Join us at Cedar Cottage Neighbourhood House May 30th in support of children, youth and families.

FREE ADMISSION!

Join the fun! Saturday, May 30th
10 am - 4 pm
4065 Victoria Drive
874-4231

Celebrating The Amazing Miss Muir

Beloved teacher retires after 26 years at Lord Selkirk Elementary. Colleagues, community members and students share thoughts and precious memories of her as a teacher, role model and community builder. COMMUNITY HEROES: P4

CLEANING UP TOGETHER

Join Victoria Drive BIA in a community effort to keep Vancouver spectacular. P18
Kindness Week

Innovative activities engage families in thinking about learning and sharing about what kindness means to them.

Heather Legal, Community Resident

Following the January 2015 Heart-Mind Symposium put on by the Dalai Lama Centre for Peace and Education, Cedar Cottage Neighbourhood House participated in ‘Kindness Week’ to explore how kindness plays a role in community.

Kit Au (Family Programs) and Suzy MacPherson (Preschool) participated by offering innovative activities to engage families in thinking about, learning and sharing about what kindness means to them.

Much of the sharing in family programs was from the point of view of adapting to life in Canada. In the Cedar Cottage preschool, a "kindness tree" was erected to document acts of kindness for young children and to help them understand the idea. While talking about their knowledge of what is kind, it is a difficult concept for preschoolers, MacPherson noted children grow in their understanding of the emotions of kindness.

The project for both programs culminated in family bookmark-making and children took home heart-shaped paper “leaves” which they could place in the waste receptacles. Local residents down the street started to watch me curiously as I did this, and, much to my surprise, people on both sides of the streets helped me clean up quickly. I am very thankful to those who pitched in.

The Kindness of Strangers

Monique Koningstein, Victoria Drive BIA

I still remember the day that Mrs. Harper, our Prime Minister’s wife, was coming to visit Victoria Drive, here in Vancouver. The occasion was a seniors event being hosted at the golden twin restaurant by South Vancouver Neighbourhood House.

I got all dressed up, high heels and all, and started walking from the BIA office to the restaurant. I was super embarrassed, because someone had dumped a whole bunch of newspapers onto Victoria Drive and they were blowing all across the street and the sidewalks. What would Mrs. Harper think, I wondered, coming to such a mess?

Well I took matters in hand and, muttering in my heels and dress, I started picking up the papers in piles as I could place them in the waste receptacles. Local residents down the street started to watch me curiously as I did this, and, much to my surprise, people on both sides of the streets helped me clean up quickly. I am very thankful to those who pitched in.

Growing Kindness

John Buckberrough, Community Resident

It’s light letters, but my thesaurus shows 28 comparable nouns, 9 verbs and 24 adjectives for this one word. Kindness: what a difficult time I’ve had trying to articulate my thoughts on this subject. We might think of ourselves as kind, but what does this mean and how does one grow it?

Kindness surely begins with and lives in the self. It would seem impossible to have a hard heart and project a kind demeanour. The conflict would be hard to reconcile, as would be the resolve: a cold manner and a soft inner core. To be kind is to exhibit just one of many traits which make up one’s personality as a fully rounded individual.

Kindness is taught and learned at a very early age but, unlike other concepts such as politeness or manners, it is much more a cherished value than merely a habit of social convention.

We know kindness, on larger and smaller levels, when we experience it in our lives. Consider a few examples. Someone holds a door for you or lets you proceed before them in a supermarket checkout line. Your neighbour’s cat (who thinks he’s a dog) rolls over in front of you and responds to your petting with pleasure to a friendly, furry tumbl. Neighbours ensure that the curbs and gutters are clear of leaves in the autumn. The children on your street are treated as individuals, not merely as extensions of their parents. You share both the happiness and the setbacks of your friends’ lives.

These are, I think, natural acts of kindness which we experience on a daily basis. We do these things with no expectation of reward or recognition. We do them because they feel right. Nurturing kindness is not like nurturing a garden. Cultivation or the urging of good deeds are totally unlike the effects of water, sunshine and TLC, much as we might desire them to be.

The greatest and best way to spread kindness is to teach it by example. That, and the innate karma of good deeds done, are satisfaction enough in themselves.
Debbie Muir was teaching at Selkirk for 26 of her 37 year career. Born in Lachute, Quebec, on October 28, 1955. She attended the University in Fredericton, New Brunswick. Debbie worked in St. Stephen, New Brunswick, then taught on exchange in Scotland. She came to Lord Selkirk in 1990 and has been with us ever since. She retires at the end of this year.

Did you know that when Miss Muir started teaching, teachers had to wear matching clothes? Miss Muir mainly teaches kindergarten and grade one. She loves Selkirk very dearly and professes if she could change it in one way, it would be to herself a classroom with 30 walls so she could hang her stuff on and not have to move it. She has taught both my brother and I. My parents were very pleased when we got our report cards full of comments such as: “Excellent!”, “Keep it up!”, “Keep up the good work!”, “Excellent!”, “Keep it up!” She’s the best teacher I’ve ever had. I have watched her and she is an amazing teacher.

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More funding for public education. Some get isn’t to say that students never have behaviour lunch and recess. The money’s being used for other things. The community is learning that it’s not just about the bricks and mortar.

The school I went to in Vancouver, with a loving mother, father and two little twin brothers Alex and Daniel. All of this, I left with my friend Andy, who would continue to hit and annoy me once in a while. I met one of my best friends at OSCO from Chris Diericks, his name was Andrew. Though I was mostly alone, I was happy because I eventually joined both multiple sports, including basketball, volleyball, badminton, soccer, track and the Sun Run. These activities kept me occupied after school.

My last day of OSCO was May 4th. I would like to say that as a team we were heartened to do the best we could for our school and ourselves. We were heartened to do the best we could for our school and ourselves. The team rented a bus and have interwoven opportunities for students to use classroom time to take the Run for the first time had the honour of accepting the “big cheque” on the front stage and being on the big screen, with big smiles of course.

The team rented a bus +5/6/7/8 grad/grade 9 runners doing the Run for the first time had the honour of accepting the “big cheque” on the front stage and being on the big screen, with big smiles of course.

The community they had in common was it that we need to teach kids social independence? Doesn’t the fact that students are struggling in these situations to find some kind of an answer – maybe our kids don’t know the answer to the question “Lost at School,”’ he said. ‘But kids do well if we just ask them.’ What is that we need to teach kids so that they can be successful in these situations?

This brings me back to that ‘aha moment.’ As a team we were heartened to do the best we could for our school and ourselves. The team rented a bus and have interwoven opportunities for students to use classroom time to take the Run for the first time had the honour of accepting the “big cheque” on the front stage and being on the big screen, with big smiles of course.

...等一系列社区活动已经出现在公众学校，尽管看起来很平凡，偶尔倒是一个让人短暂一惊的时刻。我将承认我有意向熊撒尿，但那不就是领导者需要的一样的东西吗？...
Famous Foods: 2014 Corporate Good Neighbour

Cedar Cottage Neighbourhood House is proud to name Famous Foods as a 2014 Corporate Good Neighbour. Famous Foods is a popular shopping venue in the Kensington-Cedar Cottage community where neighbours shop, connect and learn about healthy foods.

Famous Foods has been a community champion for more than 20 years. Their motto is “Big enough to serve you, small enough to know you.” Famous Foods, Vancouver’s original Natural Food store has long been known for its healthy products, but it is their involvement in our neighbourhood and ongoing support of our work at the Neighbourhood House that makes them a great Corporate Neighbour. Owner Cam Bruce and his team at Famous Foods believe in working and supporting their customers. In addition to supporting our Community Newspaper through advertising, Famous Foods does grocery store tours for children and parents, supports our Annual Fundraising Community Carnival and provides meaningful employment for many of your community youth. Furthermore, they support many other schools and community organizations fundraising efforts throughout our neighbourhood.

25 years experience as your Neighbourhood Realty.
Looking forward to another 25 more!

Active Supportive Housing for Seniors
• Daily lunch and dinner
• Shopping online club
• Weekly housekeeping
• Activities and recreation programs
• Hair Trims
• On-site hair salon
• New Community Centre one block away
Situated next to John seaside Park & Trout Lake

Tacos de Ojo!
Los Cuervos
taqueria & cantina
Great tacos & hand-made ‘margs’!

Don Davies*MP
Vancouver Kingsway

My staff and I are here to assist you with federal issues. Contact us with your ideas and concerns. I will bring your voice to Ottawa!
I was recently invited to an event and, much to my surprise, I realized it was located a few blocks from my residence. The address seemed familiar, but it didn’t match anything I could remember. I finally Googled the name and realized it was the old Canadian Legion on Fraser and 20th. I went to the event and was surprised (shocked?) to see how the old Legion bar had been transformed into a beautiful space for a new gym called the Bridge and EnlivNorth Socials.

Very briefly, their common objective is to enrich lives, the lives of those involved in the society, as well as the community around them. They have opened their doors to a broad range of “living practices” such as yoga, personal training, nutrition programs, and more. They are working on different types of programs at the site. Finally, they are working out how best to meet the needs of the families in the community.

A perfect example is the recent announcement that the Mt. Pleasant Family Centre (MPFC) will be part of their participation in the Palayi Lena Centre’s Heart-Mind Education program. Sunday evening is often an opportunity to drop in to something called Community Jamming, where musicians come together to play and sing together with other community members, artists, and volunteers. It was nice to see that cost doesn’t have to be a barrier to participate in some of the offered activities.

This is a great resource for our community and it appears to be very welcoming and inclusive. They look at community on all levels, and are involved in various charity endeavours throughout the world. Check out their website or drop in to this new “community” centre. (www.brighthousecentre.com)

Thanks, Rhonda, for working at a Gym of Anytime Fitness in KCC.

Emma

“love our Anytime Fitness work- ers with the fabulous Rhonda I started going to this gym to lose some weight after my daughter was born here she kept coming back because of the awesome, customer service and friendly with Rhonda. Thanks to Rhonda and our little community family I am getting closer to my goal and feeling amazing!”

Parris


gem of a gym in KCC

By Kelly, Parris & Emma; Anytime Fitness Members

Every Wednesday at 6 pm, we gather with neighbours and community at the little white church on 6th and Victoria to share a meal. We do this because we love our neighbourhood and our neighbours and we want to get to know each other better, and we think sharing a table is a wonderful way to get to know each other. We also believe that God calls us to celebrate the good gifts of food and friendship, and to extend hospitality and participation in building community. Through this participation, as we celebrate and eat dinner together each week, we experience multiplicity of “random acts of community.”

However, these random acts happen only because we open our doors and set the table, but rather because people “our neigh- bours” make the decision to step through those doors and sit down and share those tables. We know that not everyone shares the same values and beliefs as we do, but we welcome them. We are strangers to many, and we know that missing an unknown space can be intimidating. There- fore, making the choice to join us for dinner is a big step for the people on the part of those who participate. And when they take this step of belonging, they open the way for others without being asked; we see them in the people who sweep the crumbs from the floor or the tables week after week.

It is these steps and moments, random or small or quiet or joyful, that weave together the fabric of a community, and we are grate- ful for all who participate in this weaving with us.

Dena Nicolai is the Community Connections Coordinator at the Christian Reformed Church Van- couver (2670 Victoria Drive) and a resident of Kensington-Cedar Cott age. The church’s Neighbourhood Night (“Community Night”) runs until the end of the year, takes a summer break, and resumes in September again. All are welcome!

W

elcoming words: going to school and/or taking care of our families. All these considerations were seen as overcrowding our ability to take care of our physical and mental health.

But recently I decided, “no more excuses!” and joined a gym in our neighbourhood, Anytime Fitness. The main reason I chose this gym was their convenient location in King Edward Village, close to my work. I truly enjoy the convenience of getting in a 45-minute workout, having a shower, and getting to work, all within one hour. They are also open 24 hours a day, 7 days a week, making it really convenient for people who are too busy.

Rhonda’s Philosophy is de 241 not believe in “CANT” when it comes to fitness. With hard work, perseverance, and encouragement, the way, you will be able to say “I can” in the end.

Rhonda is passionate about passing on her love of fit-

ne to beginners, as well as those who are extremely fit. As a Registered RCPSA Personal Trainer, Group Fitness Instructor, Weight Training and Agatsu Kettle bell instructor, she knows how to teach, motivate, and get you fit in a safe, caring way and in a very short time. I look forward to that tapout disappearing very soon.

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Parris

A GEM OF A GYM IN KCC

By Sharon Babu; Community Resident

Building Bridges for Immigrant Women and Their Children for 40 Years

By Lonita Boris; PIRS Staff Member

The size of the humble offices in East Vancouver, is undeni- toring the scope and value of the work of Pacific Immigrant Resources Society (PIRS). From their modest beginnings in 1975, the organization has grown from a single ESL Program for Cariboo women and their children to the full continuum of services that PIRS offers today.

Thanks to a wide range of facility partners, PIRS is now located on different sites around Vancouver. Not only does this meet the need for a bricks-and-mortar centre, but it also brings PIRS into the communities of the women who need their courses. This way, women new to Vancouver are able to begin their courses. This way, women new to Vancouver are able to begin their courses. This way, women new to Vancouver are able to begin their courses. This way, women new to Vancouver are able to begin their courses. PIRS is provided with carefully developed materials, and every other week, a group meeting is held at community centres or schools, with enrichment activities for parents.

In addition to this full continuum of services, PIRS has been selected as only the second organization in BC to become a multicultural Home In- struction for Parents of Preschoolers (HIPP) centre. This is a home- based education program that teaches parents how to provide preschool chil- dren’s first teacher and to prepare them for school. PIRS is provided with carefully developed materials, and every other week, a group meeting is held at community centres or schools, with enrichment activities for parents.

Every Wednesday at 6 pm, we gather with neighbours and community at the little white church on 6th and Victoria to share a meal. We do this because we love our neighbourhood and our neighbours and we want to get to know each other better, and we think sharing a table is a wonderful way to get to know each other. We also believe that God calls us to celebrate the good gifts of food and friendship, and to extend hospitality and participation in building community. Through this participation, as we celebrate and eat dinner together each week, we experience multiplicity of “random acts of community.”

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This wide range of services for immi- grants and communities covers much to the dedication and profes- sionalism of current-day PIRS staff, almost as much as it owes to those who have dedicated their lives to building bridges in East Vancouver kitchen table since 40 years ago. (www.pirs.bc.ca)
GARDENING CLUB WELCOMES NEW MEMBERS

By Kirandeep Shahi; Salvation Army Community & Family Services Staff

The gardening club at The Salvation Army Vancouver Community & Family Services has started up once again! The club meets every Saturday at Cedar Cottage or South Vancouver Neighbourhood House, and this year it is expanding to include gardening. The goals of the club are to foster a sense of community and promote healthy eating.

The club will focus on vegetable and flower gardening. Participants will have the opportunity to share their knowledge and expertise; they are excited to start the gardening and eager to learn. The gardening club recently received some fresh manure and has just started planting several vegetables such as green onions, potatoes, even herbs and some goji berries. The members will be doing more planting in the upcoming weeks. Members will also be taking part in some workshops to learn more about gardening.

The gardening club at The Salvation Army Vancouver Community & Family Services will be meeting every Thursday from 11 am to 1 pm, rain or shine! If you are interested and would like to learn more, please do not hesitate to contact Kirandeep at (604) 872-7976. We would love you to join us!

MOBILE PRODUCE MARKETS GETTING READY FOR A BUSY SUMMER

By Lauren McGuire-Wood; Cedar Cottage Food Network Coordinator

The Cedar Cottage Food Network (CCFN) will continue to run its mobile produce markets throughout the summer. The summer brings much more selection for local produce, especially BC fruit such as strawberries and blueberries. Once again, the CCFN will partner with Fresh Roots Urban Farm to bring affordable, hyper-local produce to the community. Did you know that Fresh Roots school gardens at Vancouver Technical and David Thompson Secondary Schools? That’s less than five kilometres from any of our market sites. Here are the dates and locations of all of our mobile market stops.

Cedar Cottage and South Vancouver Neighbourhood House:

1st Saturday of every month:

Brant Villa (2900 E 4th Avenue near Nanaimo Skytrain): 10:30am-12:30pm

Kensington Community Centre (5175 Dunblane Drive near Knight): 2-4pm

2nd Saturday of every month:

Cedar Cottage Neighbourhood House: (Victoria Drive at 49th Ave): 2-4pm

For more information and a list of produce available each week, visit cedarcottageductionnetwork.wordpress.com

FREE GARDENING WORKSHOPS AT THE VANCOURVER PUBLIC LIBRARY

By Lauren McGuire-Wood; Cedar Cottage Food Network Coordinator

The Kensington branch of the Vancouver Public Library (VPL) has teamed up with the Cedar Cottage Food Network to provide free gardening workshops again this season. The workshops run every six weeks and each session focuses on a different aspect of gardening. Topics covered so far include seed saving, designing your garden bed, garden maintenance, and testing soil. These events, called seedly Saturdays, are also a chance for participants to have access to the Kensington-Cedar Cottage Seed Sharing Library, which lives at the Kensington branch of the VPL. There are many different kinds of seeds for kids to take home and donations are always welcome. This is the schedule of dates for the next workshops, so mark your calendar and keep an eye out for registration:

June 13: Gardening with kids

September 19: Putting your garden bed for the winter

October 24: Specialty gardening (bees, chickens, mushrooms)

*Topics are subject to change.

Thank you to the generous support of Doreca Literary/Raise-a-Reader for making this all possible.
Los Cuervos Taqueria Y Cantina

Two of us decided to try the Taqueria & Cantina on the edge of KCC neighborhood. Overall it was a nice experience and we would go back. It is modern with a simple, clean look, and was quite busy for a Wednesday evening.

Beginning last winter, the Cedar Cottage Out of School Care programs have been celebrating a Vegetable of the Month. The activity encourages children and their families to be creative and to explore cooking with healthy foods. These youth are dedicated to expanding their knowledge and connecting with community leaders, and the Council Executive and sub-committees meet once a month. These youth are dedicated to helping our community and their accomplishments are numerous. Some of the highlights include:

1) Adopting John Hendry Park and committing to the City of Vancouver to lead a community clean-up there once a month.
2) Organizing an electronic recycling day out of Trout Lake Community Centre in February 2015 and doubling what the city brings for the event.
3) Volunteering at many of the Trout Lake Community Centre’s events. They are heavily involved in ensuring that the events run smoothly through their efforts behind the scenes. For example, the youth volunteers were instrumental in creating the Family Bay event, which drew 2,500 parents and children to a full day of fun. The event also featured a vegetable garden and several other activities.
4) Being recognized by the Mayor’s office in 2014 for their work. They remain the only youth group and the only community centre group to receive the Golden Downtown Award.

As well as helping out in the community, they are dedicated to expanding their knowledge and connecting with community leaders. They are regularly invited to speak at their Friday night meetings on topics of interest to the Youth Council.

At a time when Canada needs leadership and citizen engagement, this outstanding group of young people is setting an example for us all.

On behalf of the Parliament of Canada, I want to thank all of the fantastic members of the Trout Lake Community Youth Council for their dedication and hard work in our community.

Kelly Woods, Director of Operations, Community Development

Kelsey has been an active leader at Cedar Cottage Neighbourhood House for the past five years. She is an aspiring teacher who has found so many new ways to give back to community. Kelsey is a shining example of what it means to be a Good Neigh-

Kelsey was first involved with Cedar Cottage Neighbourhood House as a youth volunteer. As someone keenly interested in new things, she became a natural choice to be a member of the Neighbourhood Small Grants Resident Committee. With her interest in graphic design, Kelsey went onto post secondary edu-

Kelsey has offered to design and print posters, provide graphic layout support for the Cedar Cottage Neighbourhood House Community Newspaper and most recently to provide instructions to volunteers on the use of the “in design” graphic program.

Kelsey can also be found helping out at our special events, supporting youth in their volunteering and coming up with new ideas to build community. Thank you to Kelsey for being our 2015 Cedar Cottage Neighbourhood House Good Neighbour.

May's Vegetable of the Month: Rhubarb

Beginning last winter, the Cedar Cottage Out-of-School Care programs have been celebrating a Vegetable of the Month. The activity encourages children and staff to discover, explore and eat vegetables that are available locally and seasonally. Some of the featured vegetables have been beets, cabbage and snap peas.

May’s vegetable of the month is rhubarb. Tasty rhubarb resembles pink celery with big leaves. It grows well in the mild, moist climate of Vancouver and comes back every year once well established in the garden. While technically a vegetable, rhubarb is most often used in sweet dishes such as this easy rhubarb cake.

Rhubarb Cake

Cake
Combine ¼ cup sugar with 1 teaspoon cinnamon; set aside.
1 cup all purpose flour
1 large egg
1 cup whole wheat flour
1 cup sugar, baking powder and salt.
1 tablespoon cinnamon
1 teaspoon baking powder
1 teaspoon sugar
2 cups chopped rhubarb
1 egg
½ cup milk
1 teaspoon vanilla
Bake 35 to 40 minutes.
Pour batter into prepared baking dish and smooth top.
Let cool on a wire rack for 30 minutes before serving.

Fold in rhubarb.

Makes 12 servings
Barb Wong
CCNH Food Coordinator

New Media and the Millennial Generation

New media is loosely defined to describe aspects of technology and the internet that is prevalent in the 21st century. As technology continues to evolve and gain sophistication, we live in a digital age. As humans living in the Millennial Generation, new media has become something we would become truly passionate about, so we embrace it wholeheartedly.

Fast forward to October 2014. Having recently graduated from Douglas College’s Digital Design program, I set out to improve my skills in Photoshop, Illustrator, Flash and After Effects.

As I am wrapping things up in the last half of my program, I am still learning at an extraordinary pace. Working in the industry is something I want to do, but currently, the world is my classroom. I am a student at the University of the West Coast, a seminary at Kwantlen Polytechnic University and recently transferred to Simon Fraser University to earn a joint bachelor’s degree in Interactive Arts + Technology and Communication.

Many youths will dismiss social and new media as something to be used in our recreational time; that it primarily serves as a distraction, or that it offers negative effect. As a youth myself, I believe that new media actually enlightens and benefits our lives, as well as bringing forth potential creativity and uniqueness. 17
Trade-Ur-Vac for Vacuum Repair

Ulrike Rodrigues, Community Resident

Not only did they repair my vacuum cleaner for just $20, but, after breaking the news that my $10! You can keep appliances out of the landfill! Reasonably priced.

Do All Services (small appliance repairs also on Kingsway) had closed shop, Ron even offered to repair my 20-year-old electric kettle for just $10. He gets excited about the big discoveries and (had) it doesn't take long to fill the bucket. We soon channeled his love for it.

Sanny is passionate about working with children and sees a future in this area. However, it's not just the time she dedicates to the programming but the genuine and caring nature she brings to her relationships with the children, parents and grandparents. Everyone knows Sanny and knows they can count on her to say hello, read a bedtime story and be ready to play a game. She is the community’s “big sister.”

Sanny Lin
Good Neighbour Youth Award

Sharnelle Jenkins-Thompson,
Director of Child & Family Programs

Sanny Lin has been an active youth leader at Cedar Cottage Neighbourhood House for the past two years. In this time Samy emergedfrom a quiet and uncertain young person to a more confident and remarkable leader. Sanny is now volunteering at Cedar Cottage Neighbourhood House up to four days a week in various programs. She volunteers two days a week as a mentor in an after school program for edible plants for children, as a child minder in the Saturday Family Drop-in and as a leader in the Friday Youth Council.

Don't throw it away! I just picked up my 50-year-old hoover that A-Ma-Ma vacuum cleaner from this family-run since 1953 shop at 772 Kingsway, and once again I found their service very friendly and reasonably priced.

When I first became acquainted with the Cottage Crew culture I had a question: Can children that come from such diverse backgrounds come together to have fun in a physically active setting?

The answer hit me clear and strong on the first day of the Pedalheads program. Here are some lessons we learned:

- Kids need a language barrier, whether they were younger or older, or even whether they were big or small.
- They will answer the question, “what is garbage?” and why do people throw things away?"
- We usually sit at home and do nothing? An immense thank you to our volunteers.
- We are motivated by the kids in our community.

When one of our participants, Alexis, came up with a new skill and engaged in a new activity, every participant and parent had the skills they used in order to succeed in the learning of a new skill (instructors, bikes, etc.), and during the process the kids became physically engaged.

Our volunteers, Becky and Sanny, said “Their participation has gone up and they don’t just sit around and do nothing.”

Which begs the question: Do these kids usually sit at home and do nothing? An interview with Mitzi, parent of one of our participants, shows that parents care about how much their kids engage with skill-building and staying physically active. My final question to Mitzi was, “How do physical activity programs such as Cottage Crew help your children improve their lives as a whole?” She answered: “It gives them more confidence.”

An immense thank you to all the participants and their families for helping our community children build up confidence in themselves for years to come!

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“Join us at the Neighbourhood House in support of children, youth, seniors and families.”

Cedar Cottage  
23rd ANNUAL FUNDRAISER

COMMUNITY CARNIVAL

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

Cedar Cottage Neighbourhood House
4065 Victoria Drive 874-4231

Saturday, May 30, 10-4
Free admission