

# Boyle McCauley News

CIRCULATION 5600 • SINCE 1979 • WWW.MCCAULEY.INFO MAY 2007 FREE

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## McCauley Soccer Team Racks Up The Medals

**Rick Fodchuk •** The McCauley Vipers under-twelve mixed soccer team achieved a monumental success during the 2006 season. They only did what no other McCauley community soccer team has ever done; win seventeen straight games to win the gold medal and be crowned ENZSA's (Edmonton North Zone Soccer Association) North Zone champions!

The team went on to the city championships in July and earned a bronze medal. In September, the Vipers were one of two teams representing Edmonton in an inter-city tournament with Calgary. Despite harsh winds and cold temperatures, the team won the silver medal in a thrilling shootout with one of the Calgary teams.



Lina Fodchuk

In addition, all of the team's accomplishments were accomplished against all-boys teams, which only makes this feat even more incredible. Heartfelt thanks to outgoing 2006 Soccer Directors Fleur Roppo & Lina Fodchuk, Assistant Coach Mike Roppo, Associate Coach Josh Fodchuk; and all the parents of the team members: Madison Corry, Michaela Douglas, Narissa Marty, Alfred Korfeh, Katherine Tremblay, Paolo Roppo, Hansen Boolhai, Ryan Fodchuk, Bryan Matic, Anthony Diep, Donovan Nguyen, Henry Kyne, Nicholas Turner, Daniel Jimenez, Nick Marty, and Eric Tan Nguyen.

We look to have a really good under-fourteen boys' team this year. Everyone is welcome to watch us play our home games at Giovanni Caboto Park. Hope to see you there!

*Rick is the Head Coach of the McCauley Vipers.*

## Take Back the Night

Take Back the Night took place on March 28. Women and men both took part, marching through a section of Boyle Street, and then back to City Hall where the march began. Many held posters and banners of women victims of violence who could not speak for themselves. In addition, this year featured a clothesline of t-shirts and other material decorated by individuals impacted by male violence against women, inspired by the Clothesline Project of Cape Cod, Massachusetts. ▼



Paula E. Kirman



Paula E. Kirman

## Camelot Closes Its Doors

### **Sports Bar New Home for iHuman**

Camelot Sports Bar, on 95th street near 102 Avenue, closed its doors for the last time on April 30. The building will be the new home for the iHuman Youth Society for at least one year. Leased from the City of Edmonton for one dollar until the end of May, 2008, iHuman will be responsible for renovating the building, as well as all maintenance and operating costs. Using music, art, and drama, iHuman helps youth at risk build new lives. It is a non-profit society.

# EDITORIAL

## New Beginnings

**Paula E. Kirman** • After the long months of winter, spring has finally spring. The snow is gone, flowers and fresh grass are sprouting, and our minds turn to thoughts of. . .

Cleaning up that backyard. Getting the garden planted. Planning our summer vacation. Scheduling a variety of social commitments. Spending time with family. A multitude of other activities, both fun and chore-like.

Spring is indeed a time of new beginnings. We are coming upon wedding season, where people will start a new life together. And it is definitely a new beginning for all of the births at this time of the year, not only for the babies but the parents as well.

Post-secondary students have just finished this year’s term. Those who are looking forward to graduating have a lot of decisions to make in the weeks ahead. The others have next year’s courses to choose, summer jobs to find, and for a lucky few, months of travel to experience.

Here in our own community, we have our annual Spring Cleanup

coming up soon, which not only helps make the neighbourhood look better, but also fosters a sense of community. Gardens are starting to take shape, and soon we’ll be awash in brightly coloured flowers and delicious vegetables.

Like in other parts of the city, people are coming and going all the time. Businesses are opening and closing. One of the unique aspects of Boyle Street and McCauley is the tendency for recent immigrants to move here to start a new life, adding to the cultural diversity and flavour of this community.

However, new beginnings don’t just happen at one specific time of the year. They happen all year round. Pay attention to the world around you, and see how life is changing and growing all around. Life in Boyle Street and McCauley is never static – things are always happening.

May as many of your new beginnings be as joyful as possible. Even when they are bittersweet (divorce or losing a loved one can also signify a new beginning of different kind), may they help you grow on your journey.

# Boyle McCauley News

The *Boyle McCauley News* is a non-profit newspaper published monthly by the Boyle Street McCauley Community Newspaper Society. The Society is made up of 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.

**CIRCULATION 5600 | SINCE 1979 | WWW.MCCAULEY.INFO**

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## Editor’s Notes



May is here. And with it brings New Beginnings – which happens to be the theme of this issue! In this issue, we have stories about a variety of different beginnings, such as blooming gardens, motherhood, resources for new immigrants, and news concerning some of our businesses.

Around this time last year I had a new beginning of my own, when I became Editor here at *Boyle McCauley News*. I can’t believe a year has already passed. Thank you all for welcoming me as a part of your community and I look forward to what the next year will bring.

## COMING UP NEXT MONTH

June’s theme is “Fun in the Sun.” What cool and exciting things are you planning to do this summer? What are some of your memories from summers in the past? How about some photos from vacations, either abroad or right here in the neighbourhood? What are some interesting things to do around here, without having to spend a whole lot of money? Written submissions should be no longer than five hundred words. Send your submissions to: boylemcnews@gmail.com.

## LETTERS TO THE EDITOR

Do you have a gripe? A compliment? A question? Share your thoughts with a Letter to the Editor. In two hundred words or less, tell us what made you smile or frown, or what you would do to change something around if you could.

Send your letters to : boylemcnews@gmail.com

Letters may be edited for length or clarity.

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WE OFFER WHOLESALE PRICES DAILY

# Volunteer of the Month: Joanne McNeal



Paula E. Korman

**Colleen Chapman •** Joanne McNeal is one of our new volunteers. She became involved with the paper this year and in a very short time she has become one of our most enthusiastic members! She sits on the Board of Directors, the Editorial Committee, and she writes a regular column – and, she has offered to be a carrier.

Joanne has been a life long volunteer. She has renovated more than one old house in her life, and is now working on her newest acquisition in McCauley. Her belief is that, “volunteering is part of life, and it’s one thing that makes life fun, worth living, and helps make the world a better place.” So, while Joanne makes her home a better place, she works in our neighbourhood doing the same thing.

We are grateful that she takes time away from the joys of being a grandmother to contribute so richly to our community. Joanne, thanks!

## Boyle McCauley Crime and Safety Numbers

Report “john” activity and license plate numbers • 421-2656

Report Problem Properties and Derelict Houses • 496-6031

Report Gang Activity • 414-4567

General Crime/Complaints • 423-4567

EPS website • [police.edmonton.ab.ca](http://police.edmonton.ab.ca)  
- click on Crime Prevention  
- click on Prostitution Resource Centre

Safedmonton website • [www.edmonton.ca/safedmonton](http://www.edmonton.ca/safedmonton)

### LOCAL BEAT OFFICERS • 421-2200

David Kabyn (McCauley)  
[David.Kabyn@police.edmonton.ab.ca](mailto:David.Kabyn@police.edmonton.ab.ca)

David Radmonovich (Norwood)  
[Dave.Radmanovich@police.edmonton.ab.ca](mailto:Dave.Radmanovich@police.edmonton.ab.ca)

## Report a John to the EPS by using this form

Once you have filled this form out, you can drop it off at your local EPS Community Station.

Date:	_____	Time:	_____
Location:	_____		
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Model:	_____	Other Info:	_____
OFFENDER INFORMATION			
Race:	_____	Approx. Age:	_____
Hair:	_____	Glasses :	Y    N
Identifying Features:	_____		
What Happened:			
_____			
_____			
_____			
YOUR INFORMATION			
Name:	_____	Phone #:	_____
Take to an Edmonton Police Service Community Station - forward to Vice Section. Or call 421-2656 to report over the phone. Disclaimer: Used for information purposes only			

# McCauley Community Clean Up 2007

Here we go again! On Saturday June 2 from 10:00 a.m. to 5:00 p.m. the popular McCauley Clean Up will be back in full force. The location will be behind McCauley Apartments (9541-108A Ave) as in previous years. Once again, thanks to the commitment of many groups, business, and volunteers this event will be offered free to all McCauley residents. Last year's event was a huge success, with over one hundred volunteers cleaning up our neighbourhood which resulted in six eight-by-forty foot bins that were taken away.

Volunteers will come by and pick up unwanted items from your home such things as, couches, chairs, mattress, tables and tree branches. Or, if you have transportation you can come by and drop off your unwanted items. We will once again have a tree chipper, which is very popular because residents can take away the tree chips to decorate their homes. We will also be walking throughout the neighbourhood picking up loose garbage.

The popular recycling area will be in place once again. This area is for any of the working items -- things like couches, chairs, pictures, or tables. Residents can take these items for free. The Edmonton Host Lions Club is once again teaming up with us and will be providing a free lunch for everyone who comes to the event. Thank-you to all Lions Club members who come out and volunteer their time to help make this event better.

I am so proud that I live in McCauley because we are leaders in cleaning up our neighbourhood. We have now started to see other neighbourhoods following the same idea of ours. In fact, the City of Edmonton is working on their second year of the "Capital City Clean Up" project and we should be proud because we have been getting together for many years, walking throughout the neighbourhood picking up garbage in parks; going down back alleys picking up old mattresses dumped in empty lots; and helping seniors who can not take their old couch to the dump. Now, others are catching on to the McCauley way.

We count on volunteers because without their participation this service could not work. On June 2, come out show your McCauley pride and volunteer for this event. Here we go again! On Saturday June 2 from 10:00 a.m. to 5:00 p.m. the popular McCauley Clean Up will be back in full force. The location will be behind McCauley Apartments (9541-108A Ave) as in previous years. Once again, thanks to the commitment of many groups, business, and volunteers this event will be offered free to all McCauley residents. Last year's event was a huge success, with over one hundred volunteers cleaning up our neighbourhood which resulted in six eight-by-forty foot bins that were taken away.

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## McCauley Community Clean Up!

### Saturday, June 3rd

#### 10A.M. to 6P.M.

### McCauley Apartments 9541-108A ave

**Come volunteer and show your McCauley pride!**

**Free lunch for all volunteers!**

**Come drop off your unwanted items, or call Dan for a free pickup or to volunteer at 424-2870! (one truckload per household).**

**There will be a tree chipper, so McCauley residents can take home tree chips to decorate their yards!**

**Sponsored by Edmonton City Centre Church Corporation and McCauley Community League**



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**GROUNDS ESPRESSO BAR**

# Violence in Virginia Has Local Connection

**Joanne C. McNeal** • The recent shooting at Virginia Tech is beginning to sink in for me. It brings back memories of teaching at that huge campus.

I was an Assistant Professor at Virginia Tech for four years from 1999 to 2003. Every day I walked from building to building to teach classes in various places, often lugging boxes of books and artifacts I had collected, to help students learn. I taught "Native Arts of North America," and "The Creative Process" in Interdisciplinary Studies and Humanities, and was a member of the American Indian Studies faculty. I always volunteered to help at graduations where the students were so excited they needed help getting in the right lines, and getting their robes on straight.

Nobody expects horrible violent events to happen and we always ask, "why"? It touches all of us. My heart goes out to the families of the dead and wounded, and to the staff and students who have to cope with their memories of this event. But there are things we can learn.

I have many thoughts about how this brings us all together in a global community. One of the most effective assignments I gave my students was to interview another student who grew up in a different culture or country, and write a short essay on how their experiences were different from their own. The students wrote that they never imagined what it would be like to grow up in another country or culture, and they thanked me for the assignment. Many said it was the best assignment they'd ever been given and they learned a lot.

Is anyone really safe from harm anywhere? Here in McCauley we see the value of living in a community with a diverse population. People here know many of their neighbours, and we learn to appreciate our differences and the points of view of others who are not like ourselves. We could do even better at getting to know one another, and learn to take better care of each other. That's the value of living in a close community!

Let's appreciate each other as we get better acquainted.

# McCauley Community League Update



**Joan MacKinlay** • Our last meeting before the AGM took place on April 11. Grace, our secretary, created a flyer set to go to McCauley residents inviting all to the AGM. Becky, our Community Recreation Coordinator, facilitated our taking Bob Caldwell up on his offer to meet the community. He or Duncan Fraser will make a presentation on the Downtown East Project at the AGM, and engage in a question and answer session with the community afterwards.

Both the Boyle Street and McCauley Community Leagues have concerns that the people displaced by the Downtown East Project will migrate to Boyle Street and McCauley, neither of which have the resources to deal with such an influx. Besides the financial and moral costs of not providing a range of housing solutions for the homeless and soon to be homeless people in Alberta, revitalization projects in central Edmonton face an uphill battle.

This term has gone quickly. I've enjoyed the energy and commitment of the team of board members, committee members, Community Recreation Coordinator, bookkeeper, volunteers, and supportive community. Thanks to all of you.

*Joan is the President of the McCauley Community League.*

# Bissell Centre Coffeehouse Closes Temporarily

**Darlene Arseneault** • The Bissell Centre has discontinued its coffeehouse until 2008 due to the venue currently undergoing renovations.

The coffeehouse, spurred on by Earl Preddy, has been going for six years. It is an open stage where anybody can jam. There's been a kind of a house band for that long now, and it's name is The Royal Tease. The members are: Roy Agnew, Bruce Fox, Earl Preddy, Becky, James Garon, and Dave Taylor.



The Royal Tease

Becky told the story of how she came to the coffee house. "I came here four years ago, and at that time I had only been playing the guitar for about six months. They (the band) said, 'Bring your guitar next time.' So, they all built me up, these guys." Becky then proceeded to play a mean harmonica, saying that she hadn't been playing for very long, and then took out a flute and experimented a little with that.

The open stage at the Bissell is a great source of original music from the inner city. This is the place where the first CD of Edmonton inner city music was made. *Patchworks* was the name of the CD, which was also the seed for the Heart of the City Festival, still going strong and in its fourth year.

Stay tuned for the grand re-opening of the coffee house in 2008! For more information about the inner city music festival coming up - The Heart of the City Festival - please go to [hotcmf.com](http://hotcmf.com).

*Darlene Arseneault lives and works in McCauley, is an avid latte consumer, and a volunteer. She is also a member of the Heart of the City Festival steering committee.*

## A MESSAGE FROM Boyle McCauley News

### THE BOARD OF *BOYLE MCCAULEY NEWS* IS SEEKING NEW MEMBERS!

Board members attend regular meetings and take part in making decisions concerning the operations of the paper.

If you are interested in being a part of this dynamic team, please contact the office at 425-3475 or e-mail [boylemcnews@gmail.com](mailto:boylemcnews@gmail.com).



## Dining Out

**Paula E. Kirman** • This month, we feature some news from two of Chinatown's most popular restaurants.

**Padmanadi** • 10626 - 97 Street  
On the cover of our March issue, we reported that restaurant co-owner Thomas Teguharja had been deported back to Jakarta, Indonesia due to stumbling blocks along the immigration process. We're happy to report that the popular vegan restaurant re-opened at the end of March with a fabulous spring buffet, and especially that Thomas is on his way back to Canada. Hours are currently limited from 4:00 p.m. to 10:00 p.m. with the restaurant closed on Mondays, but this will hopefully expand soon.

**Pagolac** • 10566 - 97 Street  
Known for its reasonable prices and wide selection of meat, chicken, and seafood dishes from the Vietnamese and Chinese cultures, Pagolac has overhauled its menu. But don't panic – the choices are pretty much the same. Prices have gone up slightly, but are still great deals. As well, some of the dishes, particularly the soups, now have both regular and large sizes. If you haven't been to Pagolac in a while, now is the time to check it out again. A word of caution: the place gets very busy at lunch time!



*Call your friends. Call your neighbours. Now is the time to adopt a block in your neighbourhood or business area and team up to cleanup. Volunteer as a Capital City Clean Up Block Captain and help make Edmonton shine.*

**[www.edmonton.ca/capitalcitycleanup](http://www.edmonton.ca/capitalcitycleanup)**

Sign-up forms are available at the following locations:

City of Edmonton Leisure Centres  
Edmonton Public Libraries  
City Arts Centre  
Muttart Conservatory  
Northgate Lions Senior Citizens Centre  
City Hall  
Local Tim Hortons locations or  
Call 944-5470

## Boyle McCauley News Logo Contest!

We are still accepting entries in our logo contest until the June issue is completed (Deadline: May 12). The guidelines are below.

Email [boylemcnews@gmail.com](mailto:boylemcnews@gmail.com) with your entries!

### LOGO CONTEST GUIDELINES

- The design should be three times wider than it is higher – it will be stretching across the width of the top of the paper.
- The design should be able to reproduce well in black, white, and grey.
- The artist should be a resident of Boyle Street or McCauley.

All submissions received will be considered and acknowledged in future issues of *BMC News*. The Graphic Designer and Editor will pick the ones that are the most workable and a couple of these designs will be featured in each issue of *BMC News* leading up to the July/August issue, which will showcase all the finalists. The readership of *BMC News* will then have the opportunity to vote on their favourite design.

The winning design will be used on the front page of the paper for the foreseeable future, and the designer's name listed in the masthead on page two.

Ideas and sketches can be e-mailed to us at [boylemcnews@gmail.com](mailto:boylemcnews@gmail.com), faxed to 429-4075, or dropped off at our office (please call first).



## FOCUS ON BUSINESS STADIUM MINI MART

**Colleen Chapman** • Stadium Mini Mart is owned by Gabriel Tesfamicael, who created a new beginning for himself and his family here in McCauley both by immigrating to Canada and starting up a business.

Gabriel and his wife Asgedet met at university in Asmara, Eritrea, where they were both studying mathematics and accounting. In 1981, they left Eritrea to go to Nairobi, Kenya to gain their Masters degrees. They have three children: two sons, one who is twenty-three and has finished university; one who is twenty and is studying at the University of Alberta; and a daughter, seventeen, who is looking at a degree in business.

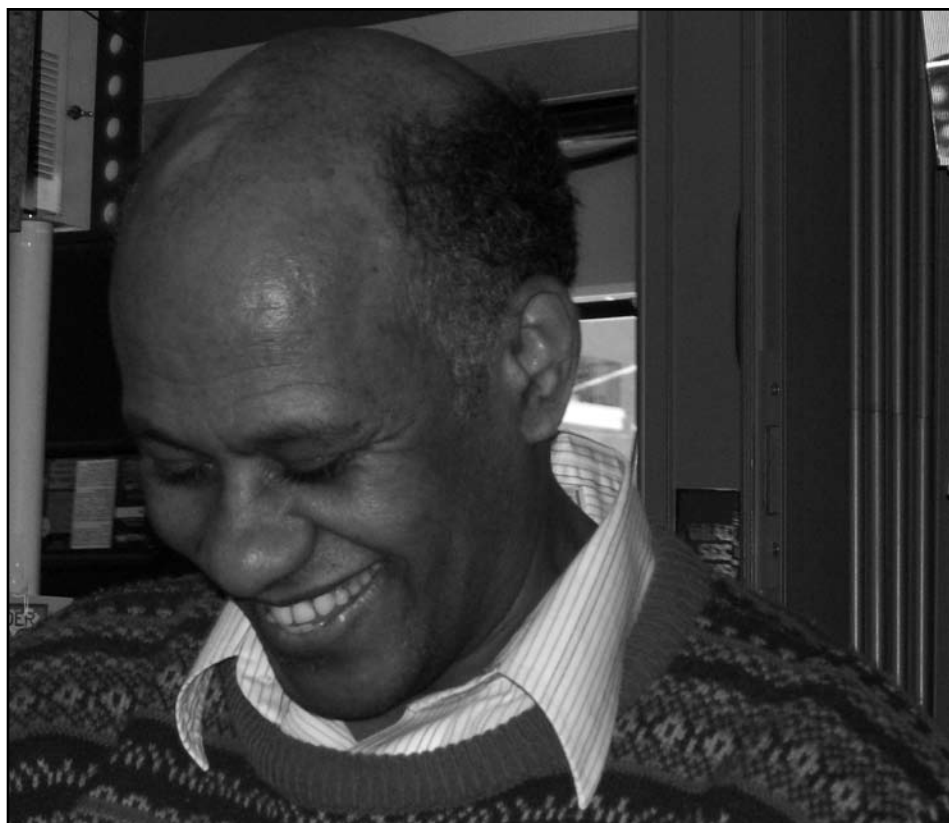
The family moved to Canada in 1998 and Gabriel's wife volunteered at the Mennonite Centre for Newcomers. She eventually gained enough contacts to become the buyer for their business. Gabriel began working first for H & R Block, and then moved on to Investor's Group. Eventually they realized that with her talents as a buyer and his personality in the store, they had a winning combination. They approached the owner of Stadium Mini Mart who

was willing to sell his business. Now, Gabriel greets most customers as old friends, and it is easy to see why he is so well liked and respected in our community.

He and his family have a deep faith that they practice on a daily basis, and this shows in his inherent respect for his customers. He is very happy to own his business here in McCauley, and he is grateful for the work that supports his

family. The Tesfamicael family is a delight and a welcome part of the Boyle Street and McCauley neighbourhoods.

*Colleen is the Volunteer and Advertising Coordinator for BMC News. She lives in McCauley.*



Gabriel smiles as he counts change for a customer.



Boyle McCauley Reads

• BOOK REVIEWS •

***Trauma and Recovery: The Aftermath of Violence – From Domestic Abuse to Political Terror***  
**Judith Herman**  
**Perseus Books Group; Basic Books**  
**247 pages**

**HD** • Judith Herman brings a deeply necessary sense of warmth, understanding and hope to her discussion of trauma in her book, *Trauma and Recovery*. Crediting the transformative impetus of the feminist movement for her insight, Herman’s work both compels and reassures.

Violence and abuse experienced by an individual or a community often is associated with a group of symptoms which has become known as Post Traumatic Stress Disorder. After a traumatic experience, the victim consciously or unconsciously will make efforts (often unsuccessful) to forget and move on. The perpetrator (individual or societal), also wants to forget, as Herman explains: “... it never happened; the victim lies; the victim exaggerates; the victim brought it upon herself; and in any case it is time to forget the past and move on.”

Herman describes three steps to healing – the victim needs to feel safe; needs to remember, as owning and telling the story is a challenge to the power of silencing forces; and, needs to reconnect, integrate, and mend the facilities for trust and intimacy in the context of relationships. She details how the same healing process takes place post-political violence and trauma, as “restoring a sense of social community requires a public forum where victims can speak their truth and their suffering can be formally acknowledged.” She goes on to describe how different communities have attempted to foster healing, one notable example being the Truth and Reconciliation Commission in South Africa.

This book is of particular interest to me as a feminist and resident of this community, where many residents have experienced violence and abuse both on individual, and communal and cultural levels. It is a must read for anyone recovering, or wanting to understand and support the recovery of others.

# Community Soccer Begins!

**Tony Wallace** • After many years of coaching youth soccer in Vancouver B.C, I now find myself working with a new generation of young people here in Edmonton learning the game of football (soccer). I’m more familiar with the term football from growing up in London England where I learned to play the game along with many other sports as a youth myself.

The Community Soccer Program is more than just getting together and kicking around a soccer ball. As a coach, I get motivated by the youths who enjoy playing the game and show some keenness to learn new skills, play in a group, exercise, and have fun while keeping healthy.

Soccer is played around the world, by young children to older adults, and by both males and females of different cultures and religions. Having a soccer program in the community is very beneficial for both our young athletes and parents who would like their children involved in a sport which offers the opportunity to exercise, keep healthy, and develop life skills for community building.

The soccer program starts for children as young as two years old in the gym. They will learn basic soccer skills such as the correct way to stop a soccer ball with the feet, passing the ball, using the body to juggle the ball, basic goal keeping, using a skipping rope (which helps to develop body co-ordination). An emphasis is also on eating healthy and having fun learning new skills to play the game well.

Community soccer is attracting more young women. The McCauley community is looking to increase the numbers of both young female and male soccer players to their community teams for the outdoor soccer season, which opened April 30. Coaches and referees are very much in demand in our community, with the rising numbers of teams now playing soccer. Parents can help by getting involved and becoming more active in these areas.

The Federation Of International Football Association (FIFA) will be staging the Youth U-20 Soccer World Cup here in Canada, from June 30 to July 22. This high profile soccer tournament is taking place in our community with some games being played at Commonwealth Stadium. Hopefully this will inspire more young soccer players to get involved.

As well, this May will see the return of the annual “Legend Anniversary Soccer Tournament.” It is a tribute to the late Reggae artist Bob Marley, who enjoyed playing the game of soccer between performances on his world tours.

In June, there is the Youth Festival with a youth soccer tournament June 2 at the Alberta Avenue Community Centre. Teams can register by contacting Jackie at 944-4687 or by e-mail at [jferner@ualberta.ca](mailto:jferner@ualberta.ca).

As we move into the future for the McCauley Community League Soccer Program, we look forward to success. I look forward to working with the community and developing it into a strong and healthy place to live.

*Tony is the Community Soccer Coach and Soccer Program Director. He lives in McCauley.*

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# This Diamond Ring . . .

**HD •** Becoming a single mother is a new beginning in much the way finding yourself up the creek without a paddle is a new beginning – an almost subconscious journey inward to the core prompted by impossibly panicky circumstances on the outside.

Like Bilbo Baggins, I slip off the ring and am no longer protected. I am now the driver, not the passenger. I am good cop *and* bad cop, rough-houser *and* kisser goodnight, more together *and* more alone, both tougher *and* more vulnerable.

Single motherhood is a blur of well-meaning (and generally unwelcome) advice (and criticism) from all sides, phone calls from innumerable bill collectors (did your mama ask YOU for a credit check before she pushed YOUR big head out?); applying for this benefit and that subsidy; waiting for this cheque and that babysitter and this dayhome and that bus; hoping for a day (just one) when the laundry and dishes are all done, the bills are paid, the house is clean, and there is money left in the bank to go to Blockbusters and rent the latest Barbie extravaganza, before (deep breath) you plunge back into the rapids and paddle on.

Along the way you miss so many of those precious firsts, barely glance at report cards, plan birthday parties on the fly, and forget what it feels like to wear mascara or to sleep in.

The only navigational tip of any worth I can pass along: Hang on to the tough you and the sweet you. Curse at the bill collectors and reminisce over how Daddy proposed ... change the tire and have frilly candlelit family dinners (albeit mac and cheese), giggle and play and cry and sing love songs to your kids ... and when anybody starts in on “single mothers nowadays,” let them have it with both barrels and a sense of humour, then paddle on.

*“HD” is a single mother and writer in McCauley.*

## MICHAEL PHAIR COUNCILLOR WARD FOUR



*Your opinions are important to me -  
please contact me for assistance with civic issues.*

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email: michael.phair@edmonton.ca

# Motherhood and Life: Full of New Beginnings!

**Joanne C. McNeal •** I remember holding my daughter for the first time after she was born, and marvelling at how tiny and perfect she was. I thought it miraculous that she had been part of me just a few hours before and now we were two separate beings! What would the future hold for this tiny girl? I couldn’t imagine. How would I cope? I had no idea!

That was just the start of a new beginning with a steep learning curve known as ‘motherhood’! My two bright and beautiful daughters have been an inspiration to me as they grew up. As I taught and protected them, they helped me learn what I was capable of. Because of them I felt I had to perform to my best ability, to be creative and responsible. I loved being a mother and had the luxury of staying home for three years while they were little.

Life is not always simple, though, so after a divorce, I became the sole breadwinner of my little family, which was another new beginning that required lots of learning.

As a single parent I had to work full-time, sometimes more than one job, while taking care of the girls and paying babysitters when I wasn’t home with them. Even when they were little, we talked through family problems openly at the dinner table, and we made decisions together.

Buying a house as a single parent was another challenge—the only ones I could afford were old ones. I lucked into some special funding programs and struggled to renovate old houses to provide a home for my children. Those old houses required a lot of learning ‘on the job,’ and I had little experience in housing when I started. Here’s an example: my old houses had no light fixtures, and I had no money to buy them new or pay an electrician, so I had to be creative. I found old fixtures at thrift shops for a dollar or two, and rewired them and installed them by following existing wires. To my amazement, most of them worked! I also learned that I could do a lot of things I would not have even tried if I didn’t have to!



When my girls were teenagers, I went to graduate school so I could get a different kind of job with better pay. My girls began to understand that education is often the key to having good choices in life. I thought about the kind of job I wanted, and how I would spend my time for the next decades, and it was useful to ask myself those questions. I also wanted to be a good mother, so I shared those thoughts with my daughters.

My Master’s degree created new beginnings, but the opportunities were different than I expected. Life can be funny that way! Perhaps that is the best thing I learned from all these new beginnings--as the saying goes, “When life gives you lemons, make lemonade.” A positive attitude helps one cope with all of life’s new beginnings, knowing almost anything is possible!

In this photo, my niece Janelle, at left, is teaching my grandchildren, Katie and Kenny (at right) and their second cousin Nicole in the centre, how to make lemonade from real lemons! Janelle is an accomplished singer and teacher.

My girls are all grown up now, and successful in their own lives and careers. I’m a proud mother and grandmother, who is grateful for the challenges of motherhood that taught me what I was capable of. I’m now taking on the new challenge of ‘retirement’ with gusto. Renovating another old house, creating a new garden, grandmothering, writing a book, singing in a community choir, playing violin, continuing artwork, and a host of other projects. Life is full of new beginnings, and I wouldn’t have it any other way!

# Way of the Cross

Jim Gurnett



▲ Leyson Mwale is visiting Edmonton from Zambia and provided a reflection at one station about our local responsibilities as citizens of the world. Participants in the walk carry the cross from station to station. Nearly one thousand people took part on one of the coldest Good Fridays anyone could remember.



▲ Cam McDonald, the president of Edmonton Coalition on Housing and Homelessness provide a reflection about the importance of good affordable housing as part of having strong communities.

## MCCAULEY ART AT THE AGA

**Darlene Arseneault** • The people who take part in the McCauley Community Art Class gather each week at the Sacred Heart School basement and experiment with many different multimedia projects, some individual and some group projects. A recent class project made its way into the Edmonton Art Gallery during February and March.

“The idea for a totem pole for the Free For All Exhibit at the Art Gallery of Alberta came to me while I was eating supper,” says Heather Shillinglaw, the instructor for the McCauley Community Art Class.

“I looked down at my placemat and saw Vancouver totem poles in Stanley Park. Each of these animals carries the spirit and represents each person’s personal belief system. And I thought about what each ani-

mal might mean for each student if we decided to try it.”

This project translates into a metaphorical language. Each person has their own text related to their piece. For example, Louise Williamson gave her cat (in the totem pole) an e-mail address, so that people could e-mail in to name the cat. Williamson says, “Cats have always been

mysterious to me. I didn’t know what kind of cat it was. He’s so mysterious, he doesn’t even know his own name.”

Vanessa Moerike has a poem on her frog’s eye. Moerike says, “I did two frogs. I find frogs very playful. I drew them with very different personalities and I constructed them very differently.”

Marie Butler’s animal was a rooster. She says, “I love roosters’ attitude and their colour.”

Sherien Lo added a monkey to the totem pole. The monkey is a mother with her baby. Lo says that the piece represents motherhood to her.

Now, these women, and others who took part in the project, can casually say that they had an exhibit at the Edmonton Art Gallery! McCauley has moved uptown!



# Making a Good Start in Canada

## ADVICE AND RESOURCES FOR NEWCOMERS TO CANADA

**Jim Gurnett** • Throughout Edmonton’s history, the Boyle Street and McCauley neighbourhoods have been the area where newcomers from around the world have arrived and begun their new lives. The old immigration hall still stands next door to George Spady Centre. Bissell Centre began its life assisting new immigrants nearly one hundred years ago. And today the diversity of newcomers living in the neighbourhoods is the greatest to be found anywhere in the city. This diversity brings many great new possibilities and experiences for all of us, and gives us the opportunity to be part of making this a city that extends a warm welcome. Helping a new immigrant get the best possible services is a valuable act of community responsibility.

If you are a newcomer to this area, whether you’ve arrived first in Edmonton or come to Edmonton after some time elsewhere in Canada, there may be many services you need so you can have a good life here. If you are an Edmontonian and have a new neighbour or co-worker who is an immigrant new to the city, one of the most helpful things you can do is assist the person to get good settlement services as early as possible.

**Start with a community agency:**

The best place to start for most things is an immigrant serving community organization. Edmonton Mennonite Centre for Newcomers and ASSIST Community Services are the only ones with offices in McCauley and Boyle Street, but several are nearby. At most of them, services can be provided in many languages in addition to English and there are staff who are themselves immigrants and familiar with all the issues immigrants experience. It is often a good idea to call first and see if the service needed is available at a particular organization, as not all offer the same services, but you can also drop in or check their websites if you have internet access.

Sometimes immigrants arriving in Edmonton pay a lot of money to people who say they can help with certain services. Often these same services are available free at an immigrant serving agency or the quality will be better there, so it is always good to see if one of these organizations can help before paying anyone for a needed service.

**ASSIST Community Services**

9653 105A Avenue  
Phone: 429-3111  
Website: [www.telusplanet.net/public/eccsc/english/main.htm](http://www.telusplanet.net/public/eccsc/english/main.htm)

**Catholic Social Services**

10709-105 Street  
Phone: 424-3545  
Website: [www.catholicsocialservices.ab.ca](http://www.catholicsocialservices.ab.ca)

**Centre d’accueil et d’établissement**

Bureau 50, La Cité Francophone  
8627, rue Marie-Anne-Gaboury  
Phone: 669-6004  
Website: [www.lecae.ca](http://www.lecae.ca)

**Changing Together**

3rd Floor, 10010 105 Street  
Phone: 421-0175  
Website: [www.changingtogether.com](http://www.changingtogether.com)

**Edmonton Immigrant Services Association**

Suite #201, 10720-113 street  
Phone: 474-8445  
Website: [eisa-edmonton.org](http://eisa-edmonton.org)

**Edmonton Mennonite Centre for Newcomers**

#101, 10010 107A Avenue  
Phone: 424-7709

**EMCN – Path to Employment**

10209 97 Street  
Phone: 421-7400  
Website: [www.emcn.ab.ca](http://www.emcn.ab.ca)

**Indo Canadian Women’s Association**

Phone: 490-0477  
Website: [www.icwa-char.org](http://www.icwa-char.org)

**Millwoods Welcome Centre for Immigrants**

335 Tower II, Millbourne Mall,  
38 Ave. & Millwoods Road,  
Phone: 462-6924  
Website: [www.mwci-edmonton.net](http://www.mwci-edmonton.net)

These organizations make referrals between each other to connect people to services they do not have, as well as to other organizations that can help. There would be few matters important to an immigrant that one or more of these organizations could not help with. The sooner a person arriving in Edmonton gets in contact with one of these organizations, the sooner helpful steps can be taken to deal with the full range of family, education, employment, health, housing, and other issues necessary to do well in Edmonton. They are connected to similar organizations in seven other Alberta cities, for people who may be planning to move from Edmonton. They can also help you make contact with organizations of your own culture or ethnic group in the city.

**English classes:**

One of the most important things for some immigrants is to begin studying English and for this an important first step is an assessment. Assessments are done at Catholic Social Services (call 424-3545). Besides some immigrant serving organizations (some of which offer free childcare as part of English classes) English programs are also offered at places such as NorQuest College and Edmonton Catholic Schools (Sacred Heart School is one location).

**Health services:**

The Multicultural Health Brokers Co-op (call 423-1973) has services for women during the pre- and post-natal time. It is also one of several organizations that offer translation and interpretation services, some at no cost.

**Other helpful organizations:**

Besides the main immigrant serving organizations, there are several other community organizations that offer services to immigrants that may be more focused on those with particular religious or cultural identification. These include Canadian Arab Friendship Association (call 473-7214), Edmonton Viets Association (call 424-8934), Islamic Family and Social Services (call 462-0772), Jewish Family Services (call 454-1194), and Ukrainian Canadian Social Services (call 471-4477).

If you do not have legal status to be in Canada but believe you qualify as a refugee it is important to begin the process of making a claim for this as soon as possible. Edmonton Mennonite Centre for Newcomers has staff specialized to help begin this work. For most matters related to legal issues and citizenship, the Government of Canada’s Citizenship and Immigration office on the second floor of Canada Place (9700 Jasper Avenue) is the place to go. They also have a toll free phone service at 888-242-2100. Immigrants who need an assessment of foreign education qualifications can call the International Qualifications Assessment Services at 427-2655.

*Jim is the Executive Director of the Edmonton Mennonite Centre for Newcomers.*



Boyle McCauley News

# student showcase

We want to showcase the creative work of young people in the Boyle Street and McCauley area. If you are a student in elementary, junior high, or high school who likes to write, then consider contributing your work to *BMC News*. We are looking for:

- Short stories
- Poems
- An article about something interesting you or your friends are doing
- A review of a movie that you saw, a book that you read, or a CD that you listened to

Stories and articles should be no more than five hundred words, and poems no longer than twenty lines. As well, if you under eighteen years of age your parents have to sign a permission form before we can publish your work. We can send you one over e-mail – just send us a message at [boylemcnews@gmail.com](mailto:boylemcnews@gmail.com) to ask for one. That is also the same e-mail address where you can send submissions. We look forward to publishing your work!

## To Your Health!

by Yo'vella M.

# New Beginnings, New Language

As I write this article, the hot topic in the news media is the use of derogatory (in this case, racist and sexist) words to describe a group of high achieving, successful Black American women from the Rutgers basketball team. I couldn't help but reflect on the types of words used in this neighbourhood between friends, enemies, and strangers.

On a regular basis I hear people referring to each other with words that should be hurtful and possibly emotionally damaging. What concerns me is that these words are often used between people who seem to be friends, or at least acquaintances. Why would people use derogatory words in a playful manner with people considered to be peers and friends? I wonder if people notice that the same spiteful words they use with their friends are the same words they use when they are angry at someone.

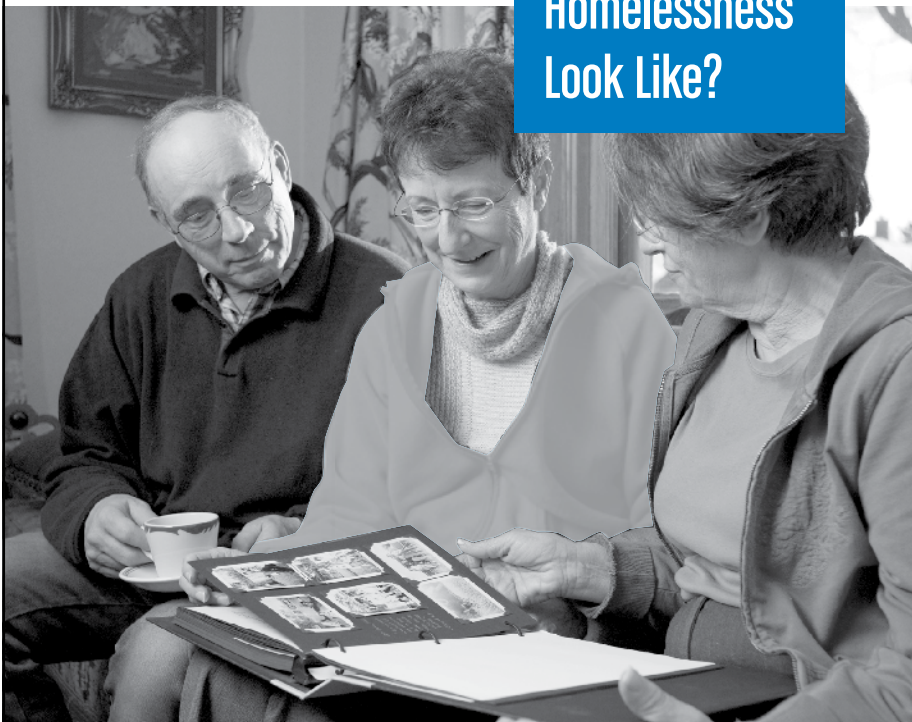
As well, on any beautiful summer day you can witness people in cars on 95, 97, and 101 Street hurl insults at unsuspecting pedestrians. As the drivers ride away the hurtful words echo down the block and resonates with those who were the intended target and those were merely walking by.

In the case of these talented and educated Rutgers basketball players, they were able to hear themselves described in such vulgar terms and not allow themselves to believe the words that were being hurled at them. Why? Maybe because they knew that they all had a record of being hard workers, talented athletes, and women of honour and strength with a future to look forward to in the career world. I wonder if the females in our neighbourhood are able to brush off the degrading comments and words that are hurled their way. Do these females have successful track records that discredit the hurtful words used to describe them? Do these women have a bright future of ahead of them in terms of a great career? I don't know.

If you are wondering what derogatory words have to do with health, think of what your initial reaction is when someone calls you a spiteful, painful, and hurtful word. Is it a healthy response? What happens over time if you hear those words repeatedly, is that you eventually begin to believe them. As a wise man once said, what you believe you become.

*Yo'vella is a Boyle Street resident who writes, hosts a roots music radio program, and studies theology.*

## What Does Homelessness Look Like?



Sometimes, like this. Not all homeless people live on the streets. They sleep on couches or floors. They go to work or to school. They have jobs and responsibilities - but no place to call home. Governments, community agencies and the Edmonton Joint Planning Committee on Housing are working to help. So can you.



Homelessness. To help call



# Heart of the City Festival

## NEW BOARD PUMPED ABOUT PROVIDING A VENUE FOR EMERGING GRASSROOTS MUSICIANS AND VISUAL ARTISTS

**Kris Hodgson and Lorinda Peel •** As the fourth annual Heart of the City Festival approaches on June 9, a new, invigorated board is enthused to be at the helm of an exciting free, family event that kicks off Edmonton’s summer festival season!

“This is a free event, held in the downtown area, that is phenomenal because it promotes originality and new talent. We select artists and musicians who are connected to the inner city and haven’t necessarily had the chance to perform or showcase their art before. I’m all about providing a venue to support those who struggle to be noticed in the turmoil of the industry. When you come to this festival you can expect to see a variety of acts going on, there may be some familiar names and faces, and there will also be the unknowns...it’s a great way to get connected with this community,” said chair Lorinda Peel.



Over seven hundred people enjoyed a beautiful day in the sun last year at the Heart of the City Festival. Organizers are hoping more people check out the free, family-oriented festival this year on June 9 in Giovanni Caboto Park.

The festival is held in Giovanni Caboto park, located in Little Italy at the corner of 95th Street and 108 Avenue. Walking into the grassy area, you’ll see large tents; there are two stages for the musicians to provide non-stop entertainment, and also tents featuring visual art and crafts as well. There are also craft areas for your kids to enjoy where they can participate in creating art and get their faces painted too. All artists showcasing and selling their work receive one hundred percent of the profit. This festival is aimed at supporting the artists and musicians involved.

### The New Board

This new board stepped up to the plate due to a long-standing friendship between Terri Rambold (previous board member and music coordinator) and this year’s new chair, Lorinda Peel.

As the former board was looking to step away from the project, Terri proposed the project to Lorinda, who is involved in the arts and culture sector. And about six months ago there was a changing of the guard. Lorinda mentioned the project to her boyfriend, Kris Hodgson, who had participated in the festival last year as a musician. Kris was excited to be a part of the amazing opportunity and be a part of the creation of this event. He has a background in marketing that is helping to raise awareness for the festival. Lorinda also told her friend Katrina Bray about it. Katrina is a non-profit advocate who recently formed her own collective, Hands To Hold. She was working with Lorinda Peel at the John Humphrey Centre for Peace and Human Rights and saw there was a fit. Last but not least, Kris recruited his musician friend Mike McClocklin to head up the music coordinator position this year. Mike has been

contacting bands and attending shows in Edmonton’s inner city to find musicians who represent the community.

“After attending the festival last year I really wanted to be involved because it supports emerging artists and musicians and the chance came along. Now we are excited to bring as much energy as we can to the event and attract more audience members out to this hidden gem,” said Peel.

Still on board and very active is Darlene Arsenault, who is coaching from the sidelines and doing a phenomenal job. Darlene’s strong connections to inner city Edmonton has been instrumental in continuing long partnerships including The Red Strap Market, Edmonton Folk Music Festival, and several downtown businesses in the area. Darlene continues her volunteer coordinator position, but she also wears many hats and is a great resource for the new board members.

For more information on the Fourth Annual Heart of the City Music Festival, check out [www.hotcmf.com](http://www.hotcmf.com) or phone Kris Hodgson at 965-6129 about how you can get involved.

Music auditions took place April 19 and 21 at the Boys and Girls Club next to Giovanni Caboto Park, but the festival is still open to finding more musicians. If you are interested, please phone Mike at 975-8791.

So, mark June 9 on your calendars and come on out to experience the dynamic and eclectic range of music and art that inner city musicians and artists are creating on a daily basis. The festival runs from 11 a.m. to 10 p.m., and features music of all varieties and performers of all ages. You don’t want to miss this free event!

*Kris and Lorinda are Heart of the City board members.*

# Boyle Street Community League Update

**Joe Cloutier •** Good Friday brought The Way of the Cross to the Boyle Street Community League Hall. The day ended with a final prayer and a powerful statement by close to one thousand people concerned for the welfare of community members struggling to make their way in the midst of an unprecedented economic boom. Their hymns and prayers reflected a deep concern for Boyle Street residents who could be displaced by future development. The hope for something better is shared by many of the young people who come to the Community League Hall every day. Thank you to everyone who took part in the Way of the Cross.

*Joe is the President of the Boyle Street Community League and the Principal of Inner City High.*

## Something Funny

with Isabelle Foord

I finally found a diet that works. I live on eggplant and watermelon. I leave the skins on. I found a low carb potato. It’s called a smaller potato.

I’m aging pretty well. I like grey hair – on other people. I’ve checked out anti-aging treatments. There’s collagen, which puffs your face up like a blowfish. It gets rid of wrinkles. It works. Have you ever seen a blowfish with wrinkles?

*Isabelle is a retired writer living in McCauley.*

# Espresso Expressions

**Tola Adeshina** • Every Tuesday you can find Second Cup on Churchill Square strumming with a palette of amazingly talented performers doing their thing in front of an open mike. Several blocks from Boyle Street and McCauley, the café sits on the corner attached to the Stanley A. Milner Library. Its exterior reveals little, and if you were to walk by late one Tuesday evening you might mistake the crowd as late night coffee addicts. But how wrong you would be!



Tola at Second Cup.

If you were to just step in, you would find it to be a haven, a retreat from your long day. Let yourself be drawn in by the atmosphere. The interior decorated in seasonal colors of spring and summer warms you up while the long, cold winter we just experienced might have broken your belief in Mother Nature’s pleasures. The music is vivid and enlightening with its talented community of artists. These performers sing songs both new and old, sparking flares of energy and life to days of grey skies, snow covered trees, and dead grass.

If you are looking for a cool place to hang out, I urge you to come to Second Cup at Churchill Square. It might just provide the spark of energy that gets you through the days ahead.

*Tola is a McCauley resident and aspiring writer who is also a Barrista at the Churchill Square Second Cup.*

# TRAVEL NOTES

**Vikki Wiercinski**, BMC News’ graphic designer, is traveling abroad for the next few months. Currently, she is in Belfast, Northern Ireland.

**Vikki Wiercinski** • Greetings! I don’t often write for the paper, but this little travel section seemed like the perfect opportunity to let the community know a little about myself and let you all share in my own new beginnings as I travel Europe for the next few months!

A few weeks ago, I went to the very northern tip of Ireland and hiked to a place called the Giant’s Causeway, which is an area of about forty thousand interlocking basalt columns. Some are over twelve metres high! Legend has it that the Irish giant Fionn mac Cumhaill (Finn McCool) built the causeway to walk to Scotland to fight his Scottish counterpart Benandonner.



The view on the way to the Giant’s Causeway.

The site is truly spectacular! The hike to the Causeway from where I was staying was twelve miles along the cliffs of Ireland, and there were some incredible views. There was the ocean to the right of me, and to the left, endless green fields filled with sheep grazing. The sky was an amazing blue colour, and I really felt like I was on the edge of the world. A picture can only say so much, but here it is!

If you would like more information on the Giant’s Causeway, Wikipedia has a great article on the rock formation at [http://en.wikipedia.org/wiki/Giant's\\_Causeway](http://en.wikipedia.org/wiki/Giant's_Causeway). Happy travels, and see you next month, when I think I will tell you about life in Belfast, Northern Ireland!

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# Learning for Life

Joanne C. McNeal

**Never Stop Learning!**

Going back to school is one way to create new beginnings. Education can help you open new doors, find opportunities, work toward a first career after high school, get a better job, learn new skills, or change careers. Education is often the key to a beginning a new phase in your life, and it makes you stop and think about where you are and where you want to go.

Even if you didn't finish high school, additional schooling or informal learning can help you build the confidence you need to succeed in a new job or career. Don't ever let yourself be bored with life or a job—find a way to renew yourself by learning something new and create your own new beginnings! Here are some examples for various age groups.

**Spring Classes at the U of A for Older Adults**

Florence Miller, a McCauley resident, told me about the Spring classes at the University of Alberta, and MacEwan. Florence continues to participate in both. The classes at the U of A are held in cooperation with the Edmonton Lifelong Learners Association each year. Together, they sponsor a Spring Session of programs for Older Adults. This year it is being held April 30 to May 18, and anyone over fifty can take these classes, which run all day for three weeks. Optional choices include Arts, Fitness, Sciences, Writing, History, Politics, Film, and Health, taught by local professors and experts.

Florence says there are noon speakers, and, "It is really nice to be with people who are interested in learning. It's very stimulating; they all have interesting lives, and we share photos of grandchildren. You make new friends, and I feel much more alive and challenged. I'm looking forward to Spring and Summer." At the end of the three weeks there is a dinner with entertainment. What a great deal! You first must be a member of the Lifelong Learners Association (\$20) and you will get the brochure for next year. There is a set fee for the three weeks, and partial bursaries are available. For more information contact 492-5055, or go to [www.extension.ualberta.ca/ella](http://www.extension.ualberta.ca/ella).



Florence Miller

**MacEwan Spring/Summer Programs for Adults**

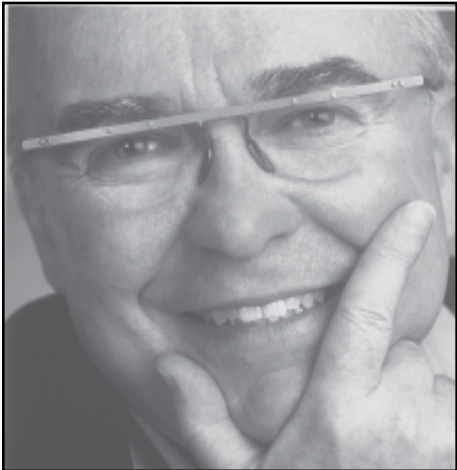
MacEwan also has a Minerva Senior Studies Institute in the Spring and Summer, which includes one-day or serial classes or seminars on a wide variety of topics. Any adult over fifty can take these classes. There is also a Tea Garden once a month, and special events such as "The Myths and Realities of Aging" held on Thursday June 14, 1:30 to 3 p.m. All during Spring and Summer, classes are held and are either free or require a fee. A Monday Presentation series offers the chance to hear well-known speakers talk on their area of expertise, such as Anne McLellan, for a fee of \$14. There is also a Walk About Series which tours places like the Legislature and the Edmonton Queen Riverboat—each have different fees. You can get on the mailing list and receive the latest brochure by going to [www.minerva.macewan.ca](http://www.minerva.macewan.ca), or calling 497-5082.

**NAIT Classes**

NAIT offers various adult classes, which have associated fees. Go to [www.nait.ca](http://www.nait.ca) or call the registrar at 471-6248 for more information.

Joanne C. McNeal is a retired educator and college administrator who lives in McCauley.

# Community Pride



**MICHAEL PHAIR**  
**COUNCILLOR, WARD 4 •**

As Spring is finally here, now is time to get outdoors and enjoy our historic neighbourhoods. The birds are making nests, a few flowers are poking up, but we see some unfortunate results of human activity that need to be cleaned up before we can really appreciate our community to the fullest. To help us do that more completely, the City has a Capital City Clean Up program that a lot of folks have found a fun and very effective way of getting a much nicer neighbourhood to enjoy.

The Capital City Clean Up is a litter prevention program to help keep our neighbourhoods clean and attractive for the Spring, Summer and Fall months. Residents, businesses and non-profit groups are working together to make the city shine. Some said, "When we were out picking up litter, we noticed it had a contagious effect on others who see us. If everyone just picks up one piece of litter that would make a huge difference." Many blocks are feeling very successful. After the big intensive early Spring push, their weekly cleanups are only taking a few minutes. The block looks much better, reminding us of the pride we feel in our community. The program has three main components – substantially more street cleaning and litter pick up in business districts, major roadways, and entrances to our city; a volunteer component for residents and businesses to help out; and, a comprehensive public education plan aimed at litter prevention. The City of Edmonton believes that litter reduction and prevention needs to be seen as not just a city responsibility, but

a shared responsibility with the community-at-large. Sometimes littering is accidental, but in most cases it's intentional and preventable. Reasons for littering vary: not enough garbage cans in public places, more fast food packaging and busier lifestyles, weather conditions, businesses not emptying their bins enough, lack of awareness of environmental, health and safety hazards, and not realizing that cigarettes butts, gum, and food scraps are in fact litter. Others believe that litter attracts litter and if streets, neighbourhoods, and public places were clean, they would think twice about littering.

How can you get involved? There are several, annual spring cleanup events under the Capital City Clean Up banner including the Adopt-A-Block program, the River Valley Clean Up, the Great Canadian Shoreline event, Adopt-a-Road, the West Edmonton Litter Free program, and Pitch-In Canada's schoolyard cleanup. All of these events are supported by the City of Edmonton.

Under the Adopt-A-Block program, residents and businesses volunteer to become Block Captains. Captains adopt a block around their home or business, or any area that needs sprucing up. Block Captains agree to keep their adopted area clean for sixteen weeks, starting April 30 to August 19. Captains will be provided with a cleanup kit including gloves, bags, volunteer record book for tracking hours and bags collected, window participation decals, and safety guidelines. Captains are also responsible for recruiting their own volunteers if needed, with all participants being recognized by City Council at the end of the program. How do volunteers sign up? Phone 944-5470, or e-mail [capitalcitycleanup@edmonton.ca](mailto:capitalcitycleanup@edmonton.ca)

Or, you can always e-mail me at [michael.phair@edmonton.ca](mailto:michael.phair@edmonton.ca) or phone 496-8146.

## CALLING ALL SHUTTERBUGS!

BMC NEWS is looking for volunteer photographers! Send us your photos of life around Boyle Street and McCauley, or email us and we'll send you on assignment!

This is a great chance to have your published photos and help show a unique view of your own neighbourhood. Email us today at [boylemcnews@gmail.com](mailto:boylemcnews@gmail.com) for more information.

# Around The Neighbourhood

## CHURCH & AGENCY SERVICES

### BISSELL CENTRE 423-2285

Adult Cooking Classes  
Thursday afternoons  
Beadwork class  
Monday mornings  
Wednesday nights at 6:30pm  
Movie Night  
Wednesdays at 7pm (drop in)  
Women's Health Group & Lunch  
Wednesdays at noon  
Hep C Peer Support  
Thursdays at 2:30pm  
Coffee House  
Dinner, music and open stage  
3rd Tuesday 6:30pm at the Dr

### BOYLE MCCAULEY HEALTH CENTRE 10628 - 96 St. Monday - Thursday 9am - 9pm Friday 9am - 4:30pm Saturday 9am - 12:30pm

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 1-3pm  
Dental and Streetworks during  
clinic hours.

### BOYLE STREET COMMUNITY SERVICES 10116 - 105 Ave. 424- 4106 Monday - Friday 8:30am-4:30pm

Youth Drop-In  
Wednesday 4 - 7pm  
Adult Drop-In  
Thursday 4 - 8pm  
Community Soup Line  
Monday - Friday at Noon  
Housing Workshop  
Every second Wednesday  
Income Taxes  
March 7 - April 25  
Tuesday 10 - 4pm

### COMMUNITY OF EMMANUEL Worship Services and Sunday School

Sunday 11am at Bissell Centre  
Lunch follows

### EDMONTON INNER CITY VICTORY CHURCH 10665 - 98 St 424-4803

Worship Service  
Sunday at noon  
Praise & Prayer  
Tuesday 6:30pm  
Men's Bible study  
Wednesday 6:30 pm  
Where It's At Coffee House  
Friday 7-10 pm

### ST. PETER'S LUTHERAN CHURCH 9606 - 110 Ave. 426-1122

The Rock Community Breakfast  
Tuesday to Thursday 7 - 9am  
Kid's Club  
Monday 6 - 7:30pm.

### SALVATION ARMY 9611 - 102 Ave. 429-4274 Men's Residence, Anchorage Addic- tion & Rehabilitation

Chapel  
Edmonton Central Community  
Church 11661-95 St  
Monday to Friday 8:30 - 8:45am  
Sunday 6pm  
Soup Line  
Wednesday 2:30 - 3:30pm

**SOCIETY FOR METIS  
LITERACY HELPLINE  
10865 - 96 St  
444-1234**  
Assists individuals and families with  
referrals and resources. Planning  
and action circles on Aboriginal/  
Metis/Inuit issues.  
Thursday 7pm

### WECAN (CITY CENTRE) FOOD CO-OP CALL DAN AT 424-2870 \$12 / meat order \$8 / produce order

Deadline is 1st Friday of month.  
Annual Co-op membership: \$5.

### WOMEN'S HEALTH CLINIC Thursday 5pm at Boyle McCauley Health Centre. Supper and guest speakers.

### The Mustard Seed 10635 – 96 Street Phone: (780) 426-5600

Sunday Worship Service (Sun. 3-4  
pm)  
Evening Meals (Mon. to Fri. 7-8  
pm, Sat. 5-6 pm)  
Personal Assistance Center (Mon.  
and Fri. afternoons 1-4 pm, Tues  
and Thurs. evenings 8-9pm; eve-  
nings are for students and  
dayworkers only, please.  
Food Depot (Tues. and Thurs.  
afternoons 1-4 pm, Wed evenings  
8-9pm; evening times are for  
students and day workers only  
please)  
Drop-in Coffee (Mon. through Fri.  
afternoons 1-4 pm, closed the last  
Wednesday of the month)  
Community Activities (Wed. after  
noons 1-4 pm and every evening  
following the evening meal)  
Regular recreation activities  
include:  
Movie Night (Fri. 8-11 pm)  
Hockey Night in Canada (Sat. 6-11  
pm)  
Get involved. The Mustard Seed is  
always looking for volunteers.  
For more information call The  
Mustard Seed at (780) 426-5600  
or visit <http://www.mustard.ab.ca>

### NICOTINE ANONYMOUS Rick 474-5593 Gwynn 443 3020 Support for smokers who are trying to quit. Call Nicotine Anonymous.

### SACRED HEART CHURCH OF THE FIRST PEOPLES 422-3052 for further info on any of the below programs. Eucharist is held each Sunday at 10am, 11:30am and 7pm.

Bimonthly programs available to  
prepare parents for their child's  
Baptism, First Communion and  
Confirmations.

Traditional Native Wakes, in First Na-  
tions, Metis, and Inuit traditions.

AA meets in the Parish hall.

Eating Disorder Group meets each  
week.

WhiteStone 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.

### BECOME A MENTOR AT NORWOOD SCHOOL At Norwood School there are many students wishing and hoping for a Mentor. If you would like to become part of the magic of the Partners For Kids program by becoming an In-school Mentor, please begin the enrollment process by calling, email ing Leigh Roy ([leigh.roy@epsb.ca](mailto:leigh.roy@epsb.ca)) or dropping by the Reading Room at Norwood School 9520 111 Avenue.

### AISH NETWORK OF ALBERTA SOCIETY (780) 482-8921 Need sponsors and members (AISH recipients pay NO membership fee). Please contact us at (780) 482- 8921 for more information.

### C.A.P. HEAD START PRESCHOOL NOW ACCEPTING REGISTRA- TIONS FOR 2007-08 SCHOOL YEAR. C.A.P. (Children and Parents) Head Start is a free Early Childhood Preschool Program for children, aged 3 ½ to 5 years, from low income families living within the area between Jasper Avenue and 124 Ave. and from 109 St. to 82 St. C.A.P. Head Start helps children develop the skills needed to be successful in School and in life. C.A.P. Head Start is located at 11035-92nd Street. We operate two half day classes in the morning and two half day classes in the afternoon on Mondays to Thursdays, during the school year. We also have a full day Kindergarten. With the wide variety of cultural backgrounds enrolled in the program, we strive to build ethnic pride and multicultural awareness. Many of our families and children don't speak English when they start with us, so we also help them to understand and speak English. For more information and to arrange for interview, please call 422-7263 and ask for an outreach worker.

### NETWORKS ACTIVITY CENTRE (780) 474-3363, extension 302 Volunteer! JOIN OUR TEAM!

Networks Activity Centre provides  
a safe, supportive environment for  
adults with brain injury that pro-  
motes an active lifestyle through  
opportunities for social interaction,  
physical activity, and community  
involvement. Volunteering with Net-  
works 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,  
extension 302 or email Darlene  
Arseneault, Program Coordinator,  
[da.nac@telus.net](mailto:da.nac@telus.net)

Board Games wanted. Call Dan at  
424-2870

## COMMUNITY EVENTS & ACTIVITIES

### FREE GUITAR LESSONS NOW AVAILABLE! Every second Friday 9624 - 108 Ave Sacred Heart Centre Basement Sponsored by McCauley Community League & Edmonton City Centre Church Corporation. Call Dan for more info at 424-2870.

### HEART OF THE CITY Steering Committee Needs Members The 4th Annual Heart of the City Festi- val needs you! Some of our treasured Steering Committee members have moved on. One has a new baby, one is moving, and one is just plain tired. We are looking for three new members of the steering committee for Heart of the City Festival. If you're interested, please call Darlene at 424-9672.

### Do you want to improve your reading, writing or math skills?

Call The Learning Centre at  
429-0675.

### Free Adult Drop-In Art Classes Come join us Wednesday Evenings From 7-9 pm in the basement of Sacred Heart School (use the east door directly behind the Vietnamese Church). Heather Shillinglaw from Harcourt House is the instructor and teaches all kinds of fun and unusual techniques with mixed media. No experience necessary. Classes run until the end of June. Questions? Phone Grace @ 421-4363

### Parent Talk, A Program of Boys' and Girls' Clubs of Edmonton Weekly peer support group offers you the support, tools and informa- tion to more effectively parent your children. Drop in, no cost, light meal, and childcare provided. Transportation assistance available. McCauley Youth Centre, 9425-109A Avenue, Tuesday evenings 6-8 pm. Call 481-1292 for more information.

### FREE - Soccer Program (INDOOR) for Boys and Girls. Ages: 2 to 12 Years

Saturdays: 10:30am - 12:00 Noon  
Start Date: November 4th, 2006 - June 9th, 2007.  
Location: Sacred Heart, School Gym. (please enter at the East side entrance of  
the School). Address: 96 Street 108 Avenue (McCauley Community). Introduc-  
tion to basic soccer skills by renowned FIFA Soccer Coach, Tony Wallace. For  
more information phone Tony @ 420-0760 for a Healthy Sport.

### Edmonton Social Justice, Activist Contact & Resource Handbook

Now available: The Handbook is an essential publication for any  
Edmonton activist. It includes contact information and websites for  
local activist organizations and a comprehensive bibliography of books  
and videos available at the public library to raise awareness of  
global activist issues. 32 pages, only \$2.00. Published by the  
Edmonton Small Press Association. To find out how to get a copy,  
visit <http://activistresources.raisemyvoice.com>.

### Become a yoga instructor • Weekly workshops with a senior Yoga Association of Alberta instructor Wednesdays 7:30 to 9:00 p.m. in McCauley. Call Linda at 428-0805.

### Invitation to a free concert • Tempo (The Edmonton Medical Professionals Orches- tra, with a few teachers also playing) Sunday, June 10, 3 p.m. Directed by Richard Caldwell, of the Edmonton Symphony at the Glenrose Hospital Auditorium.

### NFTW Fair Trade Fair & Film Festival • In celebration of National Fair Trade Weeks 2007, the Edmonton Small Press Association presents the 4th Annual Fair Trade Fair & Film Festival. Time & Location: Saturday, May 19, 2007 from Noon - 6:00 p.m. @ TransAlta Arts Barns (Fringe Theatre Adventures), 10330 84 Ave., Edmonton. Featur- ing: An all-day Fair Trade & Info-Fair represented by dozens of artisans, non-profit orga- nizations and independent ethical businesses who work towards increasing awareness about the Fair Trade movement and economic equality, plus three extraordinary films: *Black Gold, Maquilapolis (City of Factories), and Working Man's Death.* Free admission to fair, \$5-\$8 suggested donation for films (sliding scale); free admission to low-in- come. See [www.edmontonsmallpress.org](http://www.edmontonsmallpress.org) for details.

### Attn: Métis and Other Indigenous Women NAIT training in administration, human resources, microcomputers & accounting. Funding is available for living costs & tuition. Phone 471-7587 by Aug. 8. For more info, go to: [www.nait.ca/asokan](http://www.nait.ca/asokan)



**PETER GOLDRING**  
Member of Parliament  
Edmonton East

## Good News For Seniors

Senior citizens are the fastest-growing group in Canada, a vital  
part of our society. Canada's New Government is delivering on  
its promise to support seniors through the New Horizons for Sen-  
iors Program, encouraging seniors to use their skills and experi-  
ence to make a difference in their communities.

The program funds a wide range of non-profit activities led by  
seniors, such as volunteering, outreach, mentoring and teaching  
to benefit their communities. We recently announced almost \$14  
million for 775 New Horizons for Seniors Program projects  
across Canada. In Edmonton groups taking part include: Meals  
On Wheels, the Edmonton Korean Seniors College Society, On  
'R' Own Home Society, Ital-Canadian Seniors Association, Mill-  
woods Council of Community Leagues, Alberta Caregivers Asso-  
ciation and Hakka Tsung Tsin Association of Edmonton.

Fulfilling an election promise, we are creating a National Sen-  
iors Council to advise, study and report on current and future  
issues affecting seniors.

We are also working hard to help seniors financially with tax  
relief. The Age Credit Amount has been raised by \$1,000 to  
\$5,066. The pension income credit has been doubled to \$2,000.  
That puts almost \$900 million back in the hands of seniors over  
the next two years and removes 85,000 pensioners from the tax  
rolls. We have introduced pension income splitting - good news  
for seniors.

We are increasing the maximum Guaranteed Income Supple-  
ment benefit, assisting more than 50,000 seniors; we have pro-  
posed legislation to make it easier for seniors to apply for and  
receive that Supplement; and we are increasing the Refundable  
Medical Expense Supplement tax credit by more than  
30 per cent to \$1,000.

Canada's New Government is delivering tax relief to seniors  
and to all Canadians and expanding opportunities for seniors to  
stay active in the community.

I'm proud to belong to a government that's getting things done  
for seniors, who worked hard and sacrificed so much for this  
great country.

What do you think?

**495-3261      [www.petergoldring.ca](http://www.petergoldring.ca)**

# Spring and New Gardens!

**Joanne C. McNeal** • It's finally Spring! So, it's time to begin gardening anew! The people in this area have wonderful gardens full of veggies and great things to eat. Many gardens are truly inspiring with their tall poles to support beans, tomatoes, peas, and all manner of vegetables. Many streets have huge trees, which provide shade when the sun is hot in the summer. Lots of homeowners take great pride in their yards, which are full of flowers and other plants. Edmonton is a good place to grow wonderful gardens because we get so much sun. Spring is a wonderful time of year when the renewal of plant life springs forth and the growing season starts all over again. That's what gives us hope!

When I bought my old house last year, the yard had not a single plant or tree—just oily gravel from parked cars, and some patchy grass. The good thing was that it was a 'clean slate,' so to speak. I could landscape the yard into whatever I wanted. What a joy—but where to start?



Tulips I planted from bulbs that I brought back from Amsterdam a year and a half ago.

What luck! I got some great bargains on trees and shrubs! I made some big mistakes in my rush to get things in the ground, however, by planting things too close together. Sometimes I read the fine print long after I planted things, and discovered that I had put something in the wrong place. When a plant is small is so hard to visualize it in its maturity!


I have some great gardener friends who reassured me that I could always move things later if needed. And so I did. While it is not ideal to move things, plants can be 'forgiving,' so I took heart and got better at



This is my front yard in the Fall.

reading directions before I planted things. By the end of the summer, I had built a cedar fence around the backyard, and created a number of raised beds with alternating colours and types so the foliage would look good year round. I eventually planted eleven trees and many shrubs, perennials, and some annuals. In late Fall I planted a number of bulbs which I hope will come up and bloom this Spring. I found the joy of gardening very rewarding and relaxing.

I learned a lot landscaping my yard last year, and I have lots more to do. I am learning from my mistakes, and am hoping that this year I will be able to expand on what I started and plant even more wonderful plants and flowers. What a joy to plant something, and watch it grow and bloom. Gardening is an ever surprising and hopeful renewal of life.



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