind, a McCauley-specific website - safermccauley.ca - has been developed to allow all stakeholders to stay connected to the process and to contribute on their own time, in their own space and at their own

pace. The website serves as a hub for all things related to Community Safety Meetings, including information on past and future meetings and links to safety-related resources.

The best solutions to a community's challenges often come from within the community itself. As such, safermccauley.ca now contains interactive exercises that invite input from all community members. These exercises are designed to collect community knowledge that can play a central role in the development of community-driven solutions to safety concerns.

One exercise, for example, is designed to identify community members' Priority Safety Concerns. And another allows community members to define their Criteria for Safety by answering

twelve basic questions, like:

"Which geographic areas in McCauley do we need to focus on the most?"
"Who are the people we are making McCauley safer for?"
"What values are most important in a safer neighbourhood?"
"Who should we be working with to help us make McCauley safer?"

The data collected will help determine how to focus resources and has the potential to be a benefit to many parties, including EPS, the City of Edmonton, community groups, service agencies, and businesses.

Visit safermccauley.ca to have your say. The summaries of the results are living documents and will be updated as your answers come in. And, if you have any safety resources that you would like to

share via the website, please let us know.

Do you have an idea for a community initiative to add to the work that EPS and the City do to promote safety in McCauley? A community-connecting event? A positive street-level activity? A community walkabout? A dog walking group? A litter clean up crew? Don't hesitate to share your ideas with McCauley Safety Council Chair, Elisa Zenari (elisa.zenari@gmail.com) or REACH Edmonton McCauley Community Convener, Mark Davis (mark.davis@reachedmonton.ca).

Attend a Community Safety Meeting or visit safermccauley.ca. A connected community is a safer community.

Mark is the REACH McCauley Community Convener.

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Rescue Mission at the Brighton Block

ANITA JENKINS

Two historic buildings on Jasper Avenue east of 97 Street were covered in white "shrink wrap" for well over a year. One of them, the Brighton Block at 9666 Jasper Avenue, was unwrapped in early 2018 and a rescue mission of the almost derelict structure undertaken. Progress has been good: there is now a sign on the front of the site advertising future commercial rental opportunities.

In 2017, the Primavera Development Group bought the building, a 1912 landmark also known as the Ernest Brown building (see sidebar). It is a three-storey brick and stone structure that has municipal protected heritage status. However, neglect and a broken roof had left the interior rotted away, so that only the exterior walls were still intact.

The Primavera website states, "While the interior of the structure is currently in a state of disrepair, [we are] planning to restore the building to its original state of prominence as a vibrant mixed use retail and office development." The plan is to keep the historic façade and add three new levels of brick and glass office space above and behind it.

When asked why he does this, Primavera President Ken Cantor laughs and says, "I don't know. As I told Paula Simons (*Edmonton Journal* columnist, now a senator), I am a glutton for punishment."

Still, it is clear that Cantor has a passion for Edmonton and its heritage buildings. "We don't value them early enough and often enough," he says. "Sometimes there is an opportunity to tilt the balance. It is more than just financial; there are social and personal returns as well." The Alberta Association of Architects has recognized Cantor's commitment to the artistic side of construction, designating him an honorary member three years ago.

Cantor notes that people can be unfairly critical of developers. "Every single one of our heritage buildings was created by developers," he says. "The problem is our interim actions. We talk about the value of the Brighton Block now because it is 106 years old, but we didn't do that during its first 80 years."

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



The exterior of the Brighton Block. Supplied by PRIMAVERA

ERNEST BROWN HISTORY

Ernest Brown, who built the Brighton Block, was an early Edmonton photographer, artist and historian. The building housed his studio and historic photographic collections. Lettering on the exterior, still partially visible, states, "Everything Photographic. Ernest Brown Block 1912."

The business collapsed in 1914 when one of Edmonton's "boom" periods ended. Brown was forced to vacate the premises in 1920. He and his assistant Gladys Reeves produced thousands of images that now make a significant contribution to the city's (and province's) archives.



Construction at the Brighton Block. Supplied by PRIMAVERA

Alberta Joins the UN International Day of Older Persons

JOANNE MCNEAL

Alberta officially joined the United Nations International Day of Older Persons, which is celebrated annually on October 1. The Seniors Task Force advocates for the human rights of seniors and universal health care. The celebrations bring attention to the many challenges faced by older persons.

Many of us don't realize what it's like to be a senior until we get there. There are now about half a billion people over 60 in our world, and the group is growing as people live longer. We have many seniors living in our neighbourhood. When young, a person is busy working and raising a family, and they have daily contact with many others. Once retired, however, especially after a spouse passes on, many seniors live alone, which can bring depression and loneliness. Having a pet helps, but visits from family and friends are very important to keep seniors healthy.

Recent research has shown that many seniors suffer from depression after they retire. They feel disconnected from others and family, like nobody cares. And yet they hold the key to community and family history and memories, which are valuable resources. Learning from seniors about their lives, challenges, and strengths helps us understand the wisdom they gained through hard work. This can enrich all of our lives. Seniors can also play a valuable role in our communities, cities, provinces, our country, and the world.

What can we do to help seniors? A neighbour of mine in her 80s asks me to take her to the bank or shopping, because she doesn't drive or read English or numbers. This takes maybe an hour once a month, but we enjoy each



Joanne (left) and Wilma Bernhardt outside Zocalo after talking over a coffee. Wilma is an Indigenous Elder from the Inuvik region, and Joanne arranged for her to talk about her experience in residential school so staff and students at the U of A could hear about it from someone with first-hand experience. Photo by Ruth Wright, herself a Gwich'in Elder from Inuvik. Ruth Wright

other's company. She has worked hard all her life, and her husband passed away a few years ago. She is involved in her church, but she is still lonely. Her children and grandchildren are now grown up, but they do visit, and their visits help keep her healthy.

I feel this way too at times. After a busy life of focussing on others - school and marriage, then raising two daughters as a single parent, working as many as four jobs at once, earning three university degrees, then teaching many students at the college level - now I live alone. It was a shock! Some days I don't see or hear from a single other human being. It feels lonely if I stay home, so I

sing in a chorus, play violin in an orchestra, create artwork, sew, and write, besides being involved in our community, like the Leaf a Legacy garden contest. I also serve on committees and attend workshops to stay healthy. My daughter and grandchildren live across town, and my other daughter visits often. I have many good friends, some on e-mail, and others who meet me for lunch occasionally. All those things help me feel valued and connected to others, which makes life less lonely.

Another shock for many seniors, including me, is suddenly having a much lower income. It is hard to afford the basic things needed only on a pension, like food,

clothes, utilities, and home maintenance. I am learning to budget very carefully, but I am grateful to have a small house and yard of my own, and a car, plus pets.

So, if you know a senior who lives alone, stop by or call, and ask if they'd like a visit, or to go somewhere. It helps them stay in touch with others, and feel valued as a person. Besides, learning their life journey will enrich your own life, as well as theirs. So let's celebrate the seniors in our community not only on the UN Day of Older Persons, but every day. We are all connected. We ARE our neighbour's keepers!

Joanne lives in McCauley.

Portraits of Birds



McCauley photographer Leif Gregersen has a talent for photographing birds in flight, like these two striking portraits from his archives. Left: a crow in flight in Giovanni Caboto Park. Right: A seagull in flight also over Giovanni Caboto Park. Leif Gregersen

Happiness Is Contagious

MANON AUBRY

BoyleBits: A View from Boyle Street

I don't know if anyone is on board with me for the Happiness Project, but I strongly believe that supporting individuals to work towards happiness can transform our community into the best that it can be.

We already have an advantage in the sense that we walk more here than in other communities. That means we have more human contact. Talking to more people gives us a chance pay others heartfelt compliments. While we bask in the warm relationships we have with our friends, why not get the feels for quick interchanges with strangers? Just noticing a fun pair of shoes or a beautiful head of hair or someone's great smile and paying that person a compliment boosts our oxytocin.

The *Harvard Business Review* says that positive comments and conversations produce a chemical reaction that spurs the production of oxytocin, a feel-good hormone that elevates our ability to communicate, collaborate, and trust others by activating networks in our

prefrontal cortex. And, of course, the person receiving the compliment gets a hormone boost too. Getting a compliment activates the oxytocin system and causes your brain to release endorphins, serotonin, and dopamine while reducing cortisol, the stress hormone. It also helps you sleep better and just feels good.

I often find that while I'm in a grocery store line up I can strike up a conversation with another shopper and the ensuing exchange leaves me feeling uplifted. Let's not forget those who are regular fixtures in our lives. We often grow complacent and take our friends and family for granted. A few well-placed compliments can awaken both of our hearts to positive feelings for each other. So, I'm challenging myself and you to give one stranger and one friend or family member a heartfelt compliment every day for the next month. I'm looking forward to seeing where that takes us. I hope that the good feelings become contagious.

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.

Irwin Acclaimed As NDP Candidate

Janis Irwin was acclaimed as the NDP candidate for the Edmonton-Highlands-Norwood constituency at the nomination meeting on October 23 at the Alberta Avenue Community Hall. No other

candidate put their name forward prior to the deadline of October 2. Irwin is a resident of the constituency and a community volunteer, including being a contributor to *Boyle McCauley News*.

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Volunteers Are Priceless

IAN YOUNG

Ability and Community

"The world is hugged by the faithful arms of volunteers." Terri Guillemets (American Writer)

On September 26, 2018, Boyle McCauley News held our semiannual volunteer appreciation party to thank and recognize our volunteers who keep our paper running.

This event makes me very happy and proud.

Those in attendance included block carriers, our distribution driver (who picks up the paper from the printer and delivers it to the carriers), columnists, and members of our board of directors.

Volunteers are a huge part of this well oiled machine. The appreciation of them and their dedicated work is very valuable.

Canada has its fair share of volunteers and according to Statistics Canada, over 55% of Albertans do volunteer work! Now those are bragging rights!

These volunteers come from all ages and walks of life. There is no prerequisite, other than having a bit of time!

Volunteers are priceless! The late actress Audrey Hepburn was a volunteer nurse during World War II in a Dutch hospital, but that's not where her work stopped. In 1954, she began contributing to UNICEF, an organization that defends worldwide children's rights, by donating all the salaries she earned from her final movies.

Those who give their time have a huge impact and it is something to be very proud of, and of, course appreciated!

To all of you out there who engage in any aspect of volunteering, THANK YOU!!

A Furry Weather Forecast



A Boyle Street hare that has turned almost all white, indicating the changing seasons. Leif Gregersen

Walking It Off

KERI BRECKENRIDGE

Keri's Corner

Having had a lot of time to myself this past summer, I spent much of it walking around our city. It's not an unusual pastime for me. I've tread many city streets as an enthusiastic pedestrian and in effort to actually get somewhere. I've recently taken a different perspective on my walks. Instead of sightseeing or getting somewhere, I've undertaken walking as a form of meditation.

While I do meditate in the more stan-

dard form of sitting, I'm really bad at it. My legs get stiff, my back aches, and, if I'm at home, I can think of a million things I could do instead of sitting still trying to do nothing. I can think of a million more things to worry about and I can think of another million things to be angry about. Before I know it, I'm just sitting there, a bigger ball of anxiety than when I started.

It wasn't a deliberate choice to meditate while walking about. It just kind of happened. I'd ramble on home after whatever errands were attended to, look up,

and be home while not having a strong recollection of the journey back. I did momentarily suspect alien abduction, and while that would explain many things, it didn't explain the deep relaxation and relief I would feel upon my return home.

I suppose the rhythm of walking and breathing naturally lends itself to a meditative state. The summer sunshine and greenery certainly help too. Once I realized what I was unconsciously doing and how good it felt, I went about walking mediation in a

deliberate manner. Quiet residential streets and sunny days are the preference, but any day I can get my feet under me will do. I keep this in mind as we move into winter where walking becomes a hazard with icy sidewalks and cold temperatures. Given the benefits I have derived from all my journeys over the summer, I'm encouraged to try to continue over the winter. Given the shorter days and colder weather, I may be more in need of some meditative walking.

Keri lives and walks in Boyle Street.

Greyhound: Thank You and Goodbye

REINHARDT HEINRICHS

The Greyhound bus service expired in the Prairies this past summer. It was once a regular, normal part of life growing up in southwestern Manitoba. When I was elementary school-aged, my mother, sister, and I would travel as far as Vancouver by Greyhound. More often, we would travel to Swift Current, where both sets of grandparents lived. Other people would also travel to see my family. We would meet them at a Greyhound connection, of which there were two nearby.

The Greyhound bus is as much a childhood memory in my Prairie experience as the classic pre-Christmas Sears catalogue (another recent extinction). Greyhound provided simple, affordable travel as a teenager between the towns of Elkhorn and Virden, Manitoba, where I grew up. This travel route would extend to Winnipeg as part of my high school and post-high school social orbit. Even back then, I was the anomaly as the teenaged non-driver. I would have thought there would be other people within that small demographic of non-vehicle driving youth moving about

between small towns. However, that was a small number within the even smaller number of overall service users in the Prairies, a population that continues to shrink.

Keri and I have discussed the passing of things that caused us to meet. Keri worked at the Redwater video store, which was also the town Greyhound stop. The Greyhound also handled freight from the job I worked at the time. I would visit the video store as an employee of a business using the freight service and also to transport myself to Edmonton. I would rent movies and

talk to Keri about them. As well, I paid my rent there since the video store was owned by my then-landlord. This was more than 20 years ago now.

So many things can change in that amount of time. My history with my lovely wife begins with Greyhound and movie rentals. Video rentals have also gone to the past and the Greyhound bus service, older than even VHS movies, has gone that way too.

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

Why Total Strangers Don't Want You To Smoke

LEIF GREGERSEN

For a long time, I didn't think the day would come when pot would be legalized. I am not against marijuana and I support harm reduction. However, taking an honest look at smoking in general, marijuana always seemed to be more powerful than tobacco.

However, it is only fair to mention that marijuana has beneficial effects. I have heard about cannabinoid oils easing pain, lowering effects of Multiple Sclerosis and other ailments. But as a person living with a mental illness, I caution people, especially as I give the researched presentations developed by Psychiatrists for the Schizophrenia Society, that a young, chronic

user increases the possibility of developing psychosis, (a state of severe separation from reality), by as much as 40% by using THC products.

In places such as bars, restaurants, and public buildings of any kind there has been no smoking for years. Some businesses are having problems not only enforcing these rules, but also in not having people "camp out" in smoking areas. The litter, noise, and smoke drive away customers.

So, legally, where does the individual stand when it comes to smoking in their own home? Simply stated, if you own your own house, you can smoke in it. If you are renting, you can legally be told to butt out in any

part of the property or face eviction. Condos and housing co-ops are also going towards being non-smoking, as boards change their bylaws. In a McCauley residence near me, there were at least two people I know of evicted over smoking. It seemed very unfair, legal or not.

However, to speak from the landlord's viewpoint, I do think it is valid to state that the risk of fires drops greatly when smoking is banned. The cost of cleaning suites after smokers move out is another factor. Non-smoking simply makes good business sense, not even mentioning the horrendous expense and foul odour of tobacco. Then there are the psychotropic effects of even second-hand marijuana smoke.

I want to mention that not only am I an ex-smoker, but also that I literally watched a family member die in my arms from a smoking-related illness, and I saw another family member destroy their health and sanity by excessive marijuana use. So, I would simply like those who differ in opinion with me to keep in consideration the fact that their own lives and their own mental health are as important as anyone's, and that as you fight for your right to smoke and toke, please remember that others are fighting for you to quit, because they care.

Leif lives in McCauley. His books can be found at the Edmonton Public Library or at Mint Health + Drugs on 96 Street. You can visit his website at www.edmontonwriter.com.

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

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

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

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

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

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

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



BSCL PROGRAMS CONTINUE IN NOVEMBER, BUT SOME SCHEDULES MAY VARY. FOR UPDATES ON PROGRAM SCHEDULES, CHECK OUR WEBSITE AND FACEBOOK PAGE.

FOR INFORMATION AND A CALL-BACK, CALL THE BSCL OFFICE AT (780) 426-9264 OR OUR CELL AT (780) 422-5857. IF (AND ONLY IF) YOU NEED TO VERIFY A TIME AT THE LAST MOMENT, CALL THE BOYLE STREET PLAZA SWITCHBOARD AT (780) 426-9265.

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Skylines at Dawn



Top: An airplane on exhibit outside the Alberta Aviation Museum is immersed in dawn's glow. Bottom: Looking east down 107A Avenue at dawn. Leif Gregersen

Giving Thanks



Graham Fry. Rebecca Kaiser

**REBECCA KAISER
RYLAN KAFARA
& MIKE SIEK**

Inner City Recreation & Wellness Program

The Inner City Recreation and Wellness Program team wants to express our gratitude for the many offerings our collaborating agencies contribute to our programming on a daily, weekly, and monthly basis. The quality and reach of the services we offer our community would not be the same without the commitment, skills, and support they dedicate to our community members and our programs.

We want to publicly recognize the following collaborators for their hard work and dedication and support for our inner city community and the movement toward a more inclusive world: E4C, Boyle Street Community League, Boys & Girls Club, Edmonton Sport and Social Club, The George Spady Society, Heart of the City Festival, the University of Alberta, Whitemud Equine Learning Centre Association, Equinox Therapeutic Services, the YMCA, The City of Edmonton, Edmonton Arts Council (EAC), McCauley Revitalization, Edmonton Lutheran Mixed Slo-Pitch League, Lady Flower Gardens, Edmonton's Food Bank, and Pet Food Bank helpers, which includes:

- Greater Edmonton Animal Rescue Society (GEARS)
- Hope Lives Here Animal Res-

cue Society (HLH)
 • Companion Animal Welfare Society (CAWS)
 • Zoe's Animal Rescue Society
 • A Pet's Pantry Society
 • Barrhead Animal Rescue Society (BARS)
 • Safe Team - Alberta Helping Animals Society
 • Education Not Euthanization
 • Second Chance Animal Rescue Society (SCARS)
 • Little Paws Inn
 • Barclay's Hope
 • B.J. Wolf
 • Alberta Animal Rescue Crew Society (AARCS)
 • ARTS Senior Animal Rescue
 • Misfits of Alberta Animal Rescue and More!

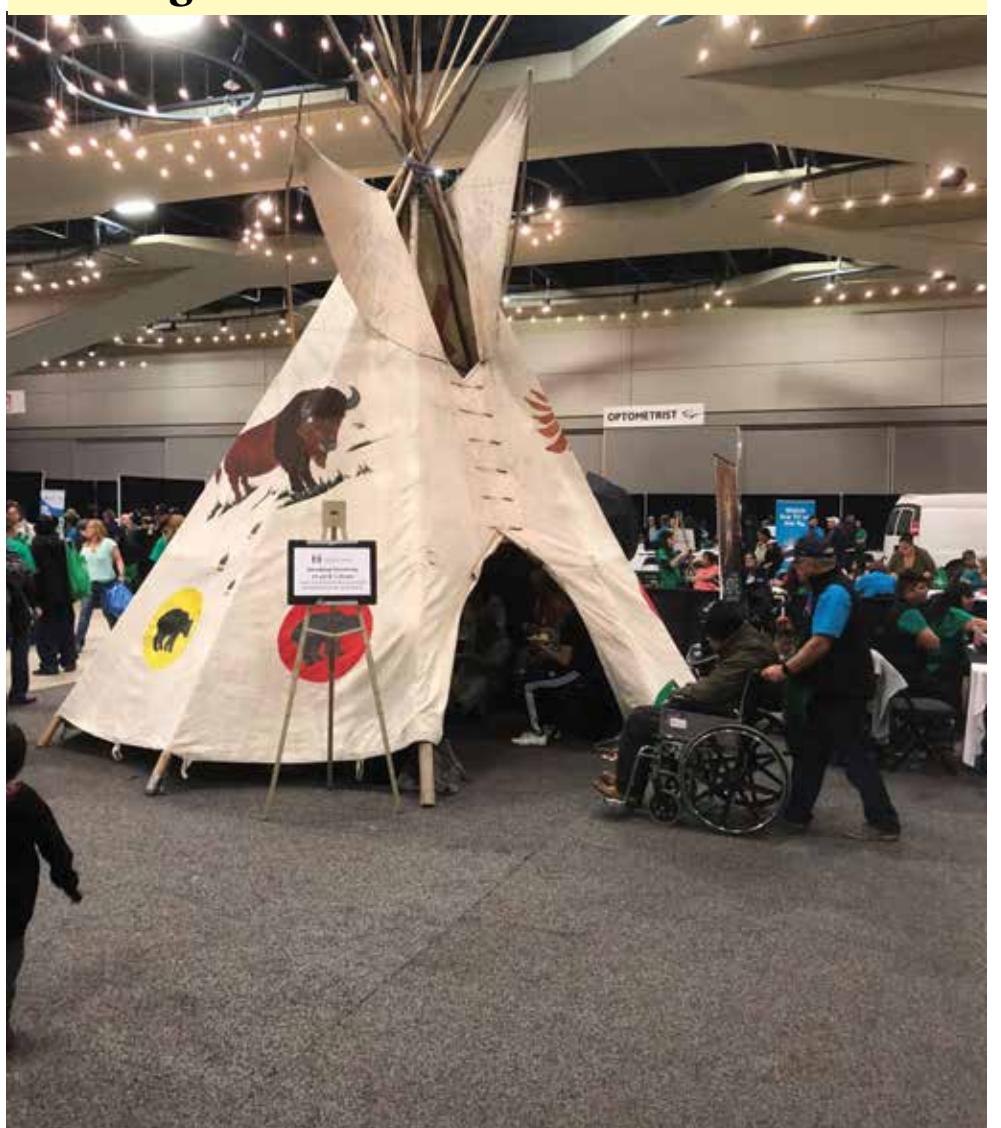
Thank you for sharing your knowledge and experience with us.

Hockey / Sportsmanship Award

The October the sportsmanship award went to Graham Fry. Graham has been attending programming for several years. He has always acted as a mentor to players experiencing challenges coping with life events or working toward developing their skills, and has been welcoming to new participants. Due to Graham's lived experience in his youth, he is able to communicate with others from a place of understanding and first-hand knowledge.

Rylan Kafara is the Program Lead, Inner City Recreation and Wellness Program. Mike Siek and Rebecca Kaiser are Program Coordinators with ICRWP.

Healing at Homeless Connect



The twenty-first Homeless Connect event took place on October 14, with 2000 guests coming to the Shaw Conference Centre. Over 350 volunteers and 70 service providers were on hand to help create pathways out of homelessness. Pictured here is the tipi where healing, prayers, and ceremony were offered by Elders. Ted Bauer



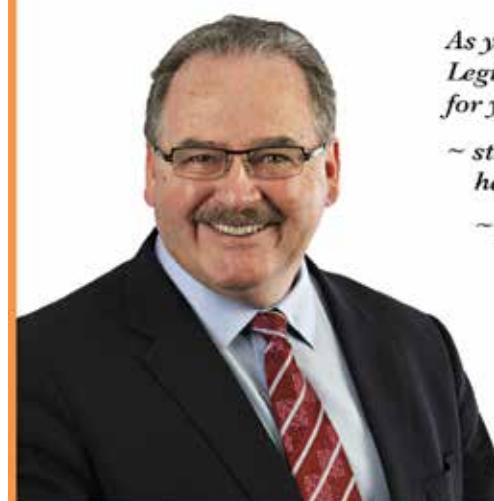
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BOYLE STREET COMMUNITY LEAGUE UPDATE

Come Join Us!

Our biggest message for this month is "Come join us!" We are planning a membership drive and a search for new board members. If you are interested, don't wait to be discovered - please let us know! Not only that, if you have a great idea for a community program, come see us and help us make it happen! Whether it's arts, cultural, sports, recreation, or community-building, we're eager to have your participation. Remember, membership in the BSCL is free again this year!

While we're waiting for your call, we thought we'd tell you a little bit about our board and key volunteers. Our president, Candas Jane Dorsey, has lived in Boyle Street for 16 years. She makes her living as a writer, editor, and teacher of writing and communications courses, but finds time to be active as a community advocate. Vice-president Hijal de Sarkar is relatively new to the neighbourhood, but loves it. His busy day job is as a political organizer gives him lots of experience with volunteers, and

he finds time to speak up for Boyle Street at consultations and community meetings.

Treasurer Jordan Reiniger is the longest-serving of our current board members, and this year took on the hard work of sitting at the planning table with the City and the YMCA to work on our building situation. That's on top of his busy day job at Boyle Street Community Services (in neighbouring Central McDougall) and his busy all-the-time job as a parent! His wife Joelle is also an active community-builder, volunteering on our civics and development files when she's not busy with her job at EPL and with family. The Reinigers chose our neighbourhood to raise their family, and are always here to speak up for the now-and-future family-friendliness of our community.

Sharon Ruyter, who has just taken on the job of board secretary, is also familiar with volunteerism through her job at Edmonton Chamber of

Voluntary Organizations, so she's all about getting our membership beefed up and increasing our active volunteers. Ron Allen, who serves as member-at-large and guy-across-the-street-from-the-office, is Executive Director of Edmonton People in Need Shelter Society, which has enriched Boyle Street neighbourhood along 103 Avenue for over 30 years. This is a big year for EPINSS as they complete their new Bridgeway 2 building on 103A Avenue, and Ron is also a long-time rugby guy active in the Edmonton Rugby Union. Finally, we have a communications committee of volunteers, which includes Anita Jenkins, a retired editor and writer who loves to walk through Boyle Street and write about what she sees and who she meets.

You note a common theme: our board members are busy people, but we believe so passionately in this community that we still find time for our community league. But at the moment, we need YOU! We want to thank Alex Iseghohi, Martina Is-

eghohi, and Debra Thompson who served on this year's board but have had to resign due to other obligations. Their absence made us sad to lose them - and more eager to find new board members to step into their roles. We also want to expand our programs and our ability to run community events, so even if boards aren't your thing, we'd love for you to be a volunteer. Whether you do one thing a year or many things a month, we value your participation.

If you live between 97 Street and 84 Street and south of the LRT tracks, and you like the idea of helping us with new programs, community-building, and community events, please join us! Because we don't have anyone in the office regularly at the moment, please leave messages and await a call-back, whether on Facebook, the website, or the voicemail (780-422-5857). We will get back to you as soon as we can.

- Your BSCL Board

e4c November Updates

TARO HASHIMOTO

e4c Alberta is happy to welcome the Wellness Network "Peer Navigators" to the head offices at Alex Taylor School building. Wellness Network Peer Navigators are individuals with "lived experience" or family members of those with "lived experience." They are available to support you on your personal journey of wellness by helping you navigate available resources.

Wellness Workshops are a great way to explore the aspects of our lives which affect our overall well-being. e4c is working in the community to develop workshops and support facilitators to bring community members opportunities to focus on individual aspects of wellness in fun and engaging ways. Examples include: Writing for Recovery with Leif Gregersen, Financial Empowerment with Jo Neville, and Beading for Spirit with Donna Robillard to name a

few. Inquiries and information can be sought through our McCauley Office (780) 424-2870 or email: thashimoto@e4calberta.org/krambow@e4calberta.org.

e4c is the proud host/supporter for the School for Indigenous Teachings. Our Fall/Winter Semester opening day ceremony happened on October 22 at Alex Taylor School. The program offers courses/classes delivered by knowledge keepers and cultural leaders and practitioners over the course of the next 8 weeks until mid-December. For information on classes and registration, contact thashimoto@e4calberta.org.

Listings of our programs can be found on page 15 in the e4c box, as well as on the *Boyle McCauley News* website: bmc-news.org.

Taro is the e4c Community Development Officer.



Rhubard Multiplication

When I dug it up,
the clump of rhubarb root
was a tangle of orange ponytails and crumbling wood
as big as a basketball.
It crunched and crackled
when I pulled it apart.

I made nine plants out of one.
If it had been bread and fish
and I'd had a hundred years,
I could have fed thousands,
just like Jesus did.
And so can you.

Concussion Theory

If my brain is my most precious part,
the piece of me that thinks and makes art,
why is it so delicate, like an egg
that gets scrambled when I trip a leg
and short-circuits some of my trillion synapses
when I hit my head and consciousness lapses?
If I were, in fact, intelligently designed,
my anatomy would be better aligned.
My jelly-like brain would be near the ground,
say in my calves, so if I fall down
on concrete when I slip on ice or snow,
my brain doesn't have so far to go.

- Poems by Gary Garrison

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Women's Lunch: Tuesdays and Thursday at noon
Health for Two: Tuesdays at 12 p.m.
Parenting Classes: Mondays at 11 a.m.
Free Tax Workshops: Wednesdays 12:30 p.m. – 4 p.m.
Haircuts: Tuesdays 1 to 3 p.m. (sign up at 12:15, first come first serve)

BOYLE MCCAULEY HEALTH CENTRE

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

BOYLE STREET COMMUNITY SERVICES

10116 – 105 Avenue
(780) 424-4106
Monday – Friday 8:30 a.m.-4:30 p.m. Youth night: Wed. 4-7 p.m. Adult Drop-In open all day – 8.30 – 4.30 . Lunch: Monday-Friday at 11.30. Free repairs for eyeglasses every Monday, 9 a.m.-1 p.m; housing, family, youth, mental health and outreach programs available.

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

THE ROCK OUTREACH

11004 – 96 Street NW
Phone (780) 426-1122
Breakfasts: Tuesday to Thursday 7-9 a.m.

Kids Club: Third Monday of the Month

THE SALVATION ARMY

ADDICTIONS & RESIDENTIAL CENTRE

9611 -102 Avenue
(780) 429-4274
Men's Transitional Housing, Transformations Addiction Recovery Program, Community Support Services, Chapel Service, Volunteer Opportunities.

WOMEN'S HEALTH CLINIC

Located in the Women's Emergency Accommodation Centre is open Monday - Wednesday from 9:00 a.m. to 11:30 a.m. Closed on Thursday and Friday from 8:30 a.m. to 11:30 a.m.

THE MUSTARD SEED

10635 – 96 Street
(780) 426-5600
Evening Meals: Mon.-Fri. 7:00-8:00 p.m.
Sat. 5:00-6:00 p.m.
Food Depot: Tues. and Thurs. afternoons 1:00-3:00 p.m., Wed. evenings 8:00-9:00 p.m.

Drop-In Coffee: Monday - Friday afternoons 3:00-6:00 p.m.
Evening Drop-In: Saturday 6-10 p.m.
Personal Assistance Centre (PAC, clothing ministry) 10568-114 Street, side door
Mon: 1:00 - 3:30 p.m.
Wed.: 5:00 - 7:30 p.m.
Thurs: 1:00 - 3:30 p.m.
For more information call The Mustard Seed, at (780) 426-5600 or visit: www.theseed.ca

HOPE MISSION 9908 106 Avenue (780) 422-2018

HOPE MISSION MEALS:

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

HOPE MISSION SHELTER:

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

HOPE MISSION COMMUNITY CHURCH:

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

HOPE MISSION HEALTH CLINIC:

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

NICOTINE ANONYMOUS

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

SACRED HEART CHURCH OF THE FIRST PEOPLES

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

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

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

NETWORKS ACTIVITY CENTRE

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

NEW MEMBERS WELCOME TO JOIN MCCAULEY CLUB.

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

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

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

BUILDING BRIDGES

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

COMMUNITY EVENTS AND ACTIVITIES

NEIGHBOURHOOD PAINTING

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

WIRELESS NETWORKING

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

HANDS ON LTD. CONTRACTED SERVICES

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

COMMONWEALTH COMMUNITY REC CENTRE ACCESS

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

FREE KIDS COMPETITIVE SWIM PROGRAM

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

PIU YUM RECREATION CLUB

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

FREE COUNSELLING

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

MAJESTIC INK

Willing to do snow shoveling. Call with 24 hours' notice. Seniors and residential area. Negotiable flat rate. Call Mo: 780-616-3941.

DIRTY CARS NO MORE

Dirty car or filthy work truck? NINJATEC DETAILING is my small business and I can detail your vehicles either at home in the Boyle Street/McCauley area or out of my garage in the west end. Prices are about half of what you'd pay at those "other" shops, and I'm a lot more picky and thorough than they are because I do it the old fashioned hotrod way...BY HAND!! (780) 566-2871 anytime...NINJATEC DETAILING - Make sure you check out my Facebook page!

MATH TUTORING

Offering math tutoring from junior high to undergraduate levels. Rate: \$30/hour, Phone Nathan Binema: (587) 337-4189, email: ernienathan@protonmail.com. Willing to make house calls for residents of Boyle Street and McCauley. Contact for availability.

CHILD CAREGIVER WANTED IN MCCAULEY

Salary \$13.60 to \$14.00/hour, 40 hour week. As soon as possible. Kindergarten age (4 - 5 years), 2 years. Employer's home. Optional accommodation available at no charge on a live-in basis. Note: This is NOT a condition of employment. Apply: marizel73@hotmail.com or (780) 474-7076 4 p.m.-9 p.m. Weekdays.

Requirements:

Maintain a safe and healthy environment in the home. Bathe, dress, and feed infants and children. Discipline children according to the methods requested by the parents. Organize activities such as games and outings for children. Prepare and serve nutritious meals. Supervise and care for children.

ART LESSONS

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

DROP IN YOGA

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



FREE MONDAY EVENING GUITAR LESSONS

Instructor: Steven Johnson

Drop in guitar lessons for all ages and skill levels.

(Children under 12 must be accompanied by an adult.)

Everyone welcome. Guitars available to use. Every Monday evening - 8:15 p.m. – 9:30 p.m.

Location: McCauley Boys & Girls Club, (9425 109A Avenue).

To sign up for guitar lessons or for more info call (780) 424-2870 or (780) 271-5995 Sponsored by the McCauley Community League, E4C and Ansgar Danish Lutheran Church.

WE CAN FOOD BASKET

Make Your Monthly Grocery Supply More Complete for Less!

Monthly Food Basket \$15/meat order, \$10/produce order – Annual Membership is \$5.

Upcoming deadline for payment is: Nov. 9, 2018. Payment can be at McCauley Boys & Girls Club, during business hours, Monday – Friday 9 a.m.-4 p.m.

Next depot date is Nov. 22, 10 a.m. – 2 p.m. at McCauley Boys & Girls Club (9425 109A Avenue).

For more info please contact (780) 424-2870 or (780)-413-4525.

Website info: www.wecanfood.com

STREET PRINTS ARTIST COLLECTIVE

Creating opportunities for independent artists to market and sell.

Artists volunteering together to market and sell the works and prints of themselves and other artists collectively.

For more info please contact (780) 424-2870 or (780) 271-5995 Facebook page: @streetprintscollective E-mail: streetprintscollective@gmail.com / thashimoto@e4calberta.org

DROP IN SOCCER RECREATIONAL PLAY

Weekly Recreational Soccer Fun! (Hosted by ICRW/e4c)

Come alone or with friends to join in drop-in recreational soccer! Everyone is welcome and we play to have fun and to everyone's ability. Developed through community partnership with E4C and Inner City Recreation Program.

OUTDOOR Throughout Summer months (June-Oct)

INDOOR Throughout Winter months (October -April)

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

Location: Boyle Street Community YMCA Gym 10350 95 St, Edmonton AB, T5H 0H8

For more info please contact (780) 424-2870 or (587) 337-9860

WELLNESS WEDNESDAYS

Fun Workshops and Activities which help in our wellness!

Hosted at McCauley Apartments, with easy-going and fun community members. Guest presenters and facilitators/instructors, outings and social engagement are all featured.

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

Location: McCauley Apartments (9541 108A Ave, Unit B)

Streetprints at SNAP: City Skies/Nuit Blanche

JO NEVILLE & TARO HASHIMOTO

On September 29, our very own Streetprints Artist Collective presented their take on the City Skies theme for the annual SNAP (Society of Northern Alberta Print-Artists) woodblock fundraising event. Streetprints consists of inner city artists from diverse backgrounds working together towards the creation, promotion, planning, and sale of their artwork. The program is supported in various capacities by several organizations including Boyle Street Community Services, Bissell Centre, E4C, Heart of the City Festival, SNAP, MacEwan University, and the 124 Street Grand Market.

Using industrial street steamrollers

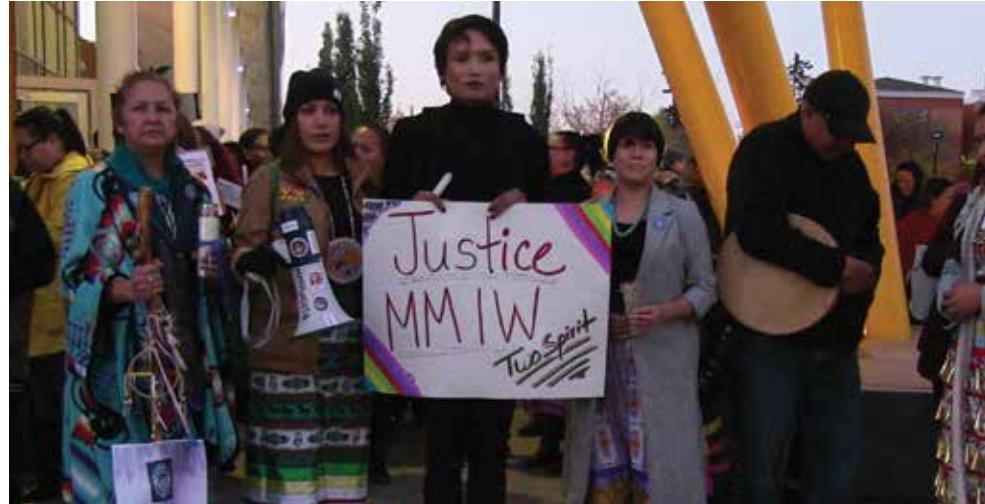
on the iconic Jasper Avenue, and large presses where needed, SNAP printed copies of works from organizations (i.e. Nina Haggerty, iHuman, etc.), groups, and individual artists. Each print reflected the interpretation by artists of the theme "City Skies." The large scale woodblock prints varied from 2 by 3 feet all the way up to 8 feet by 4 feet wide. Several prints were sold sharing in the proceeds towards programming costs. The event was a successful part of the Nuit Blanche Edmonton events which occurred across the city.

Jo Neville is an active member/artist of Streetprints and a community volunteer from McCauley Apartments. Taro Hashimoto is the e4c Community Development Officer.



Artist Sherien working on her print. Mike Siek

Sisters in Spirit Vigil and Walk



The 2018 Sisters in Spirit Vigil and Walk took place on October 4. The annual event commemorates and honours missing and murdered Indigenous women and girls, and in recent years, men and boys as well. Over 200 participants gathered at Boyle Street Plaza, then walked through the Armature area to Okisikow (Angel) Way and back. Located on 101A Avenue between 97 and 96 Street, Angel Way was named in honour of all women who have experienced violence. Organizers of the event included CEASE (Centre to End All Sexual Exploitation), the IAAW (Institute for the Advancement of Aboriginal Women), AWPA (Aboriginal Women's Professional Association), and SSBAM (Stolen Sisters & Brothers Awareness Movement). Paula E. Kirman

Built with Social Enterprise - Now Open for Business



Our July/August 2018 issue featured a cover story about McCauley resident Anna Bubel and her business partners, along with workers hired through Bissell Centre, who were reviving the old Blue Cross Animal Hospital building on the corner of 97 Street and 111 Avenue. On October 9, an open house was held at the building, which has office space that is now ready to be leased. Pictured is Anna Bubel showing community members a slideshow of the renovation process. Paula E. Kirman