

# Neighbour

May 2014 • Issue 20

Serving the Kensington-Cedar Cottage community

## OUR 20TH EDITION !

Midland Liquidators  
Making a Difference

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## Celebrating Volunteerism



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# Volunteers of KCC Newspaper

■ Donna Chang, Executive Director

"This is a community newspaper designed to bring neighbours together, to inspire people to think and to encourage people to participate in their local neighbourhood."

The KCC Neighbour is all about community. It is about showcasing our thoughts, our talents and our troubles. It is about the life in our neighbourhoods. We came out of doing the premiere edition so pleased with ourselves and yet frightened about our ability to continue. We took just long enough to celebrate at the Cedar Cottage Neighbourhood Pub and then we began talking about the second edition. What should be in the paper? Who should be included in the paper? How will we pay for the paper? In amongst all the good intentions, we made some mistakes. The delivery to houses was less than perfect and we still have some challenges. A special

thanks to all the wonderful volunteers who have worked tirelessly and continue to make this paper happen.

We believe we have created a community newspaper which is different and will always be about the people and the richness of the stories of Kensington/Cedar Cottage.

We want the paper to be inclusive, to push people to get involved and most of all to help build a strong and caring community.

We invite you as our neighbour to continue enjoying reading this paper and see yourself in its future. The next edition will be out in November 2014. Help us to build the future of this paper. Think about the ways you can help. Contact [ccnh@cedarcottage.org](mailto:ccnh@cedarcottage.org). Here are some wonderful ways some of our volunteers feel about the KCC Neighbour and their involvement.



John Wong, Heather Legal, Kelly Woods and John Buckberrough. See p. 8 for a list of our volunteers not present



## Peter Wohlwend

### Define your neighbourhood or community.

The Dickens community is very cohesive, connected, multicultural with friendly & some amazing people. We have wonderful Schools (Dickens Main & Annex) & some very good businesses.

### How has the community changed since you've been here?

The Dickens community has experienced a big reduction in crime. Lots of community initiated projects have enhanced our community - i.e. Blooming Boulevards along Windsor street, Murals, Street light pole Banner project on Windsor street as well as community concerts. There was an incredible change in demographics with many young professional couples with children moving in to our neighborhood.

### What are some of your favourite activities or memories from KCC?

Working with some exceptional people on this community-building neighbourhood paper

### What other places do you volunteer your time with and what motivates you to stay involved?

I volunteer in our community and the reason is a very selfish one - I want to live in a good neighborhood, therefore I volunteer my time to hopefully make it better. It also helps to get to know you neighbours in the community.

### What would you tell someone who is thinking about volunteering?

We have to think beyond our front yard. If everybody volunteers just a few hours a month for a common cause in our community you not only help your neighborhood but mostly yourself.

### How would (someone) describe you?

I do not know.



## Heather Legal

### Why do you contribute to the KCC Neighbour?

When my children were small, I felt the need to reach out and engage in something other than growing little people. Working for the paper fulfilled that need and more. Six years later, volunteering here continues to connect me to amazing people, places and events that make the neighbourhood so vibrant and diverse.

### What do you think is achieved through the paper?

I think the paper serves to connect people to their community, sometimes in a live-saving sort of way. It informs, and also shares the heart, work and innovation that exists here in spades.

### Why should people volunteer for the KCC neighbour?

People should volunteer for the Neighbour because it's fun, you get to know a cool group of volunteers, and learn some new skills. Or share yours! Yes, please!

### What makes you special?

Hmm. I can't answer this one. I'm a wiz with a red pencil?

### How has the community changed since you've been here?

I now have my pick of several awesome

cafes, I can walk to a grocery store and a nice big library. New recreation centres and school playgrounds abound. What hasn't changed is the strength of neighbourhood friendships. Being here has taught me how a village raises a child (and keeps a parent sane) and how lucky I am to know such caring families, many of whom I have met through volunteering. From preschool through to high school, we have supported one another and hopefully have shown our kids (and learned from them!) what strong community means.

### What other places do you volunteer your time with and what motivates you to stay involved?

I volunteer at Tecumseh Annex School, where my kids have gone since 2006. I'm motivated to continue volunteering because of the other parents I've met there, the rewards of supporting kids, and giving back to the teachers and staff there. Not only have these educators given my children an incredible start in their educations, but they are a brilliant, dedicated team that support our community in innumerable ways. My last child will finish there in spring 2015, but I hope I will continue to volunteer in some capacity there.

# Volunteers of KCC Newspaper



Lilli Wong

**Define your neighborhood or community.**

Our community is a great place that has really kept its grassroots feel and takes care of its neighbours. My kids play outside, walk to school and love their friends. I love this place too.

**How has the community changed since you've been here?**

There are constantly new families coming into the neighbourhood and getting excited to be here. With a lot of older neighbours, there is a pride in what the area is and how they've grown up here. I'm excited other families are getting a chance to enjoy it too.

**What are some of your favourite activities or memories from KCC?**

I love all the block parties and they've been extra special to enjoy while taking my daughters to them to meet new faces. I have a lovely memory of just me and my oldest daughter at Trout Lake enjoying a sunset by the beach and listening to a salsa concert.

**What other places do you volunteer your time with and what motivates you to stay involved?**

As an artist and designer, my favourite ways to help is by beautifying the community. We've had a long history of

Fraser Street banners that I've been involved with. I love the murals that I helped install along Fraser. I also really enjoyed researching and putting together historical signage in the area about landmarks that people might not know about. <http://vancouverstreetstories.com/>

It just gives you a good feeling to know your neighbours and know that you helped make the area better for them.

**What would you tell someone who is thinking about volunteering?**

Do it! There's something exciting about volunteering no matter what type you do. I always enjoy new life experiences and meeting people. Volunteering is great for anyone. You meet interesting folks, learn new skills, learn about other people and most of all feel great about your contribution. There's a lot of pride in that.

**How would (someone) describe you?**

I think busy might be a good word. I've got the kids to keep organized, while juggling work and volunteer commitments. I know I have a lot of skills that people could use and sometimes I find it hard to say no. On the other hand, they could also say I'm pretty happy and satisfied with where I am in my life and that's a good balance.



Raymond Morgan

**How long have you lived in the Kensington/ Cedar cottage neighbourhood?**

I have lived in the neighbourhood since my daughter was just a girl.

**What attracted you to get involved with the KCC Newspaper?**

My emotional involvement moved me to start volunteering. Concerning the newspaper: gaining experience by putting a friendly paper together, learning the software involved. The experience that I got led to positive things in my work life.

**What do you like the most about volunteering in the KCC Newspaper?**

Print day. When all the work that all the volunteers did came together in a goal-

reaching climax.

**What is your favorite place in KCC?**

The plethora of coffee shops that populate roadways in between store fronts and thrift shops.

**What was your favorite previous KCC story and why?**

The old time styled paper we worked on. We changed all the fonts for just one issue to replicate an 1910 paper at the time. Things like dirt roads and general stores. Fishing at Trout Lake and even skating at trout lake. Being part of something meant the same thing then as it does now. We just have skytrains and electric cars bringing people together now instead of trams, horse drawn carts.



John Wong

I caught the layout bug in high school where I helped set up the school yearbook for three years including a stint as head editor in my senior year. My science teacher, Mr. Hankey, introduced me to the idea and I have not looked back since.

After high school I volunteered on several newsletters and publications for some of the social clubs I had joined at UBC including several issues of Horizons SF, a literary magazine for the UBC Science Fiction Society.

I was very fortunate to have had the opportunity to work on several issues of Pacific Rim Magazine. It was my first experience working on an actual professional glossy magazine distributed annually by the Financial Post. I worked on the very first issue and even had a hand in writing a cultural article in it about Japanese animation. I was involved in several issues of the magazine and was happy to see that it is still being published today.

Many of my friends were involved with a local social group who put on a science fiction convention (VCon) so I joined in on the fun by publishing their newsletter for three years. It was during this time that I brought issue 300 of the zine into the modern era by offering a cost saving digital download edition as an option for the first time with colour being introduced a few issues later. In my last year there, I designed the program book for the convention doing some of my best work to date.

It had been many years since I had a hand in a publication. When I was asked to help with this newspaper, I jumped at the opportunity to get my hands dirty once again.

# Volunteers: Building Our Community

■ By Don Davies, M.P. Vancouver-Kingsway



Volunteers are an essential part of our neighbourhood here in Vancouver Kingsway. Our community office is more productive and better organized thanks to the volunteer support we receive on an ongoing basis. Each year our office puts on a number of community events that require not only a great deal of advanced planning, but also a large amount of support on the day of the event to create a memorable experience for everyone attending. Whether it is booths at festivals, community issue town halls, or going door-to-door to speak with neighbours, we count on the support of the residents here in Vancouver Kingsway. One of the most visible examples of this community spirit can be seen

at our Annual Community Barbeque that takes place at Slocan Park. It requires the assistance of over 30 people to put on the event, and last year we served over 1000 residents! Volunteers help with everything from planning and preparation, to serving hot dogs and drinks, to staying and cleaning up until Slocan Park looks as neat and tidy as we found it. Above all, these folks take on the tasks with a positive energy that is both contagious and welcoming for everyone who stops by for the afternoon.

The hard work of our volunteers is also evident when you visit our community office. We have a number of young, passionate students and folks of all ages who

take time out of their already busy schedules to help out with tasks such as filing, data entry and answering phone calls. They also help with preparing large mailings and organizing special events like our Holiday Open House. Throughout all, these vibrant, positive volunteers bring our community into our office and make us better able to serve. We have such a large number of volunteers that it would take an entire page of the KCC Neighbour to list everyone. Without a doubt, each volunteer is an essential part of our Vancouver Kingsway team and we are very grateful for their support. So, on behalf of our Community Office – a huge thank you to all who volunteer in our community!

## Midland Liquidators: Business, Volunteerism and Philanthropy

■ Frankie Kirby, Community Resident

Midland Liquidators has been a retail mainstay in our neighbourhood for almost thirty years. But what many people do not know, is that there is a lot more to this business than flashlights, screwdrivers, wrenches and tarps.

Saturday April 30 marked Midland's 30<sup>th</sup> anniversary in KCC. Ken McAllister, owner-operator of Midland says that the store is quite different than the one that started 30 years ago. At that time it stocked a myriad of general items, and everybody shopped there. (In fact I still have the two canvas directors' chairs I bought there at least fifteen years ago.) Today, it is a "guy's store". Most clients are people working in the construction, roofing, landscaping and home renovations business. About 80% of customers are men. As Ken says - if a guy wants it, we probably have it.

While Midland has remained in business for 30 years, many other comparable businesses have come and gone, along with a whole generation of people. I ask Ken the secret to Midland's longevity. As a customer myself,



I know that whenever I visit the store staff are welcoming and friendly, but the answer is so much more than that. Midland's philosophy is one

of overwhelming people with customer service. And a critical key to the company's success lies in its mission statement: "to care for our customers, to care for each other, to care for our business, and to honour God in everything we do." While the neighbourhood and clientele has changed greatly over the years, Midland has always been guided and operated by these principles.

When I ask Ken about competition from larger chain stores, he says that he does not consider any other store to be his competitor; Midland simply does what it does really well. Many of Midland's staff are long-term employees, some of whom became employees as a result of Ken's and Midland's involvement in charities in the downtown east side. One such organization is Mission Possible which teaches people how to work and become employed. Many of its clients

have been either unable to find a job, or have not worked for a long time.

In addition to his involvement in Mission Possible and the Union Gospel Mission, for the past sixteen years Ken has worked with Hope for the Nations, a charity that runs programs in Liberia and the Ukraine. Ken and his wife travel to Liberia every year where his organization works with malnourished children and orphans, in addition to running a school for 400 students. In the Ukraine, Hope for the Nations assists and supports orphaned children with a variety of programs. Slava, one of Ken's employees, works closely with Hope for the Nations in the Ukraine, where the organization has established Destiny Centres at the orphanages which teach life skills, and ultimately job and technical skills.

To celebrate Midland's 30<sup>th</sup>

anniversary, a month of fantastic sale prices, plus a series of fun events was planned. On Saturday April 5<sup>th</sup> Mission Possible hosted a bungee jumping event in the parking lot adjacent to Midland. And on the following Saturday Union Gospel Mission hosted a rock climbing event. Participation in all events was by donation to the charity.

While Midland remains a successful neighbourhood business, for Ken and his staff that success comes with a responsibility and obligation to others and to the community where help is needed - both locally and around the world.



# Celebrating the amazing volunteers working to make a difference in our neighbourhoods.

■ Brent Demchuk and Derik Hyatt, Volunteer/Program Coordinators



At The Salvation Army Vancouver Community & Family Services (SAVCFS) we have the opportunity to host volunteers on a consistent basis. The scope of which we see participants is vast, and there are many stories to be shared.

This past year, we had the Fraser Academy join us as part of their Week Without Walls program. The students participated in our weekly programs, such as the Community Drop-In Breakfast. We had the privilege of witnessing a group of students who were willing to do more than just simply show up. Many of them stood out, as they personally invested in our patrons and went above and beyond what was asked of them.

At SAVCFS, we serve needs ranging from providing backpacks to children to providing toys for families in need at Christmas. It is imperative that we mention the help that we receive from various corporations. These people are

willing to roll up their sleeves and be involved in a project that serves the needs of our community. Not only do they join us, but they bring joy to the project that feeds into the success that we have had to date.

Finally, we get to see success stories on a personal level. We are always open and excited to welcome individuals to join our regular programming. One of the most bittersweet experiences is to see a volunteer leave us because her hard work here has translated into finding a paid job. We love and appreciate the stories of these individuals, and it is a privilege to play a role in their success stories. As we paint the picture of volunteerism here at SAVCFS, it is crucial to see that our participants bring life to our programs.

If you would like to get involved, please visit [salvationarmyvcs.com/volunteer/](http://salvationarmyvcs.com/volunteer/) for more information.



## Ima Naybor Advice Column

"Free Advice: worth what you paid for it."

Dear Ima,

I am new to the area and want to meet more people, but my English is not good and I am shy. What should I do?

Signed, Lonely in KCC

Dear Lonely,

I have one word for you: Volunteer!

What do you like to do? What are you good at? You can be sure that someone nearby needs your help. Check the bulletin boards at your local community centre, grocery store or library. If someone's holding a community event or block party, let them know you're willing to help out. Before you know it, you'll be too busy for loneliness. You might get so excited that you volunteer around the clock; then you might wish you were lonely again!

Seriously, though; pick a job where you have skills, and since you're looking to expand your network of friends, look for something that involves working with others.

More advice: Commit only to what you can do, and take it slow. You don't need money to make a difference or make new friends.

Now get out there, look for ways to help, and above all, Have Fun!

Hugs and kisses,  
Ima Naybor

P.S. Many local organizations list volunteer opportunities on their websites:

If you love animals, check with the BC SPCA. Their website has opportunities not just for animal care workers but for people to donate carpentry, plumbing, event planning, and photography, to name a few. See [www.sPCA.bc.ca/branches/vancouver/volunteer/](http://www.sPCA.bc.ca/branches/vancouver/volunteer/). Vancouver Orphan Kitten Rescue has an East Vancouver operations centre and needs volunteers in medical care, fostering, driving, events, and other areas. See [www.orphankittenrescue.com/volunteer](http://www.orphankittenrescue.com/volunteer).

The Greater Vancouver Foodbank needs help at events, as well as at their East Vancouver warehouse [www.foodbank.bc.ca/get-involved/volunteering](http://www.foodbank.bc.ca/get-involved/volunteering). And that's just the tip of the iceberg.

## Volunteering = Collaborating

■ Pat Dobie, Community Resident

The Kensington-Cedar Cottage neighbourhood is home to many people who volunteer their time, money or expertise to help others. They coach sports, serve hot lunches, take care of animals, teach people to read or write, advocate for street workers, plant gardens, raise money for schools—the list of ways people help each other is endless.

And it's not about the 'privileged' giving to the 'needy'. Volunteering is a great way to build community, create connections, and be part of that web of collaborations that allows everyone to contribute, whether they give or receive.

Susan and Hogan Poon, who make and sell healthy snacks at Tecumseh Annex to raise funds for the school's library, say, "We're very blessed to live in such a beautiful neighborhood. We want to give back to our community, and also be a good role model for our children." Kirsten Meagher, a genetic counselor who volunteers on her days off, says, "I like to help; I like working with a group of people who feel the same, and I enjoy the community building that results. You see positive change, big or small." Eva Yuen, a KCC real estate agent who volunteers at her children's school and also donates a portion of her income to charities, says, "You receive a feeling of satisfaction that is hard to replicate. My statement to the world is that my life is worthwhile because I made a contribution to society."

For these volunteers, it doesn't seem to be about how much money they donate or raise, how much time they put in, or even what the outcome is. It's about bringing their resources to join with others, to make life better for everyone.

# Neighbourhood Houses

## Local Businesses and Volunteering: A Learning Experience



■ Hernan Del Vecchio,  
Community Resident

affected by how we strive to adapt to our new environment. Being away from our comfort zone of family and friends can make us fear at first that this is a challenge difficult to overcome, however with good will and some help from the outside, things can be much more promising than expected.

For example, Community Centres as well as Neighbourhood Houses play a key role in welcoming and accepting newcomers to Canada. I am not a recent immigrant to Canada, however I am fairly new in Vancouver and also in the Cedar Cottage Neighbourhood House community. I have to be honest and say that until I was invited to participate in one of the Current Affairs sessions, I had never even thought of the idea of taking part in such activities.

First off, because I was not aware of their existence, and even when I learned of programs I dismissed them, following my traditional thought of considering them “secondary” activities while my main objective should be focused on my job. However,

I was nicely surprised when I came to know such interesting, welcoming and diverse group of people who shared the same passion for talking about topics that were important to all of us, and sharing opinions and life experiences from our home countries. It was a rewarding exchange. It ignited my desire to keep exploring what other activities were being offered, and how I could enrich myself from them as a citizen of this neighbourhood.

It was during one of these sessions that we had to discuss local businesses and how each of us felt towards shopping at them. I remember being surprised by how much I realized I was missing from the local stores. Prioritizing work had made me fall into the dull routine of always shopping at the same places, even when I felt some things were not totally of my liking. However, it was “convenient” so I went for it.

After this conversation with neighbours who shop in different places, I felt enormous curiosity for tasting those new-to-me stores. I was very satisfied to

discover great people with the friendliest attitudes offering excellent quality products, and usually at a cheaper prices than most “big chain supermarkets”.

This was a big wake-up call for me, it taught me to look for the great options that exist just beside me, but that somehow I had missed before. My participation at the Current Affairs Club at Cedar Cottage Neighbourhood went further in teaching me what other things were out there for me to do. Believe it or not, I was not completely sure what the word “volunteering” actually referred to within Canadian culture.

Back in my home country, it is something very rare, and the majority of people would not even think of doing something for gaining experience in the field without being paid. I just thought something like that would be a waste of time. How wrong I was!

Now that I am slowly trying to get involved in different volunteering programs, I realize how useful and rewarding it actually is. Being able to give out part of one’s time and passion for a common cause with others

is a truly vivifying feeling and something I had never dared to go through before.

I am indeed thankful I happened to meet the right people at the right time so that my perspective could change, and made that transition to being an active member of the neighbourhood’s vibrant life. So this is the beauty of belonging to a group of conscientious people who are aware of each other’s needs! Here we share the same passion for building a more inclusive and welcoming society within the multicultural mosaic that BC and Canada -as a whole- are.

In my thoughts, this is the way a society can work best, where each person feels like an irreplaceable piece of a big puzzle that keeps changing and moving towards maturing as a human group.

Neighbourhood Houses are certainly key to this, because they really let each one of us play a part of the game that makes us irreplaceable.

## My First Lunar New Year Experience in Canada

■ Adriane Phan, Youth Volunteer

Hi everyone, my name is Adriane. I am a Gladstone Grade 10 student. I moved here from Vietnam in September 2013. Since then, I’ve been volunteering for Cedar Cottage House and having wonderful time. But the most fantastic chance that I got to volunteer there was Lunar New Year. I couldn’t imagine that I would have such special New Year celebration here in Canada.

As you may know, in Vietnam, China and other Asian countries, Lunar New Year is a very extraordinary occasion. Every Asian looks forward for that day for months. Me and my Vietnamese friends heard about the celebration in Cedar Cottage Neighborhood House and we wanted to do something. After coming up with so many interesting ideas like rap, poems etc we decided to do a comedy skit. Six of us were going to show people how Lunar New Year in Vietnam looks like. We spent 3 days practicing and having a lot of fun. It was our first time we had ever done things like that in front of many people before so we were all nervous and also excited. But everyone encouraged us a lot.

Finally the day came. It was a cold rainy Saturday but many people came to Cedar Cottage. I saw adorable children in Asian traditional customs. Everybody seemed really cheerful and excited. The day was really lightened up with many awesome performances: a dance performance by the Gladstone Dancing Team, kids’ dances, and lots of singing. We had Lion dance too.

I wore my Ao dai (Vietnamese traditional dress) that I didn’t think that I would have a chance to wear again, and got ready for our skit. It was about a Vietnamese family with parents and two children and grandmother and grandfather celebrate Lunar New Year together. Mom kept asking her children to clean but they never did, and Dad complained about there was no meat in dinner because people had to eat vegetarian that day. Grandparents came and gave the children new clothes and Lucky money. The skit ended with the children wishing everybody a happy and successful new year.

We were so happy that everybody loved it and they laughed a lot. That was our huge success. The celebration was amazing and it was full of fun and surprise. I could see big smile from everybody’s faces.

Thank you to all of the volunteers and staff in Cedar Cottage.



# What's happenin'...

**KENSINGTON COMMUNITY CENTRE**  
5175 Dumfries Street, 604-718-6288

Thurs. **FAMILY DROP IN GYM TIME**  
(6mos-4yrs)  
9:30am-11:00am

**EDU Parenting Thursdays**

Join us in this popular program! Meet other families in the neighbourhood while your little one burns off steam and gets out of the house! Public health nurse also visits monthly to answer questions. Drop in for \$3. Kensington Community Center membership required

**FRIDAY MOVIE NIGHTS**

Join your friends and family for a social evening at Kensington. Popcorn and goodies for sale at 1980's prices.....or bring your own!! Free with Association membership.

**KENSINGTON LIBRARY**  
1428 Cedar Cottage Mews, 604-665-3961

May **27**  
&  
June **24**  
**INTERVIEWING TECHNIQUES**  
10:30-12:30pm. Vancouver Public Library and WorkBC Vancouver Midtown Employment Service Centre have partnered to offer free employment workshops to provide participants with the knowledge, skills and confidence they need to pursue employment.

Learn how to prepare and anticipate interview questions, express your qualities and feel confident in the interview setting. Free. Call the branch to register.

May **27**  
**RESUME DEVELOPMENT**  
10:30-12:30pm  
Discover how to make your your resume stand out by best presenting your skills and experiences with the advice of a WorkBC expert. Feel free to bring your resume.

**CEDAR COTTAGE NEIGHBOURHOOD HOUSE**  
4065 Victoria Drive, 604-874-4231  
www.cedarcottage.org

May **31**  
**22nd ANNUAL CEDAR COTTAGE COMMUNITY CARNIVAL!**

Please join us for our Annual fundraising event. We will have a kids carnival, bouncy castle, dunk tank, bingo, silent auction, garage sale, ethnic lunch, bake sale, plant and flower sale. We are looking for gently used items for our Garage Sale as well as new or nearly new items to be used as prizes in our Silent Auction or "Chic Boutique". Please call Kelly at 604 874-4231 if you are able to contribute or would like more information.

May **3**  
**ST.MARK'S EVANGELICAL LUTHERAN CHURCH**  
604 876-4312  
1573 East 18th Avenue  
**GARAGE SALE**  
9am to 2:00pm

We are now accepting donations. Volunteers needed on and before sale. Contact Brigitte at 604 873-5827 or Kecia at 604 988-1356

- Books /magazines
- Clothing (children/adults)
- Tools
- Dishes
- Small Appliances
- Toys
- Stuffed Animals
- Furniture
- Kitchen Items
- Pictures/Paintings
- Sporting Goods
- CDs/Tapes/Records
- Electronic Items
- Antiques & Collectibles
- Knick-knacks
- Computers
- Plants
- Etc.

**TROUT LAKE COMMUNITY CENTRE**  
3350 Victoria Drive, 604 257-6955

May **8**  
**MUSIC ON THE BOW**  
7-9PM  
Thursday Night Jazz Trio

Apr **11**  
**COMMUNITY DANCE SERIES**  
All ages: 7:15-8:15pm

Rogue Folk Club bring you energetic folk dances taught in a family-friendly environment with live music from Celtic, French Canadian, New England and other traditions. Avid dance instructor June Harman will keep your feet moving to live music provided by members of the Sybaritic String Band, Rattlebone, Lark-in-the-Evening and other local folk ensembles. Wear comfortable shoes! Drop in \$16 family

May **4**  
**DANCE FOR SMALL STAGE**  
3:30-4:30pm

Dances for a Small Stage comes to Trout Lake. We are very excited to announce this new and unique opportunity of bringing professional dancers and musicians into your centers to create and rehearse original works on site to your community!

May **10**  
**FARMERS MARKET**  
North Parking Lot - John Hendry Park  
Saturdays, 9am-2pm,  
May 10 - October 18  
Opening Day Celebration  
May 24: Dig In! Garden Festival - find locally grown veggie starts & bedding plants and learn how to grow them at home

June TBD: Salmon Celebration - enjoy fresh fish at the farmers market for the first time ever  
July 26: It's our 20th Birthday Party! - come celebrate with us!  
August 23: Tomato Festival - enjoy heirloom tomato recipes, fun facts and tasty samples

**Cedar Cottage**  
**22nd ANNUAL**  
**COMMUNITY CARNIVAL**

**Cake Walk Silent Auction Ethnic Lunch**  
**Bake Sale Dunk Tank Kids' Carnival**  
**Flea Market Food, Fun & Games**  
**Prizes Face Painting Clowns Bingo**  
**Entertainment Lots of Fun for All Ages**

**Cedar Cottage Neighbourhood House**  
**4065 Victoria Drive 874-4231**

**saturday, may 31, 10-4 free admission**



The Kensington - Cedar Cottage

## Neighbour

### Committee Members:

Ray Morgan  
 Penelope Bacsfalvi  
 John Buckberrough  
 Donna Chang  
 Kelly Read  
 Peter Wohlwend  
 Lilli Wong  
 Kelsey Lee  
 Kelly Woods  
 Heather Legal  
 Paul Gorman

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 Penelope Bacsfalvi

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[www.cedarcottage.org/newspaper.html](http://www.cedarcottage.org/newspaper.html)

Ph. 604.874.4231  
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### Distribution:

The KCC Neighbour is printed quarterly and is delivered to over 12,000 households in Kensington-Cedar Cottage

This paper is an initiative of the Cedar Cottage Neighbourhood House and its local neighbours.



The opinions expressed in this neighbourhood newspaper do not necessarily reflect those of the KCC Neighbour committee.

# Flashmob In Kensington/Cedar Cottage

■ Olga Shcherbyna, BWIN Coordinator, Cedar Cottage Neighbourhood House



Kensington-Cedar Cottage is a culturally and demographically diverse neighbourhood with one of the highest populations of new immigrants in Vancouver. It is also a well-connected community with a strong history of social activism where residents form community interest groups, tenant's associations, planning committees ... and, most recently, flashmobs.

In 2013, Cedar Cottage Neighbourhood House, in partnership with Multicultural Helping House has been organizing an Inter-cultural Community Flashmob that aims to celebrate historical contributions of different ethnic and cultural groups to the development of Cedar Cottage neighbourhood. Four local residents, Babette Santos, Eleanor Hendriks, Lena Dabrusin and Lan Joyce put together a flashmob that features the steps from traditional dances and incorporates modern dancing styles. For example, hands in lotus and waving hands above your head are the two "feature movements" in the flashmob which are repeated throughout the dance and can be found in many traditional dances. It was a true cultural collaboration as all four choreographers come from different cultural backgrounds and practice

different dance styles. Since bridging differences and overcoming resistances is part of the flashmob theme, choreographers wanted the dance to build on common ground and represent what is unique about the people in Cedar Cottage community. Hence, "Turn Up the Stereo" hit by Delhi 2 Dublin was selected because they believed that this Vancouver-based group combines many different cultural styles and that appeals to people of all generations. In January and February, over 20 free community dance classes were offered in three locations: Cedar Cottage Neighbourhood House, Trout Lake Community Centre and Multicultural Helping House Society. Class participants had a chance to learn and practice the choreography, learn about the history of gestures and steps and interact with choreographers. Some classes targeted selected population groups. For example, there were classes only for young children at Cedar Cottage Neighbourhood House, for seniors at Multicultural Helping House and for Youth Council members at Trout Lake Community Centre. The majority of classes were open to the general public regardless of age and, in total, close to 100

people attended community dance classes in one month. Classes were taught by choreographers and lead dancers who spent over 250 volunteer hours putting together the choreography, teaching the flashmob and performing. Several prominent local residents, including Councillor Andrea Reimer, TV Show Host Luisa Marshall and Tarun Tayar, Delhi 2 Dublin band member, attended the community classes connecting with community members and learning the choreography. For some newcomer and immigrant residents, it was their first interaction with "influential" Vancouverites and many were surprised that these people live in their neighbourhood and face the same challenges as they do. One immigrant family shared that they have never interacted with their elected officials back home

and they were surprised to see Councillor Andrea Reimer dancing and talking with other community members.

Two performances took place in February at Cedar Cottage Neighbourhood House during the Chinese Year Celebration and at Trout Lake Community Centre during the Family Day. It was a memorable experience for all involved when staff, children, seniors, youth, and families danced together and connected with each other and the audience. Cedar Cottage Neighbourhood House is making a short film about the project where participants and staff shared their experiences and reflect on the importance of building relationships through cultures and generations. The public viewing of the short film will be held at Cedar Cottage Neighbourhood House in May.





# Neighbour

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# Gladstone Builds Greenhouse and Partners with Cedar Cottage

■ Fergus Mccallion, Gladstone Teacher



Last year at the beginning of 2013, Gladstone Secondary won \$50,000 from Aviva Insurance to build a Greenhouse on school grounds.

As the year progressed VSB staff worked hard to lay the foundations and connect the plumbing and electrical to bring the greenhouse, purchased from and assembled by BC Greenhouse, up to code and to ensure the students could safely begin to use it. The Greenhouse was finally completed on October 25th, 2013 and the school had an opening ceremony attended by public school trustees and the superintendent Steve Cardwell. The greenhouse is tastefully situated in the enclosed quadrangle area next to the library. The VSB garden staff worked expertly to preserve the palm trees and other features of the quadrangle resulting in a beautiful, green, therapeutic garden area.

The school is making good use of the greenhouse now with many classes growing their own plants and developing not only green

thumbs but the necessary skills of commitment, perseverance and observation.

Currently we have tomatoes, cucumbers, peppers, radishes, onions, garlic, potatoes and various types of lettuce growing as well as a few attempts at pineapples!!

Gladstone also signed up to the fruit tree partnership between the VSB and the parks board and have planted and begun growing some fruit trees using the espalier method to allow them to grow horizontally along the walls for easy picking and to receive extra heat reflected.

The school is partnering with Cedar cottage to encourage some of our mature community members to come into the greenhouse and get their own seedlings started. The hope is that some of the skills and knowledge will rub off on the students and that the whole community can work together to make use of this resource and keep the cycle of learning between our communities' elders and our youth intact.



# Garden of Eatin' Feeds The Hungry

■ By Susan Main, Community Resident (neighbour of this church)

Photo by Susan Main

What was once a stretch of dried lawn, is now a sea of vegetables in about a dozen raised beds. A hand-painted sign that reads Garden of Eatin' marks this luscious mini-farm at the First Christian Reformed Church, on Victoria Drive and 11th Avenue.

Every weekend, dozens of gardeners can be seen weeding, shoveling, and nurturing their crops - a few of which are covered in plastic to shield seedlings during the chill of early spring. Carrots, broccoli, tomatoes, potatoes, lettuce, spinach, kale, and so many others burst from the ground that was once lawn.

They also built a shed, composting system, and all else needed to keep things growing. As a neighbour, this KCC writer is delighted with the life and beauty added to the surroundings - not to mention the generosity of sharing food with people who need it.

Their efforts came to mind when I thought about National Volunteer Week asked myself "who's making our society better by giving freely of themselves?"

So I phoned pastor Trevor Vanderveen, who put me in touch with volunteer gardener John Snee. I asked him "Why do you do it?" and he explained.

"We do it because we value our neighbours and our neighborhood," he says. "We want to get to know our neighbours and contribute to our neighbour's well-being by providing good nutritious food." Volunteer Lindsay Vander Hoek says she uses some of it - especially kale - in a monthly cooking session for weekly community meals. She said some is also donated to a community centre in the Downtown Eastside, where she volunteers. "We are growing food with and for our neighbours, and doing so organically by composting our left-overs and putting these back in the soil, with a minimal of added chemicals," says John. "We grow our vegetables locally so there are no transportation costs. Thirdly, we do it because we want to be good stewards of the earth in obedience to God's call to all humans to take good care of the earth and everything in it."

Much thanks to these volunteers and all others who share food - and friendship - with their neighbours.



## Join the Copley Community Orchard!

■ Helen Spiegleman, Community Resident

Now entering its third growing season, Copley Community Orchard is looking for new members. Copley Community Orchard is an urban orchard located in Vancouver, British Columbia. It is a place to celebrate the benefits of growing fruit trees, berry bushes and other perennial plants, educating people on their cultivation, and creating a beautiful and productive space accessible to all. Members will have access to educational workshops on organic fruit tree care and they will participate in decisions about developing the site and on-site programming. Members will also receive a share of any fruit that is harvesting during the season.

Go to <http://www.copleycommunityorchard.com/get-involved/sign-up/> to become a member. We are just getting rolling for the season, so it's a great time to become a member!

## Understanding Through Sharing

■ Chris Diplock, Community Resident

"The Sharing Project was a multi-staged research project focused on engaging citizens, institutions and organizations to measure and develop Vancouver's sharing economy. The research involved interviews, focus groups, an open survey and a random panel survey. The report was released October 11th 2013 and can be found at [www.thesharingproject.ca](http://www.thesharingproject.ca). Since the release of the report.

The Sharing Project has helped ignite city-wide dialogue about sharing. From January – March 2014, in collaboration with our community partner The Cedar Cottage Neighbourhood House, we held Sharing Project events in seven neighbourhoods across Vancouver and interacted with over 90 people through our tour. At each event, a clothing swap, stuff swap, seed swap, or potluck was held so that attendees could bring underutilized goods out to share with their neighbours.

Research results from The Sharing Project were also presented and a dialogue among participants was facilitated to deepen our understanding of some of the unique ways communities currently share and to identify the support and resources that would be needed for these initiatives to flourish. With the research and engagement events complete, The Sharing Project is now working on bringing sharing organizations together in Vancouver on an initiative called Share Vancouver. To learn more about Share Vancouver please visit: [www.shareable.net/cities/vancouver-bc-canada](http://www.shareable.net/cities/vancouver-bc-canada)



## Higher Education: Why I didn't rush it

■ Vincent Nguyen, Community Resident

At the end of my grade 11 year I was forced to focus my attention to my health over many other aspects of my life. I was diagnosed with Juvenile Rheumatoid Arthritis, the most common auto immune disease in children which effects 1/1000 kids. Once a straight-A student, schooling was now less important to me as my aspirations to become an architect were held back due to my inability to hold pencils for long periods. So, in my final year in high school, I choose a different path than most of my fellow peers -- I decided to wait before going back to school.

At first my parents did not approve, but I felt I needed more time to figure out what I wanted to do with my life and time to improve my health before heading off into a career path. I started school, part time, a semester late and am a lot happier than I would have been in September. In this time I saw many of my friends struggle with what they wanted to do with the degrees they were in the process of getting and many of them, who were once top students, began struggling in school. Many of these friends envied the leniency my parents' gave to me when it came to taking time off because many of them were not given an option other than university. All of us are aware of what the job market is like and degrees will not ensure our success, so why do we rush into schooling? I believe it's because we do not want to waste our time taking a semester off with no clear direction, instead we'd rather risk wasting time chasing careers we're unsure we'd be happy with. I found that by taking time off I saved a lot of my family's money and possible time to ensure I'd know what to do.

## Kensington-Cedar Cottage Seed Sharing Library Now Open

■ Lauren McGuire-Wood, Network Coordinator, Cedar Cottage Food Network

It's gardening season and the Kensington-Cedar Cottage Seed Sharing Library has seeds to share! In November 2013, the Kensington branch of the Vancouver Public Library and the Cedar Cottage Food Network partnered together and held a community consultation session to discuss starting a seed sharing library. Saving and sharing seeds has become increasingly popular as people are coming to realize how important biodiversity and local food is to our food systems. The KCC Seed Sharing Library opened in March 2014 with its first Seedy Saturday, where community members came to borrow seeds for their gardens and share ones they had saved from previous seasons. The team behind the KCC Seed Sharing Library is holding a different workshop each month during the growing season, ending with a seed saving demonstration so that participants can bring back seeds to donate to the library for next year. In April, the first gardening workshop was held: What to Plant When (and Where), about growing cycles and garden design. Stay tuned to [cedarcottagefoodnetwork.wordpress.com](http://cedarcottagefoodnetwork.wordpress.com) for more details on upcoming events.



## Mobile Produce Markets Running Twice Per Month!

The Cedar Cottage Food Network (CCFN) has been operating a mobile produce market program in the Kensington-Cedar Cottage and South Vancouver neighbourhoods for over three years. Our goal is to bring affordable, fresh fruits and vegetables closer to our customers' homes. Last spring, our newest location at the Cedar Cottage Neighbourhood House debuted to a warm welcome. Now, due to customer feedback, the CCFN has decided to hold the markets twice per month at each location! Starting in May, Cedar Cottage Neighbourhood House will host a market on the 2nd and 4th Saturdays of each month, from 10am-12pm. Produce is local and organic where possible and everything is priced affordably with almost all items only \$1. As added incentive to join us at the markets, we have games and activities for all ages and giveaways! We can also give out nutritional tips about the food we're selling. Stop by and say hello next time you're at the Neighbourhood House on a Saturday morning – we'd love to meet you!

## Spring Workshops at Trout Lake Community Centre

The following workshops will be run by the Cedar Cottage Food Network at Trout Lake Community Centre. Pre-registration is required and can be done online or in person.

*Little Cooks (4-7 years old) - May 4, 10:00-11:00 am: Trout Lake Community Centre, Kitchen | \$10* A workshop for the little ones where playing with food is encouraged! The kids will make a recipe and take home a sample of what they made.

*Baking 101 - May 21, 6:30 - 8:30 pm: Trout Lake Community Centre, Kitchen | \$15* Whereas cooking can be improvised, baking is an exact science. Try your hand at making delicious baked goods while learning why certain ingredients are used for which purposes.

*Natural Pest Control in Gardens - June 9, 7-8:30 pm: Trout Lake Community Centre, Board Room | \$10* This workshop is perfect for gardeners who are just starting out and want to protect their plants from pests without pesticides.



# GRATITUDE

■ Compiled by some participants from Cedar Cottage Adult Day Program at Cedar Cottage Neighbourhood House

## What we are grateful for:

- The ability to wake up and greet the day.
- The opportunity to get to know others in the group.
- Having 3 meals a day.
- The freedoms we have in this country and for the people who fought for our freedom.
- The ability to have food whenever we like.
- My mother who brought me up.
- More opportunities for seniors than there was before.
- My health and the ability to look after my home.
- The ability to get up in the morning and come to Cedar Cottage.
- Having a welcoming place to come to.
- The opportunity to celebrate with such nice people.
- Having a happy family.
- Coming to Cedar Cottage and having new friends.
- Having the ability to get here.
- Cedar Cottage so that we do not get lazy in our exercise.
- Everything listed above.

# Garden to Table: Healthy Change for Seniors

■ by Barb Wong, CCNH Food Coordinator

As we age, we face health challenges that affect how we feel and function every day. We also see higher rates of diabetes, certain cancers, heart disease and stroke. We know it's important to make some health changes so that we prevent illness and feel our best. But sometimes we just don't know where to start and how to make those changes.

Garden to Table is a new nutrition program for seniors at Cedar Cottage Neighbourhood House. The program helps seniors to improve their health through gardening, learning about nutrition and supporting each other. Seniors aged 61-91 decide on health changes and goals they would like to achieve and facilitators give them tools

and ideas on how to make those changes. By the end of the seven month program, seniors will be on their way to a healthier lifestyle.

Every month, Garden to Table participants gather for a lunch and educational session co-facilitated by Barb Wong, CCNH Food Coordinator and Lan Nguyen, CCNH Senior Empowerment Worker. They enjoy a tasty new recipe each meeting and support each other by sharing healthy lifestyle successes and challenges. Guest speakers are invited to present about topics suggested by members of the group.

Garden to Table participants are seen one-to-one in the community or at Cedar Cottage Neighbourhood House to

discuss specific healthy food choices, cooking tips and ways to improve their health and to connect them to resources in the community. Each senior receives gardening supplies to grow an edible garden at home. With support from staff and other seniors in the program, participants will grow and eat some of their own fresh vegetables and herbs. They will also work in a plot in the CCNH edible garden. Just two months into the program, the seniors have already identified activities that will support each others' health and wellness goals and that will also benefit other seniors in our community.

To learn more about Garden to Table, contact Barb or Lan at 604-874-4231.



## Happy 100<sup>th</sup> Birthday!

■ By: Michelle Tong, Community Resident

Tong Chum, a senior in the Cedar Cottage seniors program, is turning 100 years old! For a man his age, he is quite healthy and mobile. What's his secret? That would probably be his diet, his daily exercises and living stress free.

He has always been very active. As his granddaughter, I always see him walking around the house and doing stretches after dinner. My grandfather took me on bus rides all around Vancouver when he was in his eighties and I was too young to be charged. It was remarkable considering his age. He loved going swimming every week though chlorine exposure made him stop. Although his legs have gotten weak from old age, that hasn't stopped him from strolling with his cane or walking with his walker.

At 2am in the morning, you can find Tong Chum eating a small meal he prepared consisting of rice and leftovers. When he is not eating lunch at Cedar Cottage, he would eat a typical meal of rice, vegetables and meat along with the rest of the family. He does have a bit of a sweet tooth, snacking on fruits and sweet potatoes with the occasional dessert dumplings in syrup.

His life here in Vancouver has always been rather peaceful and simple. He has his daily routine of good food and exercise, but also family and friends that care about him. As his daughter (my aunt) would say, happiness keeps the immune system strong. With such a large family to celebrate his 100th birthday, he is a very happy senior who hopes to watch his family grow and live happily.



## Warm Lentil Salad: a Recipe for the Changing Season

Full of fibre and protein, this healthy warm salad is a delicious change from green salads, especially while we wait for local produce to sprout and grow.

Warm Lentil Salad

- 1 small sweet potato, peeled and cubed
- 1 tablespoon olive oil
- 3/4 cup dried green lentils, rinsed
- 2 green onions, chopped
- 1/2 small napa cabbage or 1 bunch kale, shredded
- 1/4 cup flat leaf parsley, chopped
- 1/2 cup feta cheese, crumbled

Dressing:

- 2 tablespoons olive oil
- 2 tablespoons balsamic vinegar
- 2 cloves garlic, minced
- Pinch each salt and pepper

Preheat oven to 400° F. Coat sweet potato cubes with 1 tablespoon olive oil and spread in a single layer on a baking sheet. Roast until tender, about 15 minutes.

Place lentils in a large saucepan and cover with cold water. Bring lentils to a boil, then turn down heat and simmer until tender, about 25 minutes. Drain.

Meanwhile, make dressing: in a small bowl, whisk together olive oil, balsamic vinegar, garlic, salt and pepper.

In a large bowl, combine warm sweet potatoes and lentils, green onions, cabbage or kale, parsley and dressing. Toss to coat and top with feta cheese.

Serve warm or cold.

Makes 6 servings

■ Barb Wong, CCNH Food Coordinator

■ photo Isabelle Boucher (Flickr Creative Commons)

# Cottage Crew Program

■ Natalie Anderson, Child & Youth Program Coordinator

Cedar Cottage Neighbourhood House began its free after school club for children ages 6 to 12 called Cottage Crew in November 2013. We've been lucky to have a dedicated group of local Galdstone High School students that come every Monday or Thursday to volunteer their time with our program. Leon Liew, Shawn Thai, Martin Su, Azai Zai, David Cao, and Samy Lin have been with us since the beginning. More recent additions to our amazing volunteer team are Rhea Bassan, Julie Lam, David Liang, Antoinette Tran, and Becky Zheng. These keen volunteers are the foundation of the Cottage Crew program. It's the relationships they build with the children that help create a sense of community and belonging among Cottage Crew participants. They also help support the running of the program by assisting in the set up and take down of activities, leading craft and science stations, playing games, and providing homework support. Some of these volunteers have also been involved our winter and spring break Xplore camps. They have taken groups of children to fun events in the neighbourhood such as bowling at Grandview Lanes, visiting the Vancouver Art Gallery, and attending a Lego Block Party at Collingwood Public Library. Your help and support is greatly appreciated. Keep up the hard work everyone. We couldn't do it without you!



## Play it Forward

■ Chad Cowles, Business Development Manager, Night Hoops, Submitted by Kensington Community Centre

For 18 Seasons, Night Hoops has been developing Inner City Leaders. Their mission is to encourage healthy life choices for youth through the context of a pro-social late-night basketball program. It is a community-based league for 13 to 18 year-old youth and runs primarily on weekend evenings. The goal is to use basketball as a vehicle to promote asset development in a supportive environment.

Currently there are three divisions: Junior Girls, Junior Boys, and Senior Boys. The plan is to expand with a Senior Girls division next season. There are no cuts, it is free for all players and the program is active in Vancouver and Burnaby.

This year the Night Hoops Basketball program has helped many jump from player to coach, and from coach to coordinator. One such individual is Kavita Dhillon.

While in grade 10 Kavita would participate in Friday teen nights at Langara YMCA. Kavita states "I was a competitive player who always wanted to win. Sometimes I had a temper but as a Captain, I was told I had to model poise and calm because a leader's behaviour is mirrored by the players." In 2009, Kavita got her chance to apply her leadership skills when she stepped up to coach the Aboriginal team at Britannia Community Centre with Babita Gill.

In 2011 she coached the girls at Kensington Community Centre. At Kensington, "the girls

were from different schools and this allowed them to bond. We created a talking circle and each girl participated.

Cyber-bullying has been a hot topic for years. Another workshop on cancer brought out a lot of emotion and it brought them team together in a whole new way." She adds a mischievous afterthought: "I also I liked making the girls run lines, as my first Coach at Langara did."

She felt the transition from coach to coordinator was a bit more nerve-wracking because she never sat in a position with so much responsibility. At the first Coach Orientation, it became real during the module on working with vulnerable populations.

Kavita realizes, "Night Hoops is a passion for me and I am proud to be involved in the program development. The game of basketball has truly changed my



life and I am honoured to have the opportunity to play it forward."

More details can be found at [nighthoops.ca](http://nighthoops.ca).



## The Saturday Drop In Program

■ Tracey Kwan, Youth Volunteer

My name is Tracy, and I have been volunteering at Cedar Cottage Neighbourhood House for almost a year now. During this experience, I have developed a lot of different skills in communication and interaction and many more. A program that I am currently volunteering for is called "The Saturday Drop In Program" where I talk and play with children. I love volunteering for this program because I get to develop a relationship with some of the children in this program since they usually come every Saturday. The children are always so energetic and fun to talk and play with. That is probably the number one reason why I love to volunteer at Cedar Cottage Neighbourhood House.



## Kids Can Act for Causes

■ Andre Nair, Grade 6 Lord Beaconsfield Elementary

Editor's Note: One of our neighbourhood kids attended a protest against keeping marine mammals in captivity at the Vancouver Aquarium on March 24th. Here are his reflections: I was inspired by Gandhi, the movie "Blackfish", and my dad. It hurt to stand up after a while, but it was all worth it because of the feeling I got after. It feels great when you know that you aren't just going to say you support the cause, but you will actually do something about it. Just think about it; would you like being locked in a room cruelly starved into doing tricks for food? I wouldn't.



# Everlasting Journey

■ Vanna Nguyen, Youth Volunteer

For the past 4 years, my experience around the Kensington Cedar Cottage Neighbourhood has been a significant part of my life. Since creating my first Hawaiian themed small grant project called "Seniors' Day", I have wanted to continue to help bring the community together.

That day, with the help of 10 youths, approximately 40 seniors came together and were surrounded by food, entertainment and joy. In the end, I felt accomplished and was proud of the experience because it helped prove to the community and to myself what I was capable of.

As a youth volunteer, my devotion has been demonstrated in various ways to help create

a more positive action towards the community. I participated in many special events such as the Youth Leadership Program, the Wednesday Supper Club, the Annual Carnival, the Annual Lunar New Year's Celebration, the Halloween Special, the Thanksgiving/Holiday dinners, and the Reading Buddies program in the summer.

Currently, I volunteer at the Saturday Intergenerational Program hosted by Lan Nguyen, where I have assisted with gardening, running activities, cleaning up, delivering food to an isolated senior living nearby, making desserts and interacting with seniors and youths. These roles helped me become

a better and more responsible

person as I am able to interact and do better in the world from the skills I've developed.

Cedar Cottage is a second home where I feel safe and open to be myself. I have improved my leadership skills and my role as a member of the Kensington-Cedar Cottage community. I have learned that surrounding yourself with people who help you become a better person can benefit your future.

Thankfully, I met supportive people who didn't hesitate to help me grow into someone I didn't expect to become. When honoured the "Youth Good Neighbour" award in mid-2013, I looked back at my accomplishments from the beginning of my whole experience.



As I walk through the doors, I remember Cedar Cottage has provided me shelter where I instantly felt welcomed from the youth workers and the youths themselves. I could easily talk to my peers such as Lan Nguyen, who has impacted me significantly throughout the years.

As one of the most ethnically diverse neighbourhoods, Cedar Cottage has helped me learn from different types of people. I can humbly say that I have developed into an independent and mature individual who has accomplished greatly and will strive to help others emotionally and physically.

## Cedar Cottage Preschool

■ Ester Wong, Community Resident



My name is Esther Wong, I have lived in the Kensington/Cedar Cottage neighbourhood for about three years but have previously attended high school in the area. This community holds many memories for my friends and I. One of my main motivations to volunteer in the community is the glimpse I got from high school when we had the opportunity to help families in the area. What I saw in the neighbourhood was the diversity of families in the area, and that many needed help when they first arrive in Canada, as many do not speak English. My area of interest in volunteering is with preschool aged children. Getting to know the child provides opportunities to learn about their family and their needs. One reason I wanted to get involved in Cedar Cottage's preschool program is that they encourage the importance of communication with other

children and being accepting of each other's diversity. What I enjoy most volunteering at Cedar Cottage, is that the children love to interact with the volunteers, they want to get to know us, want to sit with us and play with us. They are a lot of energy to be around, I really enjoy spending time reading and playing with the children.



## My Volunteering Experience at Cedar Cottage Neighbourhood House

■ Sammy Lin, Youth Volunteer



Volunteering was never a thing I like to do before I went to Cedar Cottage because I thought volunteering is for people who are really outgoing and active. I volunteered at Cedar Cottage because I want to make a difference in the community. I got really scared at first when I volunteered but as the time went by I got more comfortable and gained confidence in myself about communicating with other volunteers. For example, when I volunteered for "Reading Rules" in the summer of 2013 I got more comfortable in communicating with the volunteers after each day and soon I became really good friends with them. After my two months of volunteering in the summer I learned how much I love volunteering and how much happier I felt after I volunteer. I got more comfortable going to Cedar Cottage Neighbourhood House and now I volunteer 3 days a week. The volunteering I do is mostly with really small children because I really enjoy being around young children. Volunteering at Cedar Cottage is very important to me because every time I go I feel like I am never alone. I really never regretted volunteering at Cedar Cottage because it had given me the opportunity to do something I really like.

## Gladstone Robotics

■ Serinda Kong, Gladstone Student

Students from Gladstone Secondary School attended the VEX Robotics World Championships held in Anaheim, California April 22-29. This group of students represented their school, city and country at this spectacular event. Gladstone had 20 teams made up of around 100 students ranging from grades 9 to 12.

Robotics is also part of the applied skills rotation for grade 8s. This year, Gladstone had qualified four teams out of the ten spots available in British Columbia to compete with 400 other teams all around the world. The experience of working together in a team with people of all different skill levels to accomplish a common goal is what robotics really is.

Robotics highlights the talent and potential of all students that can one day change the world. Gladstone has had an amazing string of successes. In 2011, we placed second in programming skills. In 2012, we placed first and second in the world. In 2013, we placed third. Stay tuned to hear about the results of this year's competition!

# The Multicultural Parenting Dialogues Project

■ Shellana Brunelle, Community Resident

I feel very very fortunate to have been able to participate in The Multicultural Parenting Dialogues Project at Cedar Cottage Neighbourhood House on Feb 15th. Lunch and child-minding was provided in order to help make it possible for busy parents to attend, as well as transit tickets for anyone who needed them. The Dialogue provided an opportunity for parents to meet other parents from diverse ethnic backgrounds in their community; to have the opportunity to influence organizations involved in parenting and childcare in the Vancouver area, and to develop communication skills, including English language skills through dialogue participation.

The Gordon Neighborhood House and the South Vancouver Neighborhood House also hosted Community Dialogues. The participants of all three Dialogues were invited to attend a larger dialogue at the YMCA that included many guests from organizations involved in Parenting and Childcare. In order to help parents and organizations identify and share different cultural values about parenting we were given a questionnaire to help prepare our ideas and initiate discussion.

We were asked to choose from the list below, what we consider the 3 most important qualities that we would like to see in our children when they grow up. (Honest, Independent, Serious, hardworking, Forgiving, Humble, Respectful, Positive, Caring, Reliable, Cooperative, Spontaneous, Polite, Obedient, Capable, Courageous, Intelligent, Open-minded). We were also asked to add 2 more qualities from outside the list that we think are important (for example: loyal, egalitarian, outgoing, creative, etc..) Then in small discussion groups of approximately 6 people, we shared different techniques and strategies that we use to try to teach these values to our children.

It was a very special experience to be listening and talking with other parents about things so close to our hearts. In a short time I really got to know the people in my discussion groups on a very deep and personal level. This level of connection can be rare in normal everyday meetings, especially with strangers and people from other cultures and so it was refreshing to find such

real connection with people in my community. I encourage everyone to try this thought provoking exercise. Choose 3 values from the list above and share and compare your choices with your spouse, family members and other parents. Through sharing this exercise at home, I learned that in my husbands culture, it is actually rude to use the words please and thank you with family and people who are close to you, because it pushes them away and keeps them at a distance.

At the Multicultural dialogue Project we collectively made a note of which values got the most votes and found that certain values were more prominent in specific cultures. Respect was most popular across the board, but it was eye-opening to discover that although we were using the same word (Respect), our understanding and definition of that word was completely different.

Our methods of teaching respect to our children, were again, very, very, different. It was wonderful to have time to talk about parenting with other parents and it was especially educational to do so with parents of other cultures. Most professionals have a forum to discuss developments in their field of expertise and learn from each other. This is a necessary learning tool for the evolution of any skill, and parenting is no exception. These discussions felt like a long overdue staff meeting for parents and facilitators of childcare and parenting programs.

I felt that the creation of this project showed a real appreciation and acknowledgment for the valuable, time consuming job of Parenting, some of the most important work we will do in a lifetime. We are our children's' first teachers, laying the foundations for physical, intellectual, emotional, and social health of future generations. We also pass on the important values of our unique cultures, keepings these cultures alive and growing. A local first nations member gave an opening talk at the final YMCA dialogue meeting, sharing many poignant stories of parenting within her culture.

Among these stories I was reminded of the horrific fact that for a long time the Canadian Government believed that native people were uncivilized and made laws forcing children to

go to residential schools to learn European culture and religion where they often wouldn't see their parents for many months or even years. Can you imagine a community without children? Can you imagine children without parents? These were atrocities committed by an arrogant, and intolerant culture in an attempt to eradicate and assimilate other different cultures.

The Multicultural Parenting Dialogue Project promotes tolerance and understanding and open-mindedness, as well as appreciation for the beautiful

diversity of our many different ethnic backgrounds. We came together and really shared from our hearts and through this sharing came to see so many unique gifts that each culture holds. The world would be bland and poor if we were all the same. Every culture emphasizes and highlights different facets of humanity. Each is a gem.

Thank You Cedar Cottage, for inviting me to take part in this wonderful project,

**Note:** The Multicultural Parenting Dialogues Project was a iniative of the YMCA of Greater

Vancouver. With the intent of building a more welcoming and inclusive community, the Multicultural Parenting Dialogues Project used community dialogues as a tool to help individuals and organizations in Vancouver explore cultural values related to parenting from a multicultural perspective. The Project was made possible through funding from the Government of Canada and the Province of British Columbia. For more information please contact Fiona Stevenson, Coordinator, YMCA connections at: [fiona.stevenson@gv.ymca.ca](mailto:fiona.stevenson@gv.ymca.ca)

**McBRIDE ANNEX  
SPRING  
FAIR  
2014**

- GAMES • FOOD**
- Bouncy castle •
- Giant slingshot
- Silent auction •
- Facepainting
- MUSIC & FUN ! •

**Saturday  
MAY 24  
11am - 3pm**

**McBride Annex  
4750 St. Catherines St.  
Vancouver**

## Tasting the Best of Fraser Street with My Parents

■ By Sophie Klassen, Community Resident



It is not often when you get to go around your neighbourhood eating delicious foods at places you've only seen, but never visited. But an event called Tasting Plates Vancouver provided an opportunity for me and my parents to feast ourselves right in our backyard on Fraser Street.

Tasting Plates Vancouver is run by Richard Wolak, known in social media circles as @vanfoodster, one of the most popular "foodies" in Vancouver. The Tasting Plates tours pick different neighbourhoods across the city where a few dozen folks can wander from one eating spot to another, nibbling away until they're stuffed. The Fraser Street tour began by everyone signing in at Graze—the vegetarian restaurant at the corner of East 24th Avenue. When we arrived the room was completely packed, so we picked up our map and headed off to our first stop.

We started at Sal Y Limon, a Mexican restaurant located at Fraser Street and Kingsway, where we tried (and loved) their delicious tacos. It looked like we were the first ones to arrive so we got the first pick. We all chose the pulled pork taco topped with onions and cilantro, with a choice of three kinds of salsa (not surprisingly, my mom went for the hot jalapeño flavour). Next stop, we went just a block or so east on Kingsway to Kilimanjaro Snack House and had an East African/Indian tasting plate. Everything I ate was new to me, and it was so yummy. A curry with peas and coconut milk that came with a tiny doughnut, plus beef kebabs, and samosas. We had only started but dessert was soon on the menu. Tigers Drink House is on East 15th Ave., and we sampled a delicious carrot walnut cinnamon loaf, and a cream cheese chocolate brownie. I don't drink coffee but my mom and dad said it was good to the last drop.

We headed back to Fraser Street and pushed on to Merienda Bake Shop, where we picked up a bag of sweets with a Filipino theme. Next door, Pizza Carano was serving its mouthwatering thin crust slices, paired with a shooter full of cauliflower soup and a side of kale caesar salad.

We returned to Graze Restaurant to nibble on yam and eggplant perogies and chocolate torte. With our bellies full we made our last stop at Earnest Ice Cream, where we all chose the vanilla bean scoop with a ginger snap cookie.

Feeling stuffed and satisfied by the great food in our neighbourhood, we were thankful for the clear skies as we all needed a good long walk.

Sophie Klassen is a grade 7 student attending school in Kensington-Cedar Cottage



## Building Community Through Healthiest Winners

■ Sharon Babu, Community Resident

The Healthiest Winner Program is an innovative fitness program that is a partnership between the Vancouver Board of Parks and Recreation and Vancouver Coastal Health. The program is offered at Trout Lake and Hillcrest Community Centres and has a great staff that is committed to making organized exercise accessible to all. It provides fun, effective classes that aim to encourage individual success in an inclusive community setting.

Their aim is to support like-minded individuals by providing a non-judgmental, community environment with skilled, informed

providers. For many of us, an exercise program is going to a class, following the directions of the trainer, getting a good workout and we are done. The words inclusion, community, support, non-judgmental are typically not terms that we find associated with fitness. This unique program welcomes all shapes, sizes and abilities as it strives to be truly inclusive.

As a participant in this program for the past year I found that this philosophy has supported some interesting community development among the participants. Testimonials talk

about camaraderie in the classes, of new friendships created and the fun and positive atmosphere that the trainers and participants create.

Being inclusive is hard work and in a community as diverse as Vancouver, it is really challenging to include everyone; whether it is in our own neighbourhoods, our work places or family life. The Healthiest Winner program does this and supports community development in a unique and positive way.

For more information contact Kate Lee at:

kate.lee@vancouver.ca

## Kensington's New and Improved Fitness Centre!

■ Booth Palmer, Kensington Community Centre Coordinator

If you haven't checked out the newly-updated equipment at the Kensington CC Fitness Centre, located at E. 37th & Dumfries – just east of Knight, pop in soon.

This Park Board-operated public fitness centre, like those at Renfrew Pool and Kitsilano Centre, were recently updated with new Life Fitness\* \*TM strength, cardio and other specialized training equipment. Whether you are new to fitness, or you are an active person already, you'll be pleasantly surprised by the Kensington Fitness Centre's new inventory of fitness equipment. The Centre features over 2,800 sq. feet of dedicated workout space, including 7 Cross-trainers + 1 seated Cross-trainer, 7 Treadmills, 5 upright and 3 recumbent bikes, 3 rowers, and 14 strength training stations. The Training room has also been outfitted with 5 pieces of Life Fitness strength circuit pieces which utilize bands as resistance that are designed for older adults or people wanting a machine that is easier to operate. The weight room has a large assortment of fixed barbells and dumbbells from small to large. Take the experience

of one local resident, Florence, who started, as she calls it, 'her own fitness journey', two years ago at Kensington. She lives fairly close, so it was suggested that Florence visit Kensington's



Happy Hearts class. Her story reflects the experience of many others. Florence said, "It's a small and less intimidating place for someone who is looking to start or get back into a fitness routine.

They have knowledgeable staff who are willing to help provide advice and support for anyone who wants to start making fitness a part of their lifestyle." Florence adds, "Speak to your doctor first to make sure that you are aware of any health issues that may limit what you can or cannot do in your new active lifestyle. Don't be scared to get started – the hardest part is stepping into that fitness centre with all that strange-looking equipment, and wondering what to do with it? Try a fitness program, or sign up for a free orientation or a personal training session. Do it by yourself or with a friend, to help you work out a routine to reach your fitness goals. Be consistent in your workouts and be mindful of what you are eating. Nutrition is just as important as physical activity. Don't give up – the results you are looking for will come, and you'll be happy you stuck with it!"

Thanks, Florence. We couldn't have said it better, ourselves!

Kensington Community Centre is located at 5175 Dumfries Street; for more info, call 604-718-6200

# NEIGHBOURHOOD HOUSE WEEK IN VANCOUVER: May 5th - 9th



This May the Association of Neighbourhood Houses of BC (ANHBC) is excited to announce Mayor Gregor Robertson will be declaring May 5<sup>th</sup>-11<sup>th</sup> Neighbourhood House Week in Vancouver. Neighbourhood Houses are volunteer-driven, community services agencies committed to strengthening communities and improving quality of life through a diverse array of programs.

The declaration of Neighbourhood House Week will dovetail with the INSPIRE 2014 Conference taking place from May 5<sup>th</sup>-9<sup>th</sup> in downtown Vancouver. ANHBC will welcome Neighbourhood House supporters, advocates and researchers from around the globe as they build and grow the worldwide Neighbourhood House movement.

To find out more about the INSPIRE 2014 Conference or the programs and services offered by your local Neighbourhood House please visit us online at [anhbc.org](http://anhbc.org) or give us a call at 604-875-9111.



## Neighbourhood House Week *May 5th to 9th* Inspire and Be inspired



Alice embodies the heart behind what makes our Neighbourhood Houses thrive. She understands that building community stems from the power of connection.

A resident of East Vancouver for over 50 years, Alice makes it her mission to ensure that residents feel welcome and part of our family network. If a senior seems lonely, she invites them to a program for adults or a weekly supper club. When a new family moves onto her street, she brings them by to meet us. A dedicated volunteer, she helps organize the annual Lunar New Year Celebration because she deeply believes that sharing culture and traditions grows strong, inclusive and vibrant communities.

Like Alice, Neighbourhood Houses know that by working with residents and community partners we are creating neighbourhoods that are safe, caring and welcoming. Thank you Alice for your unending devotion to your fellow neighbours. You are an inspiration to us all!

Building Better Neighbourhoods Together  
Join the Movement



[www.anhbc.ca](http://www.anhbc.ca)

Alexandra NH	Frog Hollow NH	Little Mountain NH	Oak Avenue NH
Cedar Cottage NH	Gordon House NH	Marpole Place NH	Sasamat Outdoor Centre
Collingwood NH	Kitsilano NH	Mount Pleasant NH	South Vancouver NH
Downtown Eastside NH	Kiwassa NH	North Shore NH	South Burnaby NH

ASSOCIATION OF NEIGHBOURHOOD HOUSES BC  
INSPIRE 2014  
CITY OF VANCOUVER

