

NEIGHBOURHOOD SMALL GRANTS HAVE BIG IMPACTS:

Vancouver Foundation funds projects led
by residents: **P12-13,19**



The Kensington-Cedar Cottage

NEIGHBOUR

DECEMBER 2015 • ISSUE 23 • SERVING THE KENSINGTON-CEDAR COTTAGE COMMUNITY

Cedar Cottage Remembers Some Amazing People

Doug Shaw, volunteer,
visionary, good friend and a
friendly neighbour has been
caring for Cedar Cottage and
giving to the community since
1970 **AMAZING PEOPLE: P4-6**

Amazing Race:

Youth Projects building
connections and leadership in
our youth! **P2&3**

Repair Matters:

There's more to Zero Waste than Recycling: How
about fixing it yourself! Find out how: **P12**

YOUTH

MAIN: THE CEDAR COTTAGE SUMMER YOUTH PROJECT
 TOP RIGHT: ORIGAMI WITH THE SENIORS; BOTTOM RIGHT: ORIGAMI WITH THE CHILDREN



The Art Of Learning As A Leader

The Cedar Cottage Summer Youth Project & The Art Attaque project bring children & seniors together while helping one student build his leadership, social & organizational skills.

by Justin Li; *Gladstone Student*

What has my project done that's influenced Cedar Cottage, my volunteers, my participants, and other organizations? This was my second year participating in the Cedar Cottage Summer Youth Project and those two years have been an amazing experience. My project was known as Art Attaque and I taught two origami making sessions. One session was with seniors at Cedar Cottage and another at Kensington Library with elementary school students. I taught the same material for both sessions but the experience and result of each was completely different.

The seniors were able to keep up with instructions and complete their origami dog without breaking a sweat. On the other hand, getting the attention of the children was challenging and sooner or later, the kids became impatient. I guess I understand how my kindergarten teacher felt when she had to take care of 30 of us! After, the kids were able to make paper hats, airplanes, and the origami dog.

My goal was to ensure that all my participants would have fun making art. The seniors felt the activity was simple, but they enjoyed the art-making session as a whole because they formed a jovial atmosphere for myself and everyone that participated. At the library, the children initially had interest in the program. However, as time progressed, the kids slowly lost interest in making origami. From that reaction, I learned a lot of informa-

tion for next time I lead a group of students. I will be able to prepare how to keep my audience occupied.

“My goal was to ensure that all my participants would have fun making art.”

Without the help of my Project Coordinator Randy Chau, and Cedar Cottage, I would not have been able to grasp this opportunity to learn to become more organized, develop leadership skills, and become more sociable. I also hope that my project will promote more families to visit their local community centre and/or neighbourhood house because I am grateful to meet kind and energetic citizens that gave me the chance to socialize with them.





Dancing Neighbourhood

by: Michael Hong; Gladstone Student

When you hear music, your body magically moves in many different ways that you never knew your body could. That, my friends, is called dance. Dance is a piece of art that allows people to express their emotions and spirit through selected sequences of human movement. These dance movements have aesthetic and symbolic meaning. This was something that I wanted to teach to the next generations of humans because this art is something that needs to be passed on through the following generations.

Dance should be taught to kids at a young age because it enhances physical, emotional, and social skills. Dance is very fun, especially for active kids. I decided that I wanted to teach kids how to dance but there was one problem, I didn't know how I was going to do it. How am I going to find kids to teach? However, thanks to the Cedar Cottage Summer Youth Projects, I was able to find the perfect audience I needed to teach this beautiful artwork.

These dance classes for elementary school kids were run by two funny fellows with compelling personalities; myself and Garry Fong. We have an immense passion for the art of dance. There were four lessons in total which lead to a disco dance routine performed by the kids. During the first lesson, the kids got a tiny dance lesson of the 3 types of dances: Disco, Jumpstyle, and Shuffling. Surprisingly, out of the three types, they wanted the dance routine to be based on Disco. After that day, however, I realized that kids actually had a style like Elvis Presley! When it came to the final lesson, I watched them perform the dance routine in front of their instructors. When the kids danced, I saw their concentration in perfecting the routine and how they were having fun. When I saw that, I knew I had completed the goal that I meant to reach.

I felt ecstatic and I hope I will see them pass on the legacy that I left for them.

YOUTH

An Amazing Experience

Educating & cleaning up the community with The Greener & Cleaner Community project.

by Alan Zhou; Gladstone Student

This summer, as part of Cedar Cottage Summer Youth Projects 2015, I created a project called Greener and Cleaner Community. My goals for my project were to clean up the community, and also to educate community members on the negative impact of littering. At the beginning, I didn't really have a clear idea of how to accomplish these goals, but through weekly meetings with my mentor, Randy, we worked together to design and execute my project. I led groups of amazing volunteers on three garbage pickups around the neighbourhood, and kept track of the garbage we picked up. With the data that I collected, I created informational posters to put up around the neighbourhood to inform people about why they shouldn't litter. I went through many ups in downs doing this project, and I quickly learned how hard it would be to find people to help me pick up garbage in the August heat even though everything eventually worked out. I thought it turned out to be a very successful project.

I am really glad I had the opportunity to do this project with the help of Cedar Cottage Neighbourhood House. I am very thankful for all the

staff there and my fellow Summer Youth Projects members, as they were very supportive in

"I not only gained valuable leadership skills, but I was happy for the chance to do something beneficial for my community."

helping me with my project. I not only gained valuable leadership skills, but I was happy for the chance to do something beneficial for my community. Through weekly blogs, I was able to reflect and learn from my experience completing this project. It was a great way to spend my summer, and I would highly recommend this program to any teens next summer!



The Kickstart Of A Youth Leadership Revolution

by Randy Chau; Cedar Cottage Youth Coordinator

It has been such a great pleasure to be able to work with 14 amazing youth who have committed their summer months to making our community a better place.

From learning how to design a blog page and a poster, to searching for volunteer help, to the execution of their projects; these youth have conquered hardships that helped them understand what needs to be done in order to make a difference in our community. Whether it is

performing a clean-up routine around the area or planning a performance with children, they have received wafts of positive feedback from neighbours, mentors, and children whom they've supported over the summer.

It is my pleasure to present to you some of their experiences of the overall project in the articles listed below. For more details about their work please visit <http://cnhsummeryouthprojects2015.weebly.com>

AMAZING PEOPLE

Florence Anderson (1914-2015) And Her Legacy

by Dan Fass (with help from Cora Hampson, Margaret Newbury Jones, and Alicia Schlag); *Community Residents*



Photo: Florence at her 100th birthday celebration.
Photo courtesy of Cora Hampson.



Photo: Florence in the back yard.
Photo courtesy of Alicia Schlag.



Photo: Florence at the front door.
Photo courtesy of Alicia Schlag

Long-time KCC resident, Florence Anderson, passed away on March 11, 2015, at the age of 100. Born December 13, 1914, Florence lived at 4062 Commercial Street from 1919 until 2014.

Florence didn't marry or have children, but she was survived by her nephew David Hampson and his wife Cora, David's brother Greg Hampson and his wife Barbara, and a niece Marion Hampson, all children of her sister Jean Hampson. Florence is also survived by four great nephews and nine great-great nieces and nephews.

Attended Lord Selkirk Elementary School

Florence told me she began attending Lord Selkirk Elementary School in February 1921 at the age of 6. However, in the following year, after losing her father, her mother started working as a housekeeper. This left Florence to care for her 4 year old brother Oliver, and her 9 month old sister Jean. Margaret Newbury Jones says Florence spoke of picking Jean up as a baby at her grandmother's house (on Miller Street) and that if she took longer than ten minutes after school to pick Jean up that her grandmother would be mad at her.

She left school at the age of 15 to look after her siblings and the house full-time. Margaret says Florence looked after her mother and Oliver until they died.

Long-Time KCC Resident

After leaving school, Florence worked at Fletcher's Meats, a meat packing plant down the street on Kingsway, and shortly after, started to work for Swift's Meat Packing Plant on Water Street in Gastown. When Swift's relocated to Richmond, Florence would travel to work by bus. She retired after 38 years with the company and up until the last few years of her life she went every year to a reunion of former employees from Swift's.

Florence became friendly with a number of her neighbours including Margaret Newbury Jones and Alicia Schlag. Alicia interviewed Florence for an article that appeared in KCC Neighbour in 2011. Margaret Newbury Jones says their children and grandchildren were all beloved by Florence: she never forgot a birthday. Margaret says that for her children, Florence was like their great grandmother.

In her later years, the Wednesday afternoon Senior's Supper Club at Cedar Cottage Neighbourhood House was an important part of Florence's life. She attended the Supper Club for about ten years.

Remembering the Old Creeks of KCC

I met Florence in 2007 and I interviewed her about the old creeks of KCC that February. She told me about two creeks, one that ran alongside Beatrice Street between Kingsway and 22nd Avenue and a second, Gibson Creek, which ran through a place called Gibby's Field, where it met Davey Creek.

Florence told me how in 1924, when she was about 10 years old, she would take her younger brother and sister down to Gibby's Field for picnics during the summertime, and put her feet in the creek. The interview with Florence is quoted in a booklet of mine about a walking tour along Gibson Creek.

Heritage Designation for the Florence Anderson House

In May 2015, the City of Vancouver declared the "Florence Anderson House" as a heritage building. At the same Public Hearing, the Council approved the creation of a heritage plaque outside 4062 Commercial Street about Florence, her house, and the creek that ran through the back yard.

In consultation with the current homeowners, Hugh McLean, with the City of Vancouver's Planning and Development Services, will determine the viability of installing an interpretive plaque at the Florence Anderson House and if possible this plaque would be ready by mid-2016.

Links

Fass, Dan (2009). Historical Walking Tour of Gibson Creek Through Kensington-Cedar Cottage. November 2009. www.vcn.bc.ca/gibbys/docs/GFS_09Nov_Booklet.pdf (accessible from www.vcn.bc.ca/gibbys).

Jackson, Brian, in consultation with Francie Connell (2015). 4062 Commercial Street – Florence Anderson House – Heritage Designation. Development and Building Policy Report, City of Vancouver. Report date 30 April 2015. <http://former.vancouver.ca/ctyclerk/cclerk/20150526/documents/phea1.pdf> (accessible from <http://former.vancouver.ca/ctyclerk/cclerk/20150526/phea20150526ag.htm>).

Schlag, Alicia (2011). Florence Anderson: A Long Life in an Old House. KCC Neighbour, Issue 15, November 2011, page 7. www.cedarcottage.org/docs/kccpaper_11_nov.pdf (accessible from www.cedarcottage.org/newspaper_archive.html).

AMAZING PEOPLE

Loss Of Our Loving Role Model



by Mabel Leung;
Chinese Painting
Class Member

One summer morning, 10 years ago, I happened to drop by Cedar Cottage Neighbourhood House. I was excited and impressed to find a respectful, elegant senior lady, Madam Poon Suk Chun, teaching Chinese brush painting. Since that day, I have made it a habit to visit the Neighbourhood House every week, joining the local seniors for the painting sessions. I am overjoyed that, under Madam Poon's instruction, I have acquired some basic skills of painting birds and flowers of Vancouver in the classical Lingnam style.

Myself and a crowd of seniors would gather around a small round table to admire her fantastic painting skills.

Without a word, Madam Poon would dance her horse hair Chinese painting brush in Chinese ink and water colours. It was always a surprise to see what masterpiece would appear on the Chinese rice paper. One time, a beautiful bouquet of peonies, so colourful, so fresh, so fragrant!

It is sad to say that Madam Poon passed away peacefully on July 14, 2015 at the Simon Lee SUCCESS Care Home for the Elderly. As she grew more frail, she was no longer able to paint. She retired as a volunteer instructor at CCNH about eight years ago, but would always be invited to our painting exhibitions and would share in our happy moments.

Thinking back to the sessions with Madam Poon, the warm memories are still near and dear. Friday

after Friday, she spent her mornings volunteering, stimulating our interests in Chinese brush painting for both our fresh and experienced members. Even for the greenhorns, she would encourage them to try and explore their talents. On many occasions when paintings were required to represent our culture, Madam Poon's masterpieces would be presented as invaluable gifts.

The late Madam Poon was active in promoting our Chinese culture with her zeal in Chinese painting. As a Chinese Brush Painting Group for over a decade at CCNH, we are proud to have her as our role model and to adopt her volunteer spirit to serve our community. Madam Poon Suk Chun lived gracefully until the age of 89 and she will always be in our hearts.

.....

The boat has hit dock,
summer is over, school begins,
we have come back to our reality.
The monocot leaves of the trees
start to dry out to hear a
crisp clear crunch.
Students bustle in and out
finishing their assignments
last minute.

Rain plummets, scarves are thrown around, mittens
are pulled on,
puddles evolve for children
to jump into,
and the wind gets a little chilly.

We then go to Cedar Cottage Neighbourhood House.
Despite the intense change of atmosphere, Cedar
Cottage still
holds its pleasurable friendliness.

Submitted by a Gladstone Secondary Student

.....

Remembering
Our Teacher.

The famous Artist Mrs. Poon
Sook Chun.

by Nancy Wong 佩粵; Community
Resident 對潘淑俊老師的思憶

我們印象中的潘老師是慈的,親切而略帶點兒威嚴。為了宏揚國畫的精神,使嶺南畫藝在海外世代流傳。她義務地授教於先社區中心。早於廿年前就開始在中僑教畫。十多年又在Kensington和Cedar Cottage Neighbourhood House教授畫班。學生無數。

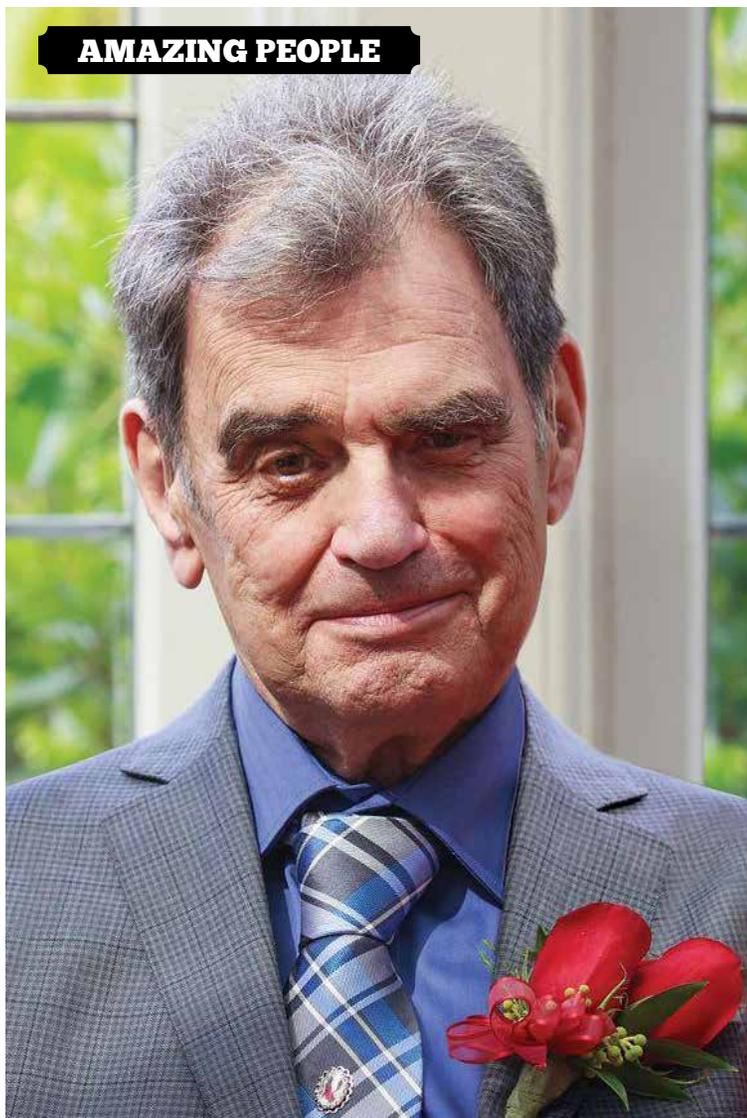
她出身於教師。後來更成為校長。所以教導有方。課程中不詳細講解,如何著色,如何運筆,何時落筆要用中鋒而何時又用則鋒。盡心盡意。將自己數十年來的得,毫無保留地悉心指引。

早於六十年代。潘老師已跟隨當時極具名氣的嶺南派一代宗作赴少昂到世界各地舉行畫展。她的畫藝精湛。她的畫色彩鮮明。看上去另人賞心悅目。尤其是她的玫瑰與牡丹。更是舉世無相。很受收藏家的喜好。所以她的作品遍佈世界各地。

我們感到非常幸運,能夠跟到一個如此良師。

可惜,今年八月,潘淑俊老師已告別這個世界,回到她所信仰的天國了。留在我們腦海裡的是她親切的聲音,和那高貴清雅的儀容。此後,我們會好好地利用所學,繼續她的精神。用心去寫畫。

AMAZING PEOPLE



CEDAR COTTAGE REMEMBERS LONG-TIME VOLUNTEER

by Khaleda Banu; Cedar Cottage Staff Member

At the start of the day while some set out earning their bread and butter, there are many who volunteer their time making the world a little better for others. Ever a caring and giving person, this is the way Doug Shaw lived the better part of his life, generously sharing his time and experience.

The way Cedar Cottage serves the community in providing a safe and cohesive environment, Doug's tireless hours of volunteering at the Neighbourhood House epitomized the same ideals. He strove hard to keep all the 'machinery' of Cedar Cottage working seamlessly so that the staff, seniors, children, youth and families had the safe space that allowed them to come work and gather. Doug had been involved with Cedar Cottage since the early 1960's. His knowledge of the building was encyclopedic. The plumbing, electrical, the heating system, any big or small part of the building, Doug knew the whole works. He was the go-to-person for any kind of query or advice. Invariably, Doug would have fixed any ensuing problem long before anyone noticed it.



Besides spending numerous hours repairing and fixing the building, Doug had served on the Cedar Cottage Community Board for many years and as he would say "so long that I can't remember anymore". He had served as a Board Chair, Treasurer and Secretary and never missed a meeting unless it clashed with his other volunteer endeavors at the boat named the SS Master and Meals on Wheels.

The void that Doug has left with his passing may never be filled and Cedar Cottage will never be the same without him. His greetings, jokes and deep voice with an unmistakable British accent resonate amongst all at Cedar Cottage. We will forever cherish the privilege of knowing you Doug Shaw.

WARM WINTER MUFFINS

by Barb Wong; CCNH Food Coordinator

On those blustery, cold "inside" days of winter, parents often look for fun activities to do with their children. This is a delicious seasonal baking activity to do together. Young children can help with measuring, stirring and sprinkling, while older ones can help with dicing too. As the seasons change, pears may be substituted with local fruit such as berries, cherries or peaches.



Pear Crumble Muffins

FOR THE CRUMBLE:

- + 1/2 cup whole wheat flour
- + 1/4 cup rolled oats
- + 2 T. brown sugar
- + 1 T. sugar
- + 3 T. butter, melted

FOR THE MUFFINS:

- + 1 cup whole wheat flour
- + 1 cup all purpose flour
- + 3/4 cup sugar
- + 1 T. baking powder
- + 1/2 teaspoon ground cinnamon or cardamom
- + 1/4 tsp. salt
- + 2 eggs
- + 1 cup milk
- + 1/4 cup vegetable oil
- + 1 teaspoon vanilla
- + 2 cups diced pears

Preheat oven to 400 F and line or grease a muffin tin.

MAKE THE CRUMBLE:

In a small bowl, mix together the whole wheat flour, oats and sugars. Stir in butter and mix until crumbly.

MAKE THE MUFFINS:

1. In a large bowl, whisk together the flours, sugar, baking powder, cinnamon or cardamom and salt.
2. In a medium bowl, whisk together the eggs, milk, vegetable oil and vanilla.
3. Pour the egg mixture into the flour mixture and gently stir just until blended. It should still be lumpy.
4. Gently fold in pears.
5. Fill 12 muffin tins with the batter. Sprinkle the crumble mixture on top of each muffin.
6. Bake for 20 minutes. Makes 12 large muffins.

THANKS RONALD

by Michelle Godden; ADP Director



This month, Ronald Lee, a 96 year old, Chinese Canadian senior lead the Remembrance Day activities in the Adult Day Program at Cedar Cottage: showing off medals; providing a traditional meal; and sharing stories of friendships, racism and loss that shaped his experiences of WW2. By sharing his story with us, we were touched with a deepened understanding of where we have come from and where we are today. For the full story: vancouverun.com/news/remembrance+amazing+life+ronald/11505321/story.html

what's happenin'
Community Calendar

Cedar Cottage Neighbourhood House

4065 Victoria Drive | 604 874-4231

**FEB
20**

Lunar New Year

Celebration: Join us as we celebrate Lunar New Year at the Neighbourhood House.

Volunteers have a special day planned for everyone. Our special celebration will include food, performances, activities for children and Lion Dancing.

Thanks for TD Canada Trust for their ongoing support over the years.

**JUNE
24**

Social Connectness

Loneliness is a killer. This workshop examines the social determinants of health. Presented by Council of Senior Citizen's Organizations of BC. please call 604 874-4231 and ask for Michele or Hazel. If you have any suggestions about workshop topics, we'd like to hear from you so please let us know.

Trout Lake Community Centre

3360 Victoria Drive | 604 257-6965

**MARCH
2**

Living Free From Diabetes

You will learn the causative factors of this inflammation that you do have direct control over. Remove inflammation from your body helping to restore your body back to proper function and good health. Presenter is a Chartered Herbalist, Certified Detoxification Specialist and Life Coach. Please pre-register. FREE

British Ex-Servicemen's

1143 Kingsway | 604-874-6510

**JANUARY
9**

Ukrainian Christmas Dinner

Come join us for the traditional perogies, cabbage rolls and Keilbasa, comfort food that we all crave. Tickets are \$10, available after December 18th.

Kensington Public Library

1428 Cedar Cottage Mews | 604 665-3961

**JANUARY
12**

Family Story Time

10:15-10:45 Tuesdays and Saturdays 2:00-2:30. Stories for toddlers and preschoolers

**JANUARY
15**

Babytime

10:15-10:45 & 11:15-11:45am Rhymes, songs, bounces, fingerplays and stories for parents and caregivers with their babies. 0-18 months is recommended.

The Kensington - Cedar Cottage
Neighbour



Writers for the KCC wanted

Are you looking for a chance to write and publish your own story? Do you see news stories in every nook and cranny of our awesome neighbourhood you'd love to write about like...

- People doing interesting projects no one ever hears about?
- Unsung heroes in our community going completely unnoticed?
- Everyday acts of kindness deserving of recognition?
- People with ideas to make our neighbourhood an even better place to live?

KCC NEIGHBOUR is 100% produced and run by volunteers. We'd love you to join our team.

Call Kelly at Cedar Cottage Neighbourhood House to get started!

4065 Victoria Drive | Vancouver, BC V5N 4M9 | Tel: 604 874-4231 | Fax: 604 874-7169
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Call Kelly at Cedar Cottage Neighbourhood House 604 874-4231 for more information.

Neighbourhood Small Grants Deadline: **APRIL 4th 2015**. Apply on-line at:

www.neighbourhoodsmallgrants.ca



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 foundation

The Kensington-Cedar Cottage
NEIGHBOUR

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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.*

We acknowledge the financial assistance of the Province



Election Day

by John Buckberough;
Community Resident

On October 19th, Canadians voted in a general election for the first time in four years.

Our Kensington-Cedar Cottage neighbourhood lies almost entirely within the boundaries of the riding known as Vancouver Kingsway. Electoral boundaries are determined primarily by population, so that, particularly in our cities, areas have roughly equal populations and votes thus have an equal weight.

Voters arriving at polling stations to cast their votes were met with relatively straightforward procedures: confirm your identity and where you live. In most cases, you could cast a ballot and be out the door in less than ten minutes.

But behind the scenes a larger and more complex operation made the day a success.

For the third time, I was a polling station supervisor, in charge of a gymnasium containing eight individual polls and run by a team of recruits with defined roles.

Detailed training was provided for information officers, registration officers, poll clerks and deputy returning officers. I took training for all of these functions as well as for that of poll supervisor.

The day began very early. I was at the Elections Canada office shortly after 5:00 am to collect the materials needed for the day. After transporting these to the polling venue and meeting my team at 6:00 am, we began our setup.

As the supervisor, I was pleased to know that of the twenty folks working with me, half were first-timers, while the others were veterans of previous elections, federal, provincial and municipal. We worked as a team, sharing our knowledge and energy through the day.

Information officers greeted voters and directed them to the correct poll based on their street address. Registration officers had the busiest job, dealing mainly with voters who were not on the voters list and needed their identities and addresses confirmed before voting.

The deputy returning officers and poll clerks were paired to ensure voters received their ballots and cast them in the correct fashion.

It was a busy day. Voters began lining up at 6:30 am though the poll did not open until 7:00 am. From then on, there was a more or less a steady stream of people arriving to vote, often accompanied by their

children or, in some cases, their pets.

It was a long day for all of us. We had been told to bring food and drinks for the day. Breaks were short. Representatives of the major parties were also in attendance and their presence was welcomed. The 7:00 pm closing time was far off.

I believe more than 2000 people cast their ballots at our location. Problems were few, mostly dealing with inadequate documentation. In most cases issues were dealt with quickly.

At 7:00 pm, the poll closed and we began the primary task of the day: counting the ballots and determining a winner. As the candidates' representatives watched, the count was completed, around 9:00 pm. With assistance, tables were broken down, chairs stacked and elections materials readied for transport.

I phoned in the results for each individual poll to our Elections Canada office and transported all of our materials, whether used or unused back to that office. Finally, at 10:00 pm, my day was over.

For the record, Vancouver Kingsway returned Don Davies (NDP) to his third term in Parliament, having garnered 45.7% of all votes cast.

Thanks are due to all who worked that day, but more so to the voters who made this election a success.

New Pastor Returns Home

by Douglas Woods; *Church of the Nazarene*

Rev. Geoff DeJager has accepted the invitation to be the senior pastor of Vancouver First Church of the Nazarene. Geoff was on staff of Skyview Community Church in Calgary, AB, and he and his family moved into the neighbourhood in August.

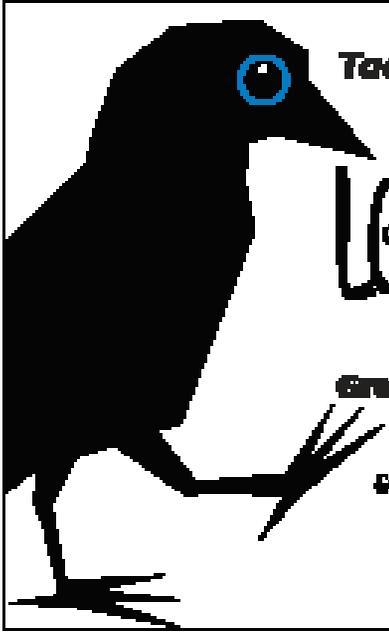
First Church recently celebrated its 75th Anniversary under the leadership of Dr. Grant Zweigle, who served as pastor for over eight years. The Zweigles are now serving the Church of the Nazarene in Manila, Philippines. First Church has gone through a 13-month transition period with the assistance of Transitional coach Rev. Gerry Teichrob, and Interim Pastor Kadee Smedley. During this time, Pastor Teichrob has helped the church articulate its history, purpose and renewed its vision to be a neighbourhood church.

In the process, the church identified its desire to have someone who had west coast experience and resonated with the concept of being a neighbourhood church. It was on this basis Rev. DeJager was recruited, having grown up in the Metro Vancouver area. Welcome to the Neighbourhood!



THE KENSINGTON-CEDAR COTTAGE NEIGHBOUR

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Don Davies, MP
Vancouver Kingsway



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Kensington Cedar Cottage

GUIDE TO THE NEIGHBOURHOOD



Map Legend

- Businesses advertising in this issue
- ✱ Local Landmarks
- 🏠 Neighbourhood Houses / Community Centres
- Schools
- Parks
- - - Skytrain
- 🚲 Bicycle Routes
- - - Vision Boundary
- Streets

Streets shown: Broadway, Commercial Dr., Nanaimo St., Kingsway, Victoria Dr.

Landmarks and Parks: Laura Secord Elementary, John Hendry Park, Croatian Cultural Centre, Trout Lake Community Centre, Muslim Assoc. of BC, Gladstone Secondary School, General Brock Park, No. 20 Firehall, Jones Park, Vancouver Alpen Club.

Businesses marked with letters: E, F, G, B, I.



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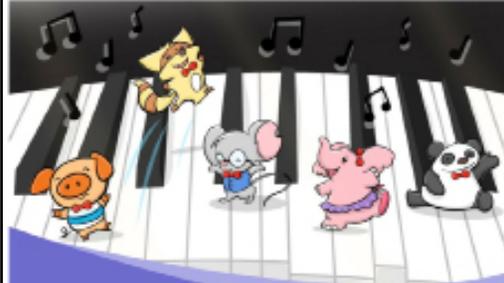


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SMALL GRANT, BIG IMPACT!

by Annalisa Pareja; *Community Resident*

A spring social, monthly gardening parties, a how-to-prune workshop, and a fall harvest community dinner. All these events, held at the Cedar Cottage Greenway, were made possible by a modest grant from the 2015 Vancouver Foundation Greenest City Neighbourhood Small Grants program.

At the spring social in June, children enjoyed a scavenger hunt in the garden, identifying different plants and Greenway landmarks, such as the giraffes! They painted plant pots and took home seedlings of flowers and vegetables. Adults met neighbours and learned about the plants in the Greenway and how the Greenway itself came to be at the 19th Avenue right-of-way just west of Fleming Street.

On the morning of the third Saturday of each month, from May to October, volunteers gathered to weed, deadhead, trim and tidy the heritage garden flanking the walkways. No gardening experience is needed and everyone is welcome as there is always plenty to be done. Hardworking volunteers persevered

through inclement weather to plant an assortment of groundcover and bulbs. In October, longtime Greenway volunteer, Jane Stanier, led a pruning workshop, teaching folks how to prune the shrubs in the Greenway for improved plant health and appearance.

The footings of the 20 year-old archway at the west end of the main path were in desperate need of some repairs. With the help of the Small Grant and the work of Jean Michel Basley, the footings were reinforced, keeping the Greenway safe for all who walk through.

On the Friday after Thanksgiving the Greenway hosted the 2nd Annual Fall Harvest Community Potluck Dinner in the St Mark's Lutheran Church Hall to celebrate our neighbourhood with wonderful food and camaraderie. Folks made bouquets of herbs and flowers, which were a combination of clippings from the Greenway and donations from neighbours' own gardens. Children put together hydroponic planters with narcissus bulbs that they could take home and watch grow indoors over the winter.

**THANK YOU,
Vancouver Foundation!**



If you would like more information or to get involved with the Greenway, please email ccgreenway@gmail.com



JOIN THE KENSINGTON-CEDAR COTTAGE COMMUNITY BUILDERS!

by Jennifer Conroy; *Community Resident*

In early May, over 20 people came together from across the neighbourhood to share in an evening of conversation and community building at Cedar Cottage Neighbourhood House.

Over wine and cheese, with coloured markers and big sheets of paper, neighbours shared their dreams for the future of our streets, parks and meeting spaces.

They identified a real need in Kensington-Cedar Cottage for more opportunities and places for people of all ages to gather, relax, celebrate, discover new friendships and strengthen old ones.

When people from the same

neighbourhood spend time together they can make new connections, identify common friends and share interests. Over time, these new acquaintances run into each other at the grocery store or school, take part in new activities, learn new skills and become part of each others' lives. More opportunities to gather mean happier, healthier and more connected communities.

Help us build community in Kensington-Cedar Cottage! If you have ideas, or simply want to connect with others around building community, please join the conversation. Contact Kelly at kwoods@cedarcottage.org or stop by Cedar Cottage Neighbourhood House to find out more.



REPAIR MATTERS

by Jessica Beketa

Email: hello@repairmatters.ca
www.repairmatters.ca

Back in August, we set up at Cedar Cottage Neighbourhood House at 5:30pm and waited for the community to come. For all the events we've held, it's always a question of who will come, what they will bring and whether anyone will come and bring anything at all. The woes of being a new initiative. We were excited to have numerous members from the nearby community come and bring their broken things! To the credit of our talented repair heroes we were able to fix a lamp, a sewing machine, a bike tire, and troubleshoot a couple of personal TVs.

The magical thing about this event is that our sign-up sheet was full of names and phone numbers at the end of the

night (usually it's full of email addresses). We were able to meet new people and hear their stories facilitated by the network and community Cedar Cottage has created. Something obvious, but frequently forgotten, is that online promotion and social media cannot reach everyone who'd like to use a service. By reaching out to organizations and initiatives deeply embedded ("ingrained") in their communities, we were able to fix and meet with people we otherwise wouldn't have.

One of the people we met at the event, Harry, told us about how he has fixed a DVD player with a rubber band, a turntable and some special tape. We're always inspired by the people we meet and the stories we hear!



RAG RUGS

by Melanie Moren; *Community Resident*

The inspiration for learning the new craft of rug making flooded me last summer on family vacation. After my brother-in-law purchased a beautiful handmade rag rug from an artisan on Salt Spring Island, I just had to learn how to make one myself.

After a small amount of research online, I found some instructions and began learning, making rag rugs with all the available recycled material I could get my hands on. It was very much a trial-and-error process, but so much fun, such a creative, hands-on hobby, and a great way to up-cycle unwanted cloth items.

I thought maybe others in my neighbourhood might like to learn as well; after all, everyone can use a rug! Cedar Cottage and friends encouraged me to apply for the Neighbourhood Small Grant and hold a workshop to share this hobby with others. We were thrilled to be granted the opportunity and receive grant

money for supplies and some fabric donations to get started. Cedar Cottage Neighbourhood House hosted a rag rug workshop, where we had over a dozen crafters in attendance on a very rainy afternoon in September. Several basic rag rug-making techniques were shared, along with a sense of community, as crafters collaborated and helped one another learn the techniques, until all participants had their own rag rug creations started. A fun time was had by all and some beautiful rag rugs were created. We hope to run the workshop again next year!



HOW N.E.A.T. IS THAT?

by Lourette Swanepoel; *Community Resident*

In a major earthquake, the response time for emergency personnel is expected to be three days or longer – a time during which residents will need to cope on their own. The question is not just “am I prepared?” but rather “are WE collectively prepared?” Neighbours will need to pull together.

We applied for and received a grant from the Vancouver Foundation Small Neighbourhood Grants program to support our neighbourhood’s preparedness efforts. Our initiative is targeting about 150 households (500+ residents) along East 37th, 38th and 39th Avenues.

In August, we formed a local Neighbourhood Emergency Assistance Team (N.E.A.T.), made up of about ten residents that underwent formal disaster response training through the City of Vancouver and Vancouver Fire & Rescue Services. N.E.A.T. is a fantastic program and free to all residents.

On October 4th, our neighbourhood did an earthquake drill and evacuation as part of the Provincial Shake-Out initiative. This was an opportu-

nity for our local N.E.A.T. to practice their emergency plan, and for residents to register their household on our local emergency inventory, learn about collective and personal preparedness, and meet neighbours.

Six months ago, I knew I had to “drop-cover-hold on” then grab my kit (oh yeah, I did not have one!) and get out of the house. But then what? I had no idea what to do or where to go during the aftermath – and I was not alone. Today, I have comfort that residents in my neighbourhood have knowledge and a plan in place for how we will collectively respond and help one another. This is the start of what we hope will be an ongoing process and annual drill to enhance the capacity and resilience of our local area in a major disaster. After all, organizations practice their emergency response ever year – so should neighbourhoods not do the same?



Consider joining the program at: <http://vancouver.ca/home-property-development/neighbourhood-emergency-assistance-team.aspx>

It's Teamwork on Tuesdays at Grace

by Sally Marcantonio,
Grace Memorial Church

It would be hard to choose the most outstanding volunteer when you stop by Grace Memorial United Church on a Tuesday morning.

It's all hands on deck from Monday afternoon, when Dave buys the fresh vegetables for the nourishing soup he prepares and the two gallons of milk needed for beverages and porridge, until 1 or 2 p.m. on Tuesday, when Julie has washed the last dish.

The Tuesday Breakfast started out about 12 years ago with a core group of four volunteers - Olga, Melanie, George and Daniel - and the occasional drop-by volunteer. Reverend George recognised the growing number of homeless and addicted people in the neighbourhood after the Downtown Eastside was "cleaned up." "Feeding" was nothing new at Grace - the first food bank started out there many years before, under the leadership of Rev. Val Anderson, who later became a provincial MLA.

Opening day attracted three or four

up the tables and chairs. They chat about how their week has gone, how their health problems are coming along, if they are finding somewhere better to live, and anything else on their minds. Often, as winter sets in, wet, cold guests are waiting to come in and warm up after a night outside. Tim arrives and checks the vegetable garden he has tended since spring, followed by Kate, another loyal volunteer.



Joanna is downstairs whisking six dozen eggs donated by a couple of ladies from the congregation, and grating the cheese for the tops of the three large breakfast casseroles.



Daniel arrives any time after 9:15 with bread and sweets donated from bakeries, fruit and anything else he can glean over the week to make the menu more varied.

Reverend Sandra arrives and provides spiritual or emotional support. Occasionally, Ravensong Outreach nurses come to provide health care.

Rev. Art Griffin, age 93, arrives close to ten a.m. and piano music fills the air. He takes a break around eleven. Sometimes Kate plays while he enjoys his meal.

After the serving station is set up guests form a line, ready to choose the items they want on their plate. The volunteers move to their places and the "dance" begins. Dirty dishes go downstairs, clean ones come up, along with more soup and porridge as needed. Coffee pumps are refilled, teapots replenished and spills mopped up. If time permits, volunteers take a break for coffee and something to eat.

Then room starts to empty and people go on with their day - although some stay for the whole



guests, but soon word got out and in time the Tuesday Breakfast was hosting up to 40 people a week. One Tuesday before a particularly wet, cold Christmas there were 72 guests: a record. No one left hungry.

As the years passed, space was getting cramped downstairs. Eventually the decision was made to move the meal programme up. In June of 2013 pews were removed, carpet ripped up, and a vinyl floating floor was installed. By September, we were ready to try out our new serving system. It took a while for volunteers and guests alike to iron out the wrinkles, but two years later, on most Tuesdays, it all runs like clock work.

Dave and Sally arrive at 8 a.m. to get the soup started and the coffee on: 80 to 100 cups. Then Mary Al, Carole, Doug and Eric arrive, along with any of the regulars who come early to help set



Dave has the soup on and the porridge started - the first of many pots of this favourite breakfast staple. Carole is upstairs in the kitchen alcove, toasting and buttering bread, which she does for a solid hour to keep up with demand for "white or brown toast?"



morning, enjoying the community and chatting with friends. Most days there is a loaf of bread to take home, even an opportunity for healing touch.

Meanwhile, downstairs, Julie washes pots and pans and loads the dishwasher, aided by Joanna. They have a system and it works. And so it goes until the last guest has left.

The tables and chairs are put away, the floor is swept and washed, the washroom cleaned. Soon you'd never know that up to 70 people had come to eat and socialize.

As I said, it would be hard to pick the most outstanding volunteer. It is teamwork: each person is as important as the next, able to take over another's task at a moments notice.

But special mention must go to Olga Page, who retired 18 months ago, at 87, and moved to a care home. Her friends at Grace visit her and keep her up to date. Come to think of it, she was our most outstanding volunteer.

Come by some time.



A Special Tree in KCC

by Rev. Heidi Brear, St. Margaret Cedar Cottage Anglican Church

Have you ever found yourself wandering through our neighbourhood, near the corner of East 22nd and Dumfries, only to notice a fairly large maple tree covered with tags hanging from its branches? In many ways, this tree is like any other tree in the area. It might even go completely unnoticed, especially in the warmer months when it is covered in large green leaves. But in another way, there is something quite special, quite unique about this particular tree: it is a prayer tree.

A couple of years ago the congregation at St. Mar-

garet's Anglican church decided to make this tree next to the church a prayer tree, a place where people from all different backgrounds and beliefs could stop to add their own prayers or to pray the prayers of others that had been left there.

Over the years there have been thousands of prayers written on cards and attached with ribbons to this tree: prayers of thanksgiving and hope, prayers of sadness and grief, prayers for loved ones and strangers, prayers for others and prayers for the authors themselves. Some prayers are light and fun, others heavy with sadness and grief, some are offered in eloquent words, others are short and to the point and still others are drawn with

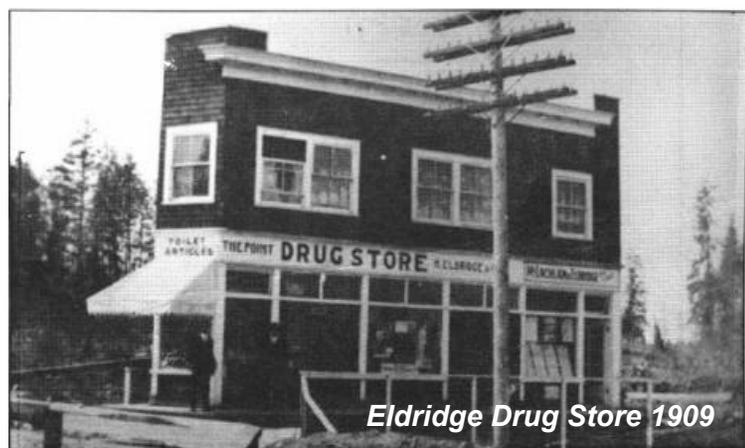
no words at all.

As the priest of St. Margaret's I have the privilege of spending time every day standing under the branches of this tree, surrounded by all the prayers, praying them and thinking of those who wrote them and of those for whom they were written. Our congregation also remembers in our weekly ten a.m. Sunday service the prayers added to the tree.

So if you find yourself in need of place to write down or draw those prayers, wishes, pains or hopes of your heart, come to the prayer tree, add your prayer, pray for others and know that you are not alone.



Our Town Café 2015



Eldridge Drug Store 1909

All About The Space

by Pat Dobie; Community Resident

Hidden away above Our Town Café at Kingsway and Knight are eight small offices, home to eight small businesses. There's an architect, a graphic designer, a writer/editor and two consultants. There's a massage therapist, a psychotherapist, and a bio-energetic healer. The wedge-shaped building is filled with the energy of people doing work they enjoy.

The building was erected on pilings over Gibson Creek in the early 1900s, when most of the area around Kingsway and Knight was still forest. Eldridge Drug Store

opened in 1909: the same building as now, more or less, but with a rail out front to tie horses to. According to his son, Mr. Eldridge used to go underneath the drugstore and fish in the stream for his lunchtime trout.

In the 106 years since then, the city has mushroomed around this spot. Tracks became wagon trails; those were paved and became Kingsway Avenue and Knight Street, a six-lane trucking route that moves consumer goods to and from the Port of Vancouver, five km north. Trees were clear cut, sewers built, market gardens and ranches gave way to houses and shops. In 2008 the multi-storey development

King Edward Village opened across the street.

Change keeps happening in Kensington: the building sold a couple of months ago, and the new owners have hung up a big For Sale sign. This hidden gem could be gutted for renovation or torn down for redevelopment. But in the meantime, and for as long as possible, the people working upstairs hope to enjoy this historic and wonderful space.

Historical info and 1909 photo is from a booklet by Dan Fass, Historical Walking Tour of Gibson Creek (http://www.vcn.bc.ca/gibbys/docs/GFS_09Nov_Booklet.pdf)



the KCC community, and we think that everyone left feeling a little more inspired and aware of the housing and homelessness situation in our city.

We are already brainstorming ways to work with the information gained from the break-out sessions and build on the positive momentum generated from the event. We want to thank each and every one who attended the event for sharing their wisdom and experiences with the rest of the group!

Representatives of the HAW-Cedar Cottage 2015 planning committee included: Rev. Heidi Brear, St. Margaret's of Cedar Cottage Anglican Church, Tara

Homelessness Action Week Community Event

by Eric Desjardins; Program Coordinator & John Howard; Society of the Lower Mainland

On the beautiful, sunny Friday during this year's Homelessness Action Week, a few of Kensington-Cedar Cottage's finest banded together to host an interactive and engaging community event at the northwest corner of our neighbourhood.

For a few hours on October 16, McAuley Park (at the intersection of Kingsway and Fraser) transformed into an outdoor resource hub featuring a number of local service providers who brought information on their programming and services to distribute to the general public. The site was relocated from last year's venue at St. Margaret's of Cedar Cottage Anglican Church with the primary goal of engaging low-income and homeless residents with useful resources

that provided immediate access to housing, health, outreach, advocacy, and other supports.

Another purpose behind the event was to educate the public on what types of services are currently being offered to the marginalized community, and creating an opportunity for the public to learn how they can become involved in existing social justice initiatives. The "Resource Connect" saw approximately 65 people in attendance, who enjoyed coffee and light refreshments to go along with the exceptionally warm weather we had that day!

The second part of the event invited everyone into the Salvation Army Vancouver Community and Family Services office on Fraser Street, where an informative video depicting real stories of homelessness was shown and a community dialogue was held. 'Stewart' followed up his video with some commentary on his own experiences as a



formerly homeless individual living in Vancouver and some of the struggles he's encountered as a result of his lifestyle and traumatic past. His insights resonated deeply with those in the room: KCC residents, service providers, and other persons-with-lived-experience.

Participants were then asked to discuss, in break-

out groups, "What does an effective community response to homelessness and housing look like?" The groups came up with answers from art classes to community gardens, to more affordable housing, increased harm reduction services, and more. This kind of creative out-of-the-box thinking is exactly what we were hoping for from

O' Coffey, Vancouver Public Library- Kensington branch, Derik Hyatt, Salvation Army Vancouver Community and Family Services, Kelly Woods, Cedar Cottage Neighbourhood House, and Eric Desjardins, the John Howard Society of the Lower Mainland.

See you all at next year's event!

Home is Where the Heart Is

Families Open Doors to Youth in Need

by Kristyl Clark; PLEA Community Services



If youth are the future, there is at least one organization in the Lower Mainland helping to ensure the outlook is bright: PLEA.

At PLEA, special attention is given to ensuring youth receive the necessary care and support to overcome challenging situations and become positive members of the community.

One of the many ways it does this is through its youth residential programs, which places young people between the ages of 12 and 19 in nurturing family environments, where they can benefit from the structure of daily routines while also accessing services specific to their individual needs.

With an average age of 16, most of the youth in

the program are in need of a stable, healthy living environment while they try to overcome challenges in their lives. Each youth has a multi-disciplinary team that helps co-ordinate support, services and resources available to both the youth and the family housing him or her.

It is this high level of support extended to caregivers that sets PLEA's program apart from foster care. Each family has a single point of contact at the organization who is available 24 hours a day, as well as access to PLEA-approved respite when they need a break.

Having provided residential care services for more than 30 years, PLEA has seen firsthand how successful the family-setting model can be. And it wouldn't be

possible without the generosity, thoughtfulness and heart of the caregivers who open their homes.

Those who choose to take on the role come from a wide range of backgrounds and skill levels. In fact, it's this level of diversity that allows PLEA to select the most optimal matches for youth and families.

Despite the variety of personalities, however, there are a few things all caregivers have in common: enthusiasm to work with young people, a desire to make a difference, and an ability to communicate with others.

And, with a monthly waitlist of around 15 youth, the organization is always looking for like-minded people to join its ranks.

The minimum requirements are that caregivers are more than 21 years of age, are legally eligible to work in Canada, are financially stable, are able to provide each youth with his or her own bedroom, are able to provide three references, are able to provide a medical report from their doctor, have no more than five children/youth living in the home, and have no international students or clients from other agencies living in the home.

By opening their doors, caregivers - who are compensated on a per diem basis - can help change a life from the comfort of their own home.

For more information about the role or to apply contact PLEA's Family Recruiting Team at 604-708-2628 or caregiving@plea.bc.ca



English from English Foundations 1 to Grade 12. The program is academic and even beginner English learners work on their reading and writing skills while improving their speaking and listening. There is also a complete high school graduation program available. This includes English, all levels of mathematics, and courses such as social studies, biology, physics and chemistry. Adults who have never graduated in Canada, or anywhere in the world, can finish their high school diplomas and graduate!

Most courses are nine weeks long (six weeks in the summer). Terms begin every September, November, February, April and July. Students attend every day for just over two hours, and classes are offered in the morning, afternoon and evening. There are also flexible, self-paced courses available for students who cannot attend on a regular schedule. The staff understands that adults have busy lives and many responsibilities, and it can be difficult to come to school.

Who attends our Centre? Meet Kelly, a 23 year old studying Grade 12 math who is almost finished her high school diploma. Although she went to high school in Canada, she had some difficult times and stress in her teenage years, and didn't have the time or attention to complete her courses. After being out in the world and some self-reflection, she has made it her priority to finish high school and will graduate in June 2016.

Meet Giang, a 49 year old from Vietnam studying English Foundations 6. Because she speaks Viet-

namese, Mandarin, and Cantonese, Giang not only studies at the school but volunteers to tutor a small group of Level 1 and 2 adult learners. They can be seen most days studying after class working hard to improve their English. It's never too late to go to school.

And finally, meet Farshad, a 20 year old from Iran. In Iran, he studied to be an architect. Now in Canada, he is changing his career plans. He attends Main Street Education Centre to upgrade his English writing and reading and get a foundation in Biology. He is thinking about going to a school like BCIT in the future.

For more information contact VSB Main Street Education Centre, 4105 Gladstone Street (lower floor of Gladstone High School). Phone 604-713-5731, www.adulted.vsb.bc.ca

Introducing the VSB Main Street Education Centre

by Laura Pasut; VSB

Did you know that the KCC Neighbourhood is home to an Adult Education Centre? In 2013, VSB Main Street Adult Education Centre moved to the ground floor of Gladstone Secondary School. It now welcomes over 600 adult students speaking 33 different languages through its doors each term. Adults can graduate from high school, take pre-requisite courses for college or university, and study English, math or the sciences. Many of the courses are tuition-free!

What courses are offered at Main Street Education Centre? Immigrants can study all levels of En-



FIRST AID HERO FOR COMMUNITY BABYSITTERS

by Angie Halford;
Community Resident

Hi, I am Angie. I am a part of the community. This spring I was looking into setting up a babysitting course. At first, I applied through BC Housing. Then when speaking to other people in the community I applied for a community grant. I also made many phone calls to many different places that hold this course.

It took awhile, but I finally found First Aid Hero training. They agreed to hold the course at cost which was \$31.50 a person. It was shortly after that I found out that I was not going to be able to obtain the community grant. However, BC Housing was still going to help me. They covered the cost of the tenants that had

originally signed up, as well as some of the cost of food and all of the taxes. At first I thought I would be short funds so I called Glenda at the Vancouver Food Bank and asked if we could get a donation of snacks for our program. She approved us and provided 2 large boxes of snacks without nuts. This was awesome.

I was talking to her on the bus and another person over heard me and donated \$10!

At this point we had 14 kids signed up. Then I got a call about a young lady in our community that missed her chance to sign up. It just so happened that Cedar Cottage found a way to get her the course fee so she could attend. My neighbour Debra helped me get the food home from the food bank and pick up some food from Costco. She also brought chili and sandwiches. I made home-made buns.

July 11th, 12 kids showed up; eight from our site and four from the community. Everyone passed our course, even the kids with disabilities. And they borrowed Kiersten's toy dolls to work with. They all had a great time. I would also like to thank BC Housing, Vancouver Food Bank, First Aid Hero, and Debra for all the help that you gave us. Without it we would not have been able to get this done.



COMMUNITY SPACE IN YOUR DEVICE!

The Kensington-Cedar Cottage neighbourhood has one additional hidden space and it can be found right in your own mobile device.

by Nadia Le; Student Graphic Designer & Social Media Coordinator

As a student graphic designer, I was looking for new and innovative ways to express my creations and share them through an open-source platform. Over the summer, I found out that many individuals across the globe, whether they were young students or digital aficionados like myself, all had one thing in common: they had a desire to make a contribution to their community.

Geofilters are one of the most prominent features that can be found in the Snapchat application,

a photo-sharing app targeted towards teens and young adults. You simply take a snapshot that is set for a them to a number of specified users. Immediately after viewing, the snap disappears.

What are geofilters, you ask? This special feature acts as an overlay that you can place over your Snap, depending on where you are. There is a unique geofilter that can be found at each location almost like catching all 151 Pokemon!

As I browsed online and saw geofilters that can be accessed many places, from various post-secondary institutions, to ones that are situated in small communities, I wanted to hop on the trend and create one myself.

The process of creating one took almost two hours, and submitting it lasted approximately a week. I soon received an email from the Snapchat team confirming that my geofilter was approved and available for usage! I thought that this was a great opportunity for me to utilize

the skills that I've been taught from BCIT, and apply them to an easily accessible and fun source like Snapchat. As soon as it became public, I received messages and Snaps from friends with my geofilter attached & the reception has been positive.

Whether you're a design whiz or not, I would highly encourage other residents to create their own geofilters you're establishing your own presence digitally, and you're also creating exposure for the intended place - a win-win situation.



ALICE MA

by Adult Day Program (ADP) Staff

Alice Ma moved into her home on Alice Street, across from Cedar Cottage Neighbourhood House in 1978. Alice started coming to the neighbourhood house 34 years ago when her 3 children came for preschool. During the time that her children attended preschool, Alice would learn English.

She has been volunteering for almost 27 years.

Alice was here for the first *Chinese New Year Celebration* as well as for the first annual *Spring Carnival*. There have only been a few of these events that she has missed.

Beginning in the 1990s, Alice would volunteer on Fridays and Saturdays for the Mahjong program that her husband attended.

Alice has also volunteered in programs such as the *Seniors Supper Club* and the *Mother Goose program*. On days where she had a day off as her job working as a Home Support Worker, Alice would come to Cedar Cottage and support seniors on outings and would also volunteer to walk with seniors to and from the

neighbourhood house so that they were able to attend programs.

Alice has been volunteering in the *Adult Day Program* for nearly 4 years, since March 2012. While in this program, Alice greets seniors as they arrive, helps support staff by serving coffee and tea, and assists with knitting and arts programs. Amongst everything that Alice has done and still does for the neighbourhood house, she is amazing at engaging seniors in programs and acts as a bridge by translating information. She also connects community neighbours to our neighbourhood house.



“Alice is a great person. She helps me a lot. I look forward to seeing her when I come to Cedar Cottage.” – Yuet Yee Wong

“Alice is wonderful. She helps everyone in every aspect. She has a great personality and is always doing something to help others.” – Robert Lee

STORYTIME

by Teresa Wang; Community Resident

StoryTime is a project that will be hosted in the Cedar Cottage community, specifically for young children. This project has cultural and educational meaning, and will also enrich extracurricular activities of children. There is a large Chinese immigrant population in this community, and we hope this activity will be able to acquaint children who are originally from China with their own children's stories, and most importantly, culture. We welcome children with different cultural backgrounds to join our activities as well. We believe that this project can encourage communication, connection, and multicultural integration within the community.

StoryTime is organized by youth volunteers. It provides a very good opportunity for youth to build leadership and other important skills. Our volunteers will hold six sessions of storytelling at different community locations, such as libraries, community centers, and neighbourhood houses. We are also

planning to publish a magazine based on *StoryTime* to help children who are learning or interested in Chinese. This magazine will also be a tool for parents to learn and interact with their children. The text will include both Simplified and Traditional characters with Pinyin (pronunciation aid) and English translation.

故事屋是小灯笼杂志正在雪松屋社区举办的少儿活动。这项活动不仅有着文化教育意义，还可以丰富少儿的课余生活。由于华侨和华裔在雪松屋社区占了很大的人口比例，我们希望这样的活动可以让有中国背景的小孩子通过听故事了解自己的文化和语言。小灯笼杂志欢迎从不同文化背景的孩子。只要是对中文有兴趣，都可以来参加！我们相信这个活动可以很好的促进社区的紧密交流和联系。故事屋这组织和管理全权交由我们的青少年义工们。在这里他们分工合作来完成这个有意义的活动。所以说，着同样是为那些希望加强领导能力青少年们提供了平台！小灯笼杂志总工会在6月到11月底期间举办6次讲故事活动。除此之外，小灯笼和我们的青少年义工们推出了小灯笼中文学习杂志。参加活动的家庭可以获得杂志（简体版或繁体版，都附有英文翻译）还有其他很多好玩的奖品哟！

MEET AND GREET TEA DATE

by Barb Eisinger; Community Resident

On Saturday, October 10, 2015, Cedar Cottage Neighbourhood House hosted a *Meet and Greet Tea Date* for seniors. Seniors worked with neighbourhood house staff to host this event and the hope was to introduce more seniors to the activities that Cedar Cottage offers. Lan Nguyen asked several seniors to form a group to assist in the planning and organization of this event. About 10 people met to brainstorm ideas for activities, entertainment, and of course, the food. Fuelled by Lan's enthusiasm and leadership, we all came early to prepare the food and decorate.

About 25 people came, socialized, and enjoyed the event. Some of them returned for the *Thanksgiving Dinner*. The afternoon could not have been so successful without the students from Gladstone Secondary who worked tirelessly, serving people and helping in the clean-up. The food was well-received, especially the delicious soup that Lan prepared. The ingredients were from our edible garden. Sheila and Shanti gave a mini-lecture and demonstration



about health and salt consumption, and shared the *Garden to Table* program which resulted in a lively audience participation. To really liven things up, Henry and Lily entertained us with their skillful ballroom dancing; in the end, everyone danced to Happy by Pharrell Williams.

It was a fun-filled afternoon and people commented on how much they had enjoyed themselves. There were lots of laughter, friendship, and everyone had a great time.

CIRCLES OF CARE AND CONNECTION: A PROGRAM WORKING TO MEET THE NEEDS OF FAMILIES THAT COME TO CANADA AS REFUGEES

■ by Circles of Care & Connection Staff



It comes as no surprise that moving to a new home ranks in the top five most stressful life situations. Imagine the process of moving compounded by the need to flee your homeland. You find yourself relocating to another country where you have no contacts, you do not understand the language or culture, and you have no idea where you might live or how you might survive. If you are a parent of small children, the entire process becomes even more complicated. Millions of people around the world find themselves in just this situation.

Circles of Care and Connection (CCC), one of the programs offered under the umbrella of Mount Pleasant Family Centre Society, aims to make the transition easier for refugee families with young children as they start their new life in Canada. Upon arrival to Vancouver, all government assisted refugee families are transported to the ISS Welcome House, where they are welcomed by the CCC team. During their first two weeks, children participate in the Welcome to Canada Early Childhood Development program while adults are introduced to parenting in the Canadian context and to the many resources available in our city. CCC Child and Family

Settlement Workers support families through home visits and help implement a family-centered settlement plan.

CCC's programs and services are based on the belief that early child development sets the foundation for lifelong learning, behaviour and health; that partnerships with families and communities strengthen the ability of early childhood settings to meet the needs of young children; and that demonstration of respect for diversity, equity and inclusion are prerequisites for optimal development and learning.

Over time, Child and Family Settlement Workers bridge refugee children and their families to community based Early Childhood Development and settlement services. This promotes the gradual transition to independence and ensures that eligible refugee children and their families have access, knowledge, and information needed for successful integration. Settlement workers refer and then accompany families to community programs such as BabyGoRound.

CCC promotes community engagement and cultural understanding by ensuring that all eligible families receive individualized

bridging support and access to field trips and community programs and events increasing social cohesion.

The staff at CCC partner with other organizations to put on events designed to enhance cultural understanding of the Canadian experience, such as our agency-wide Canada Day Celebration and the Summer Family Literacy Festival and Picnic. We organize field trips to special venues across Vancouver such as the Farmers' Markets Fall Fair. We also partner with organizations to run workshops and groups. Currently, we are working with Cedar Cottage Neighbourhood House to run a parenting group that includes workshops on topics such as financial literacy and first aid skills. This group also includes an early childhood development program where the children of participants are cared for by ECE professionals in a rich learning environment.

Through various partnerships, Circles of Care and Connection is creating positive experiences and making a difference in the lives of refugee families. One mom recently said "This program has given my family a new hope and enabled us to dream again."

HOW ONE PERSON IS A COMMUNITY BUILDING BLOCK:

AN ODE TO KEVIN BLAIN OF KENSINGTON COMMUNITY CENTRE

■ by Jennifer Kong; *Community Resident*



I am going to attempt the impossible: summarize, in 300 words, how one man has built our community!

Let's start with facts: Kevin has been working at the KCC for years. You might have seen him in one of his many roles: hosting the kids' drop-in ball hockey, the free Friday night movies, overseeing the summer program at Grays Park as

the only lifeguard, etc. In these roles, Kevin introduces people to each other - regardless of age, language, and interests. In other words, he is building the Kensington community.

Another fact: Kevin is welcoming regardless of whether he can speak your language! The first time I met Kevin was when my son was one year old; it was our first summer at Grays Park. My son is now almost 13 and he STILL plays ball hockey with Kevin at KCC whenever possible!

Kevin is generous with his time and talents. I know of a neighbourhood resident who, when in his teens, volunteered with Kevin at the Grays Park summer program. That year my friend was having personal problems, and Kevin's open and non-judgemental companionship helped him out during that difficult time. Another fact: Kevin's generosity is inspiring and contagious. One summer, a parent spontaneously decided to buy an entire box of freezies and donated them to Kevin to give out during the dog days of summer.

Kevin's generosity is inspiring and contagious.

I can go on ... but I'm running out of words in my word count!

Last fact: Kevin will not be with us much longer at KCC. He has bigger and better plans in store. However, I want to leave you with two messages:

1. If Kevin impacted your neighbourhood, family or you personally - make sure you go see him at KCC and thank him.
2. Continue what Kevin has started: build your community. We can welcome each other, regardless of language, age, or interest. We can inspire each other to be generous with gifts of time, talents, and companionship. We can be open and non-judgemental. We can all aspire to keep a little bit of Kevin within us!

If you know any refugee families with young children who would benefit from the CCC program, please contact the CCC team: phone 604 708 8554, e-mail infoccc@mpfcs.ca