Refugee Centre Opens Its Doors In Cedar Cottage

United Way of the Lower Mainland: Welcoming our new neighbours. REFUGEES: P2–3

2016 YEAR OF THE PULSE! P18

PETER WOHLWEND PASSES AWAY
Community says goodbye to Mr. Dickens. P6

NEIGHBOURHOODS
Best neighbourhoods include? P20
Vancouver Welcome House Opens Doors

ISSofBC spearheads innovative new facility for refugees.

by Caroline Dailly; ISSBC Staff

We are working at a one stop shop for refugees that’s unparalleled anywhere else in the world and I think such a project really shows Canada’s openness and acceptance of refugees and immigrants. This building will have a very meaningful impact for newcomers feeling supported and welcomed.”

This is how Mona Hassannia, RAP (Refugee Assistance Program) Counsellor at Immigrant Service Society of BC (ISSofBC), describes in a nutshell her new work environment. And it is true that Vancouver Welcome House offers endless opportunities to staff of ISSofBC and organizations working with refugee claimants such as Inland Refugee Society, VAST and SOS. From the child minding program with indoor and outdoor space, the multiple meeting rooms with kitchen, to the youth-only space or the all-levels and all-shifts LINC classes. CONTINUED ON PG 3. ►

“It is a bit like the Babel Tour here, you hear at least 10 to 12 different languages every single day.”
—Caroline Dailly, RAP Manager

United for Refugees
Help refugees of the Syrian crisis settle in the Lower Mainland.
Give today.

Together, we are possibility.
United For Refugees
Lunch welcomes Syrian neighbours to their new homes.

by Jennifer Young; United Way of the Lower Mainland

On April 16th the United Way of the Lower Mainland welcomed our new neighbours from Syria to their new homes at a United for Refugees Welcome Lunch at Tecumseh Elementary School. Local community agencies set up information tables, volunteers staffed the lunch and activities, and new Canadians enjoyed a welcoming experience to our community.

The lunch was a success because of the collaboration of our community partner agencies: MOSAIC, Immigrant Services Society of BC, SUCCESS and Pacific Immigrant Resources Society. None of the lunches would have happened without the help of our tremendous volunteers.

“United Way of the Lower Mainland’s vision is a healthy, caring, inclusive community for everybody,” said Michael McKnight, President & CEO, United Way of the Lower Mainland. “We are so proud of how our community has rallied together, has opened its arms and doors and continues to welcome our new neighbours to their new home.”

From November 4, 2015 to March 18, 2016, 1661 Syrian government-assisted refugees have settled in BC.

- Almost 1 in 4 is under the age of 6.
- 60% are under the age of 18.

United Way of the Lower Mainland has a long history of helping refugee families settle and integrate in the Lower Mainland. In 2016, it will be investing $2.8 million into these programs and services. Recently, United Way launched an urgent fundraising appeal, “United for Refugees” to help Syrian children and families settle here in our community. To date, $175,000 has been raised.

For more information go to: http://www.uwlm.ca/refugees/
Sharing Is Caring
The Sponsorship Support Group

by Pastor Kristina Breit; St. Mark's Church

“Sharing is caring” – this was one of the first English sayings I learned when I arrived in Canada seven years ago. Now I have learned many more and among them this one: “The more we share, the more we have.” (Leonard Nimoy).

Both aspects of helping were present in parishioners who approached us, the Pastors of St. Mark’s Lutheran Church in September of last year with the question: “What can we do to help those who are affected by the war in Syria?” Pastor Ermisch and I invited the people for a first meeting and in October the “Support Group” was officially formed.

It seemed to us that the urgent question to answer was “How can we help in a meaningful way?” We invited a representative from Canadian Lutheran World Relief (CLWR), an organization with a good record of helping people in dire situations. It is currently working with Syrian Refugees in the urban areas in northern Jordan and in the Za’atri refugee camp in Jordan.

After learning about the basics (What is a “Refugee”? What are possible ways to help? How does sponsorship work? What models of sponsorship does the government offer?), we decided to go for a blended sponsorship for a family of four with the Canadian government through CLWR. That would have meant: 6 months of financial support by the government, 6 months by St. Marks – plus: St. Mark’s would help the family to settle in Vancouver. We immediately began fundraising efforts and were happy when a woman’s group from the neighbourhood joined us in our project.

Yet – our plan should soon be taken into a new direction. Some news around Christmas about an Armenian Church got our attention. The Vancouver Sun reported about the efforts of St. Gregory Armenian Church in Richmond who had undertaken great efforts to help Syrian Refugees. Though just a small congregation of barely 80 members they had managed to sponsor almost 100 refugees from Syria. We decided to join and support them in their efforts. After initial contacts, we decided to go for a full sponsorship of a family of four in cooperation with St. Gregory Armenian Church.

For all of us this has become an interesting and eye-opening encounter as we not only started to learn about the war in Syria from people who had experienced the conflicts first-hand, but also started to learn about the history and suffering of the Armenian nation and people, the Armenian church and the Armenian communities in Syria and Vancouver.

We have received some information about our soon-to-be-sponsor family. The grandfather of the family had been a blacksmith and had owned a workshop with at least 10 workers, but due to terrorist Islamic militant groups in the region he has lost his livelihood.

He and his wife will now join their son and his family in the venture to come to Canada as refugees. The son explains in his letter how the worsening situation in Aleppo has made it impossible for them to stay. He describes how their home has been destroyed by bomb shells, how every day is a gamble for survival and how his workplace, the ministerial of Justice and the courts, have been moved out of town. All this has led to the search to find a safe place for the family, which also includes two children with ages of three and eight years.

It is the generous support – also from the neighbourhood and community of Cedar Cottage – that has made it possible for us to accept this sponsorship. We deeply appreciate all the support and encouragement we have seen and received in the last months.

Where are we now? – We are waiting to sign the papers and then another long time of waiting will begin. It will take 9-12 months for the government to process the application and to arrange for the transport of the family to Canada.

Once an arrival date is set, we will have to start looking into housing for our family and make final decisions together with this family who have to start all over again. If you are interested in more information or to support us, feel free to contact St. Mark’s Lutheran Church (refugeeproject@stmarkschurch.ca) or one of the Pastors. Regular Updates on the project are given on the website of St. Mark’s (www.stmarkschurch.ca) under “Refugee Project.”
In a time where the word “housing” is paired with “crisis,” and experimental ways of living arise, Hineni House is seeking to be a refuge that offers creative housing and then some. The heritage house located on Dumfries Street was once a rectory (or the residence of a church rector), and for a number of years it was also a place of worship after the church temple was burned down.

The house went through several stages, and after years of being rented to a family, a new vision for the house began to emerge. The community at Saint Margaret’s Cedar Cottage Anglican Church, who are also the owners of the land, began to propose ideas for this house and as the voices were heard patterns began to appear.

It seemed that this particular community was envisioning using this space as a way to help young adults. Last fall, the Hineni House’s administrative council hired me as the community director.

I’m a Chilean-Canadian interreligious spiritual director who had been teaching trauma healing and spirituality in Virginia schools and churches for some years. So after years of dialogue, planning, organizing and renovating the house, their dream became a reality and a sign was placed on the house’s front yard saying “Hineni House: a spiritual intentional community.”

The house offers affordable rent to four young adults who are also interested in spirituality in its broadest sense. In other words, alongside the living arrangement the Hineni community members will work together through a program that examines topics such as identity, vocation, discernment and faith questions. Members are invited to continue on with their life as they move in (whether they work, study, or both), and once a week the cohort will have dinner together and discuss these topics, as well as be introduced to a number of relevant tools and skills that will be of use to them in their own spiritual journeys.

The young adults are not expected to be Anglicans or even Christians because “spirituality is not an invention of any particular church or religious movement, but an inner activity that is inherent to our humanity. It is a sacred search that may or may not end up with communion in a church” says director Fonseca. “Saint Margaret’s is looking forward to meeting the young adults who will move into the house this fall, but does not expect them to participate in the church unless this is something that they are looking for.”

Twice a year, the cohort will be able to participate in a retreat outside of Vancouver that will allow them the time and space for contemplative searching.

The program is set to begin September 2016, but members are invited to move in as early as August.

Program costs and details may be found at their website www.hinenihouse.org. Inquiries and visits to the house may be scheduled through the director at hinenihouse@gmail.com.

Anita Laura Fonseca, Program Director

Manages all aspects of the program (from intakes to leading workshops), and ensures the community is healthy and thriving. Anita is a member of St. Margaret’s and a full time Master of Theology student at the Vancouver School of Theology.
Heart of Dickens Community, Peter Wohlwend  
by Lilli Wong; Community Resident

Peter Wohlwend, a longtime resident of the Dickens Neighbourhood in Cedar Cottage sadly passed away on May 29, 2016. Peter, known by many as “Mr. Dickens” helped to transform this neighbourhood into an enviable place to live. He founded many community projects and earned the love and respect of the entire community. He has received numerous awards for his work in building strong connections in Kensington Cedar Cottage. Peter was passionate about everything involving community building.

He strived towards living in a “village” in the City where people have a feeling of belonging and security. The benefits of having friends in his neighbourhood were immeasurable to him. He was tireless in his love of helping the community, even more admirable in spite of his health issues.

Peter was a co-ordinator and outspoken advocate for growth/compelling change in the Dickens area. In the year 2000, the neighbours of the Dickens’ Community mobilized to help improve their neighbourhood.

Starting with Dickens Community Crime Watch, now the Dickens Community Group, this diverse group of dedicated resident volunteers worked together to make our neighbourhood a better place to live, work and raise families. Patrols, cleanups, and community building activities built friendships and lasting connections – a sort of small village within the city. Out of this the neighbourhood email list was born, informing people about community events, lost and found, safety issues, and good and bad news, etc. Peter tirelessly maintained this email list for many years. As well, he served as Blockwatch captain, organized events, and worked with Cedar Cottage Neighbourhood House to start a Community Newspaper.

He was also a member of the KCC CityPlan Vision Implementation Committee that helped to steer the direction of community and city development in our area. He has been a member of the Windsor Bike/Green Way committee. He also actively worked with the South Van Community and the Collingwood Community Policing Centres on community building endeavors.

Peter helped establish the Windsor Street bicycle route, Windsor Art Way, and transformed McAuley Park.

Throughout all, he committed countless acts of kindness and generosity.

Thank you, Peter, for being a visionary, for sharing your love of community, and sincere condolences to Midori and family.

You will be missed….but never forgotten.”

Here is his speech on Youtube: https://www.youtube.com/watch?v=deV-qrhlc24

Remembering our community leader  
by Don Davies; MP Vancouver Kingsway

In a heartfelt speech, Mr. Don Davies addressed Parliament, “Mr. Speaker, I rise to commemorate the passing of an exceptional Canadian, and leader in Vancouver Kingsway, Peter Wohlwend.

It is impossible to overstate the legacy Peter has left for us all.

He was instrumental in connecting people, beautifying our city, making our streets safer and inspiring compassion for everyone in our community.

Peter helped form the Dickens Community Crime Watch, now the Dickens Community Group, a diverse array of volunteers who work together to make their neighbourhood a better place to live and raise families.

He pioneered the Dickens List Serve, a service that informs folks about local events and issues, and helped found the Cedar Cottage Neighbourhood newspaper.

Along with his partner Midori, he was a leader in planting on public spaces, and brought the Vancouver Blooming Boulevard Program to life.

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**what's happenin’**

### Community Calendar

**Cedar Cottage Neighbourhood House**  
4065 Victoria Drive | 604 874-4231

**Kensington Community Centre**  
5175 Dumfries Street | 604 718-6200

**Kensington Public Library**  
1428 Cedar Cottage Mews | 604 665-3961

**The Salvation Army Community & Family Services**  
3213 Fraser Street | 604 872-7676

**Volunteer to work with Seniors**

Do you have any spare time and a desire to get involved?  
Do you want to make a difference in the lives of seniors in Cedar Cottage?

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**JUL 20**

**Seniors Wellness Workshop**  
Fall Prevention  
Presentation by Lifeline Community  
12:30-2:00pm

**AUG 11**

**Federal Benefits for Seniors**  
Canada Pension, OAS, GIS, Survivor and children’s benefits  
Presentation by Service Canada  
12:30-2:00pm

**SEPT 1**

**Kindergarten-Entry Immunization Clinic**  
In partnership with Evergreen Community Health Centre we will be immunizing children entering Kindergarten in September. Please call Evergreen to book your child’s appointment: 604-872-2511.

**OCT 31**

**Flu Clinic**  
Evergreen Community Health Centre will be onsite conducting Flu Shots, 12:30-2:00pm. Please call to make an appointment.  
Please call 604 874-4231 and ask for Hazel. If you have any suggestions about workshops topics for seniors, we’d like to hear from you so please let us know.

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**JUL 1**

**Canada Day Celebration**  
Live entertainment, food, games, bouncy castle, face painting, balloon art, community booths

**JUL 29**

**Movie in the Park**  
Join us for a family movie at 9:30pm in beautiful Kensington Park.

**AUG 2**

**Little Cooks Camp**  
Join us from 2nd-5th, 10:00am to 11:15am. Cost: $53/child.

**AUG 12**

**Grays Park Day**  
Noon-3:00. Free family event at 33rd & St. Catherines Street

**AUG**

**Maker Girls**  
Presented in partnership with eng*cite and UBC. This program for girls entering grades 7-10 explores math, science, engineering, and technology through experiments, demonstrations, workshops and take-home activities! Register by phone (604) 665-3961 or email: teens@vpl.ca

**SUMMER**

**Summer Reading Club**  
VPL is offering many exciting events for the Club. This year’s theme is “Book A Trip.” By reading for just 15 minutes a day for 50 days kids keep up their literacy skills and earn a very special medal. Call (604) 665-3961 to register for the Electric Bugs on July 7th, or check out vpl.ca for other fun drop-in programs happening at the library. Happy reading!

**OCT 31**

**Flu Clinic**

**JUL 15**

**Intergalactic Imagination Celebration**  
6-9pm bouncy castle, face painting, balloon art, community booths

**WEDNESDAYS**

**Concerts In The Park**  
@ 6:30

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**COMMUNITY & FAMILY SERVICES**

**IN HIS HANDS**

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**Volunteer to work with Seniors**

Do you have any spare time and a desire to get involved?  
Do you want to make a difference in the lives of seniors in Cedar Cottage?

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**Contact Kelly @ 604 874-4231 or email: kwoods@cedarcottage.org or drop by Cedar Cottage Neighbourhood House: 4065 Victoria Drive and we’ll chat about how you might want to be involved.**
**Join Cedar Cottage Family Programs in the Parks this Summer!**

**Free Programs 0-5 years old**

**July 4th- August 19th, 2016**

**Mondays, Wednesdays and Fridays**
9:30am-11:30am
at Brewer’s Park
Victoria Drive at E 26th Ave

**Tuesdays and Thursdays**
9:30am-11:30am
at Sunnyside Park
Inverness St at E 18th Ave

**Mondays and Wednesdays**
1:30pm-3:00pm
at Jone’s Park
Victoria Drive at E 38th ave

**Tuesdays and Thursdays**
1:30pm-3:00pm
at General Brock Park
Gladstone St at E 29th Ave

Join our staff and volunteers for games, crafts, stories and more!

For families with children 0-5 years old
Children must be accompanied by an adult
Please bring a piece of fruit to share

For more information please call Brigette or Marlyse at (604) 874-4231
Cedar Cottage Neighbourhood House
4065 Victoria Drive
**THE KENSINGTON–CEDAR COTTAGE NEIGHBOUR**

**MARKETPLACE**

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- Daily lunch and dinner
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- Weekly housekeeping
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Call Kelly at Cedar Cottage Neighbourhood House (604) 874-4231

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- Free ESL Classes
- ESL Conversation Club
- Canada Scouts
- Seasonal Events
- Spiritual Formation
- Children & Youth Activities
- Wednesday Morning Prayers
- Alpha

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in the neighborhood since 1937

Pastor Geoff DeJager

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**Don Davies, MP**

Vancouver Kingsway

*NDP*

My staff and I are here to assist you with federal issues.

Contact us with your ideas and concerns.

2951 Kingsway, Vancouver, BC V5R 5J4 • 604-775-6263 @DonDavies

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**Jean Queen**

885 Carnarvon Street
New Westminster
604.553.3383

2120 Commercial Drive
Vancouver
604.215.7833

"16 Years of Inspiration"
PIRS
Offering Syrian Refugees an Early Childhood Program and EAL Conversation Circles for Moms at the MAC

I am in the Cedar Cottage neighborhood with a business and have been here for more than 15 years. I thought you might be interested in the PIRS (Pacific Immigrant Resources Society) This nonprofit organization moved their office on 1874 Kingsway last year. They help immigrant women and children. Below is some information:

Pacific Immigrant Resources Society (PIRS) is a non-profit, community-based organization that has been providing services for immigrant women and their young children in Vancouver since 1975.

We have helped thousands of women from all around the world to gain the knowledge, skills, confidence and friendships they need to feel at home in Canada, and to participate more actively in their community.

PIRS provides a number of programs that support immigrant women and their young children in learning and practicing English, making new friends, gaining self-confidence, understanding their Canadian society, and in exploring and celebrating our Canadian diversity.

PIRS offers two program models: ESL for women with a childcare/preschool component; and women’s development programs in English, for women with intermediate English skills.

Our program models provide women with awareness and key facts about their community, elements that are necessary to achieve the community involvement and integration that our participants aspire to.

You can visit their website: http://pirs.bc.ca/ to learn more about what they do.

Thank you!

Regards

Bal Lallu

Nikita's Birthday Donation

My Name is Nikita and I am in grade five. For my 11th birthday in January, I asked my family and friends to give me money instead of presents so I could make a donation to help Syrian refugee children. I collected $100 and donated it to Cedar Cottage Neighbourhood House. Then one day some of my Selkirk Elementary Out of School Care Friends and I went to buy some art supplies for the kids. We bought acrylic paints, paint brushes, art paper, design scissors, marker, colouring books and much more. On February 17th, we went to the ISS Welcome House with the things we bought for the Syrian children. We went to a room where the children were waiting for us. They sang the song “Five Little Monkeys” to us and they even did actions to the song. It was fun to watch them. Then we gave them the art supplies we brought for them. They were excited and looked like they really want to get into the stuff. One of the girls who could speak English read my letter to the others. The Syrian children seemed really grateful. I was so happy I could help them.

by Amea Wilbur;
PIRS

PIRS offers Syrian Refugees an Early Childhood Program and EAL Conversation Circles for Moms at the MAC.

Since the beginning of March, Pacific Immigrant Resources Society in partnership with ISS of BC, the Muslim Association of Canada (MAC), Collingwood, Frog Hollow and Mount Pleasant Neighbourhood Houses, and BC TEAL has offered Syrian Refugee Families a special program at the MAC. To date, we have been privileged to serve some 160 children and 43 adults.

PIRS’s main focus at the MAC is to provide creative programming for Syrian refugees living in temporary housing. The program staff use a photographic documentary approach to make learning visible. Through the use of photographs of the children’s art work, staff can develop a “vocabulary” to reflect on the children’s experiences in the program. This is an important tool to facilitate a conversation even without a lot of language in common.

As well children have many opportunities to explore sensorial activities which can facilitate processing trauma and their settlement experience in Canada. Children pound clay, move and colour sand, experience simple chemical reactions, and work in the realm of “wonder” as colours swirl and collide.

While the children are exploring different activities, parents have their own group “Conversation Circles” where they practice English with a BC TEAL volunteer. PIRS also has an Arabic staff member to talk with families about life in Canada. Parents have asked questions about what it means to parent in the Canadian context - What is life like here? What sorts of opportunities are my children and my family likely to have?

PIRS feels honoured to be providing services for the families living in temporary housing. The families have been enthusiastic, engaged and eager to be part of Canadian society. We want to thank all of our generous staff, partners and volunteers for being part of this very exciting project.
Good Neighbour Awards

YOUTH GOOD NEIGHBOURS AWARD:
Cedar Cottage Youth Council

The Cedar Cottage Youth Council is an ambitious group of ten youth that have been working with Neighbourhood House staff to provide youth an opportunity to dialogue and explore youth voice at Cedar Cottage Neighbourhood House. This impressive group of young people set as their main goals to further Youth Leadership Development; lead Events and Activities and learn about Community Development. To achieve these goals, youth have participated in workshops to develop and share their skills as well as participate in youth dialogues around youth topics of concern. Highlights of Youth Council include organizing a field trip to Vancouver City Hall for interested youth and participating in our Vote PopUp to encourage voting in our community. Another highlight of our Youth Council was building connections with Cedar Cottage youth volunteers by hosting a talent show, a Holiday Skate at Trout Lake and working alongside other youth volunteers to implement Youth Driven Projects. Congratulations and thank you to the Cedar Cottage Youth Council.

NEIGHBOURHOOD HOUSE GOOD NEIGHBOURS AWARD:
Mandy Channa

Cedar Cottage Neighbourhood House is honoured to celebrate Mandy Channa as our 2016 Good Neighbour. Mandy is the true essence of a community volunteer who gives selflessly to build a strong and inclusive community. Mandy first came to Cedar Cottage Neighbourhood House both to find a place for her grandchildren and to meet others in the neighbourhood. In a very short time, Mandy signed up to volunteer for cultural events and to lead activities to create a welcoming place for newcomers. By 2012, Mandy was a member of the Cedar Cottage Community Board where she contributed her knowledge as a former member of AMMSAA, her personal experience as a newcomer to Canada and her long career as an Occupational Therapist. There are so many facets to Mandy’s contributions. We are fortunate that she found Cedar Cottage Neighbourhood House as a place to belong. Congratulations and thank you to Mandy Channa.

CORPORATE GOOD NEIGHBOURS AWARD
Chris Lien - Tung Hing Bakery

Cedar Cottage Neighbourhood House is excited to celebrate Tung Hing Bakery, as our Corporate Good Neighbour. Tung Hing Bakery is a warm and inviting place in our local neighbourhood that make the BEST Vietnamese “Banh Mi” sandwiches in the City of Vancouver. But the real gift is with the owner, Mr. Chris Lien and his staff who share the true spirit of our Neighbourhood House by being welcoming, caring and participating members of our community. Tung Hing Bakery was founded fifteen years ago by Chris Lien. From the beginning, Chris has been supporting our community. Chris says, “I do what I can” by donating to school carnivals, Neighbourhood House fundraising events and cultural celebrations. Chris believes that giving back is just what you should do as a business in the Neighbourhood. There have been numerous participation in community clean ups, support to Community Concerts in the Park and participation in community discussions on “how to ensure a safe and vibrant neighbourhood for all”.

Cultural Storytelling at Vancouver Children's Festival

Little Lantern is a grassroots organization working to:
• Support children’s Chinese learning as a fun cultural exploration and;
• Empower newcomer Chinese youth with a platform to express creativities.

Little Lantern Youth Leaders have worked since February with artist facilitator, Vanessa Richards, in creating an interactive activity at the 2016 Vancouver International Children's Festival. We are very excited that musician, Vi An Diep, will be joining us with her guzheng (古箏, Chinese traditional string instrument).

Our Youth Leaders are secondary students from various schools working together to share their cultural knowledge with children and families in the communities. At the Children’s Festival, the youth planned a Proverb Performance. They shared a Chinese proverb, Mark the Boat to find the Sword (刻舟求剑, pronounced kè zhōu qiú jiàn). More than just performing the story, the youth designed interactive activities and games to engage with their young audiences.

Check out our website LittleLantern.ORG for upcoming StoryEvent, subscribe to our seasonal bilingual Cultural Magazine (English and Chinese) or sign-up as a Little Lantern Youth Leaders to work with us on magazine writing, drawing or storytelling!
**Don Davies, MP Takes Kingsway Students to Ottawa**

The 2016 submissions are in for Don Davies, MP’s Create Your Canada contest, and two Vancouver Kingsway students are the lucky recipients of an all-expense paid trip to Ottawa to participate in Canada’s Parliament.

Started by Davies in 2009, this annual contest is open to all Vancouver Kingsway students taking Grade 11 or 12 classes. Create Your Canada challenges students to propose ideas that they feel will make a better Canada, or a better world.

The winning ideas are submitted by Davies to Parliament where they are drafted into actual legislation in the form of Private Member’s Bills. Davies then flies the students to Ottawa where they are able to watch in person as he introduces their bills in the House of Commons.

Davies also takes the students on a jam-packed two-day tour of Parliament where they visit the House of Commons, Senate, Library of Parliament, and the legislative process.

Davies funds the Create Your Canada program himself, and no taxpay-
er funds are used.

We were inspired by the discussion of healthcare in my Law 12 class. We then researched and found out that of all the countries with a universal healthcare system, Canada is the only country where prescription drugs aren’t covered,” said Mabel.

“We are looking for a feasible solution to give everyone an equal opportunity to access prescription drugs, since many citizens are not taking prescribed medications they need because they can’t afford it,” added Judy.

“We are looking for a feasible solution to give everyone an equal opportunity to access prescription drugs, since many citizens are not taking prescribed medications they need because they can’t afford it,” said Mabel.

“Listening to Canadian youth about their concerns for our country is really important,” said Davies. “Parliament is well-served by these proposals and I am pleased to bring the voice of youth into our discussions.”

The students expressed great enthusiasm for their upcoming trip, which is scheduled to take place June 12-14.

Honourable mentions for the 2016 Create Your Canada Contest go to:

- Thien Ho from Sir Charles Tupper Secondary for his idea to create a national incentives program for the purchase or lease of electric and hybrid cars.
- Robin Horner from Windermere Secondary School for her idea to create a national strategy for mental health services for youth.
- Davies funds the Create Your Canada program himself, and no taxpay-
er funds are used.

I just wanted to share this great opportunity that the Youth from Trout Lake, Britannia and Thunderbird along with Tom, Matt and I had recently. We were invited to go and meet Mayor Gregor Robertson along with Councillor Andrea Reimer. The youth spoke about their involve-
ment in the Community as well as the Community Events that they are partaking in. Both the Mayor and Councilor were really impressed to hear and see what the youth are doing and are look-
ing forward to supporting more youth-led initiatives in the City. As well we just found out that the Trout Lake Youth Council has just been nominated for the City of Vancouver’s 2016 Awards of Excellence.

**From East Van to Attawapiskat with Love**

Attawapiskat is a Northern Indigenous community that has been making the global news for the past few years as the community struggles with the ongoing impact of colonialism. With the lack of proper housing, affordable food and education opportunities, many of the youth struggle with a lack of hope for their future.

After making the news about the youth mental health crisis this past spring, the families of the Cedar Cottage Aboriginal Family Night felt it was important to send the youth a message of love and support. Many of the fami-
lies that participate in the weekly program represent a mix of Na-
tions from the Coast, Northern BC, the prairies and all over Turtle Island (North America). Together we worked to create a package that showcased ways of tradi-
tional healing with mini button blankets, dream catchers, tobacco pouches, stories and cards. We wanted to emphasize the teach-

**Trout Lake Youth**

by Bernie Dionne; Trout Lake Youth Worker

I just wanted to share this great opportunity that the Youth from Trout Lake, Britannia and Thunderbird along with Tom, Matt and I had recently. We were invited to go and meet Mayor Gregor Robertson along with Councillor Andrea Reimer. The youth spoke about their involvement in the Community as well as the Community Events that they are partaking in. Both the Mayor and Councilor were really impressed to hear and see what the youth are doing and are looking forward to supporting more youth-led initiatives in the City. As well we just found out that the Trout Lake Youth Council has just been nominated for the City of Vancouver’s 2016 Awards of Excellence.

**From East Van to Attawapiskat with Love**

by Cedar Cottage Aboriginal Family Night

Attawapiskat is a Northern Indigenous community that has been making the global news for the past few years as the community struggles with the ongoing impact of colonialism. With the lack of proper housing, affordable food and education opportunities, many of the youth struggle with a lack of hope for their future.

After making the news about the youth mental health crisis this past spring, the families of the Cedar Cottage Aboriginal Family Night felt it was important to send the youth a message of love and support. Many of the families that participate in the weekly program represent a mix of Nations from the Coast, Northern BC, the prairies and all over Turtle Island (North America). Together we worked to create a package that showcased ways of traditional healing with mini button blankets, dream catchers, tobacco pouches, stories and cards. We wanted to emphasize the teachings of the medicine wheel that is guided by the holistic importance of not just your physical health but also your emotional, spiritual and mental health. Our culture is essential to our lives.

Leona, Maggie, Jessica and Jackson of the Gixstan Nation demonstrated leadership in this project, preparing many pouches at home on their own time and gathering traditional medicines to send to the youth. They were very beautiful and we were excited for the package to arrive June 12th.
Cohousing Hits Kensington

by Lorne Mallin; Community Resident

Vancouver Cohousing is a unique and exciting new addition to Kensington-Cedar Cottage. Cohousing is a style of community developed in Denmark in which residents own their individual homes and also share considerable common space and resources.

The 52 adults and 21 children – and one on the way – living here are feeling more and more settled in as we set up our new homes, plant our gardens and share common meals. We are living the dream of a more collaborative, sustainable and close-knit community lifestyle.

We moved into our 31-unit project – the first in the City of Vancouver – at the end of February, four years after the first public meeting was held at the WISE Hall. That year we bought three double-deep lots on East 33rd Ave. between Argyle and Commercial Streets. In March 2013, we received approval from City Council to rezone from single family to comprehensive development. In July 2014, we broke ground for construction.

We were strangers when we began but we have become good friends over the years of development and good neighbours since we moved in. Ranging in size from studios to a four-bedroom, all the homes are equipped with kitchens, bathrooms, etc., but as well we share a lot, such as camping gear, childcare, vacuum cleaners and a shared car.

The heart of the community is the 6,500 sq. ft. common house where we serve three common dinners a week plus a weekend brunch. No one has to eat those meals and we're all on cooking and kitchen cleaning teams. The common house includes a lounge, laundry room, craft room, kids' playroom, studio where yoga classes are held, shared office, two guest rooms, workshop and teen room.

The central artery is the courtyard, where we hang out together. All the kitchens on that level face into the courtyard to promote more social contact. It's also where the children ride their scooters. Cohousing is a kids' paradise where they can run out their front door and play with their friends.

Sustainability is key. Ninety solar panels generate electricity. The parkade has two electric cars. We collect rain water for our gardens, our landscaping is largely edible and we're very conscientious recyclers.

We recently hosted more than 40 of our immediate neighbours to a block party. We've just received a Neighbourhood Small Grant from the City and intend to host another event in the summer. We are very happy to be here.

Big Heart Lonely City

by Alicia Perez; Community Resident

M y husband and I live in a 45 unit low-rise condo building in East Vancouver. Since purchasing our first home two years ago, we've felt a greater sense of belonging to and caring for a place and people. Together with our small dog Cindy and the encouragement of our church community, we've purposefully tried to know and be known by the people in our building and neighbourhood, and to share our home and lives with others.

Most recently this has meant that our 890 square foot home is too much for just two people and we've welcomed a couple from Brazil to be our roommates. They have come to Vancouver to study and to work and they hope to have the opportunity to immigrate permanently to Canada in a number of years. Because they've only just arrived in our country, we've become for them ambassadors of our city and culture; because they're far from their family and friends, we've become for them family and friends, too. We've invited them into our weekly rhythms, our friendships, and our church community.

While preparing dinner together on one occasion, our roommates told us about a workshop they had attended: an orientation to Canadian culture and to the job market. They shared with us how surprised they were to learn that Vancouver is a lonely city, that few people know their neighbours, and that it can be difficult to make friends. They told us that their experience had been very different and that they felt they had been embraced by friends and a community. They told this to others at the workshop, too. We were encouraged to hear that this gesture of hospitality and friendship had shaped their Canadian experience. They went on to say that they already felt that both Canada and our home were their home, that they belong, and that they have a family and friends here in our community. And this is true for us too; we have full hearts and a full home because our lives are shared.
Web Site To Help Communities Connect

by Aaron Pazurik, Community Resident

There is a new web site that was created locally here in Cedar Cottage that helps neighbours connect with one another – Village. The site was modelled after the successful Dickens ListServ email group that has run for many years. This service was very popular and we could see the need for this in every community.

Village allows neighbourhoods to create small “villages” as a way to buy and sell, share tools, look for accommodation, know about security issues, school events—all relevant to where you live. A village can be any size, from a single residential building, a few blocks or an entire city neighbourhood—whatever you might call your local neighbourhood.

Villages are moderated by one or more members of the community meaning membership is requested and approved. More importantly, all content—“posts”—are also moderated allowing content to remain local, clean and relevant. All members receive a optional daily email digest that includes any new posts making it easy to quickly browse new posts.

There is currently a number of villages active in Cedar Cottage community – Dickens, Clark Park, and now, Trout Lake. Check it out!

https://thevillage.io

If you would like to start a village in your area and be a moderator, it is very easy to do, for more information check out the site or contact us at feedback@thevillage.io

VICTORIA DRIVE FESTIVAL
AT JONES PARK 2016

SATURDAY AUGUST 6, 2016 - NOON TO 5PM

An annual FREE community event hosted by the Victoria Drive BIA (VDBIA)
38th & Victoria Drive

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BALLOON ART, FACEPAINTING & LET’S TALK SCIENCE SFU ACTIVITIES
COMMUNITY POLICE
POPAT ACTIVITY
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**READING BUDDIES**

**by Nicky Grunfeld; Cedar Cottage Programmer**

Children who attended OOSC during their Spring Break led a reading buddy program with the pre-school children from CCNH. Being right in the neighbourhood, the children in OOSC walked over to Kensington Library, which is a great place to spend the afternoon. Ning Ding, Kensington’s wonderful children’s librarian, supported them in finding books everyone would enjoy.

The little friends from pre-school walked over to Selkirk Elementary, where many of them will be attending kindergarten in September.

Stories upon stories were read together. Jona, age 9, said that one of their favourites was ‘Biscuit goes to School’.

Elara, age 9, wrote “We had two groups of pre-schoolers to read with them and eat with them. I think they thought it was fun. At least we liked it!!!”

They said goodbye for the day, with some new friendly faces that they’d recognize on the playground.

**DIY**

**by Nicky Grunfeld; Cedar Cottage Programmer**

Building projects can often seem intimidating, but not for the children from Cedar Cottage Neighbourhood House Out of School Care. With the support of The Vancouver Tool Library, Children from as young as 5 were sawing wood to repair their carnival games.

You can find the yellow-walled Vancouver Tool Library (VTL) at 3448 Commercial St, just a few blocks down from Cedar Cottage Neighbourhood House. This member-owned community business, houses a huge inventory of tools from power-washers to sewing machines to garden tools that members can borrow.

Greg Stone, the VTL’s General Manager explains that “Members pay a one-time fee of $20 to join, an annual maintenance fee, a small loan fee for power tools (hand tools can be borrowed for no charge), and late fees.”

The VTL also facilitates workshops and offers support to people of all skill levels wanting to take on projects.

During Spring Break, a group of girls from Selkirk Elementary School each built themselves a spring planter box to take home.

Greg said that “The girls were amazing. Everyone finished their boxes and for most, it was the first time they’d used woodworking tools.”

The children from Out of School Care even took on the task of building and revamping games for Cedar Cottage Neighbourhood House’s annual fundraising Carnival. Do-it-together afternoons brought together children and their families in building projects that contributed to making the Carnival a fantastic event.

**TROUT LAKE PATCHWORK QUILTING CIRCLE**

**by Verna Kim Mar; Community Resident**

Soon after I began to do patchwork quilting, I knew quilting was fun. It is a friendly, supportive and sociable activity. People admire the intricate and beautiful handmade patchwork quilts. Projects are made in different sizes, from little coasters to king size bedspreads. The cotton fabrics used in creating quilts are in an endless rainbow of colors and a world of designs. As there are so many ways to design and personalize a project, quilters are soon addicted to this hobby! Because there are many lovely, trendy and traditional designs for everyday and special occasions, there are lots of sources of inspiration and ideas for future projects. Some ways that quilts can be used include: on tables, as wall hangings, in children’s rooms, as bedspreads, as cushion covers and can be made into a variety of bags. Judith Pilley is the experienced instructor for Trout Lake’s Patchwork Quilting Circle. She is extremely passionate about quilting and teaching!

The quilting class also gets instruction from Pat Rooker. Pat is very helpful and has lots of experience too. Enthusiastic quilters attend the class to work on projects that are designed, coordinated and taught by Judith. Some projects are selected by the individual quilters. A quilted wall hanging and a table runner are my current projects. At the moment, our class is working on a floral patchwork community quilt as a group project that we plan to donate soon.
Delivering Healthy Eating

The Eat Act Think (E.A.T.) Program is Cedar Cottage’s very first Good Food Organization supported program that focuses on training high school youth to lead school aged children on how to create healthy snacks while promoting different types of food literacy. Here are some of their personal experiences in the program:

by Randy Chau; Cedar Cottage
Children and Youth Programmer

The objective of the program was to spread the idea of eating good food to youth and children. There were two phases to this program: Phase one was to develop leadership skills while phase two was to hold educational cooking sessions at an afterschool program. I applied to this program hoping to gain valuable experience while having fun, and I did! Having the opportunity to pass on nutritional knowledge to children at Queen Alexandra Out of School Care (the location I was sent to) was a wonderful experience. There’s just something special about teaching children useful skills that will positively impact their future choices, such as reading the nutrition facts on products. I think it’ll help the kids when choosing healthier foods. Part of phase two was to interact with the participants there. After cooking, we would sit together at the small table and enjoy the snack we made as a group. There would be light conversations such as, “what was your favourite part of today?” as we gobbled up the delicious food. I think one of the best parts of E.A.T was just eating together. It’s basic, but I haven’t been eating with others lately. I guess most of us are just too caught up with technology, forgetting one of the simplest joys in life: enjoying meals together. The E.A.T program at Cedar Cottage Neighbourhood House had reminded me of this, and I give the organization my sincerest gratitude.

by Amy Cao, EAT Youth Leader, Grade 10

Hello! I am a student who is a part of the E.A.T. program. I have been in this program for about sixteen weeks and I have learned quite a lot from the experience. I learned leadership skills from Randy and massive amounts of information about food from Barb. I really think that everyone should know basic information about food in general (food shopping, the food industry, food banks and so on.) When it came to teaching the kids, I have to admit that it was quite a challenge. Kids often lose their attention very quickly unless we did something that was ‘fun’. It was generally stressing to get their attention, trying to teach them something, having to get their attention again, then re-teach them the subject. I guess the kids see what we are teaching them as what they are learning in school so they lose attention. One thing about the E.A.T program I would change would be making the age group higher. Regardless, all the kids were used to our food safety rules and they had fun cooking and eating. The best part of meeting the kids was when they show you that they remember you and your name, since I only saw them once a week. It was exciting to see that they were very engaged and they often wanted to help with cooking. To me, it seems that the kids really enjoy healthy food and I hope they still do in the future.

by Cathy Hoang, Grade 10, E.A.T. Youth Leader

It was the highlight of most children’s day. With a welcoming and comforting atmosphere. A place to connect with others. A place to learn and teach others new things. Where ideas develop and creativity improves. The beginnings of an everlasting learning experience, not only for the participants but for us too. It has been such an honour to be able to be a part of the EAT program. The children learned a lot about food; everything from food systems and food pyramids, to eating locally. However, the children weren’t the only ones who learned a significant amount, but also we, as leaders, learned about the different topics that food has to offer and the qualities of how to be a leader. It has been a pleasure working with the children and it was great to see them being so engaged into the food activities we had planned for them. EAT has been a great experience for both of us.

by Kelly Zheng & Manny Xie, Grade 10, E.A.T. Youth Leaders
Take Your Pulse On Pulses

2016 is The Year of the Pulse. Pulses are part of the legume family and refer to dried seeds such as dried beans, peas, lentils and chickpeas.

by Barb Wong; CCNH Food Coordinator

There are many reasons to include pulses in our diets. They’re nutritious: dried peas and beans are an excellent source of fibre, protein and iron. They also contain important trace minerals such as zinc, phosphorus and folate. Pulses are also have a low glycemic index which makes them an important part of the diet for those controlling their blood sugars.

Another good reason to enjoy more pulses is that they have a small footprint on our environment. According to a 2015 study published in Public Health Nutrition, to produce 1 kg of protein from kidney beans requires approximately eighteen times less land, ten times less water, nine times less fuel, twelve times less fertilizer and ten times less pesticide in comparison to producing 1 kg of protein from beef.

Pulses are also convenient. Canned beans, lentils and peas may be added to a variety of dishes for a quick and easy protein boost. Cooking dried beans is low maintenance: soak them overnight then simmer in the slowcooker. Some pulses such as lentils and split peas do not require soaking and are tender in just a half hour of cooking.

The best reason to include dried beans and peas is that they’re delicious! There is a huge variety of pulses with just as many flavours and textures and different uses. Look for some great recipes and cooking tips at www.pulsecanada.com and sign up for the Pulse Challenge for weekly inspiration.

www.pulsecanada.com  Facebook: PulseCanada  Twitter: @pulsecanada

Summer Lentil Salad

- 1 -19 oz. can (540 mL) lentils, rinsed and drained
- ½ cup radishes, sliced or cubed
- Small kohlrabi or 1 medium carrot, peeled and cubed
- 1 cup fresh peas, raw or lightly cooked
- 1 or 2 handfuls spinach, torn into bite-sized pieces
- 1 or 2 handfuls kale, torn into bite-sized pieces
- 2 green onions, sliced thinly
- ¼ cup mint, chopped
- ¼ cup parsley, chopped
- 2 tablespoons lemon juice
- 2 tablespoons olive oil
- Salt and pepper

Combine all ingredients in a large bowl. Serve immediately or cover and refrigerate for up to 3 days.

#pulsepledge
Zucchini Racing
On Prince Albert Street

What the heck is a zucchini race?

by Keltie Craig; Community Resident

Neighbours may have asked this question last fall upon seeing the poster and invite for the first annual Prince Albert Fall Fair. Inspired by the county fairs held in many small towns across the province, a group of neighbours in the Cedar Cottage area decided to try one of our own last year. The event was held as a block party, with the street opened up for square dancing, a flea market, produce display/contest, potluck, open mic, and perhaps the highlight of the event – the zucchini race. This involved zuke “cars” with wheels and decorations being raced down the Prince Albert hill. It was a great afternoon, especially once Ernest Ice Cream showed up in their mobile truck to hand out mini cones!

As one of the organizers of this event, perhaps even more enjoyable than the fair itself was the experience of getting to know more neighbours as we worked collaboratively to put the fair together. We held “planning” meetings over dinners and socials throughout the summer, and then a celebration dinner afterwards. Working this way allowed us to spread out the load of organizing and running an event, and it also made the process way more enjoyable.

We have received a grant to hold the Fair again this fall, and are just getting going with initial brainstorming. Volunteers are always welcome – many hands make light work, and it’s a fun group of people to collaborate with. Email princealbertfallfair@gmail.com with any questions or to get involved.

Connecting People And Projects
The 2016 East Vancouver Greenest City and Neighbourhood Small Grants

by Jennifer Conroy; Community Resident

On a sunny afternoon in early May, residents from across East Van gathered together at Frog Hollow Neighbourhood House to launch another exciting year of local initiatives. Funded by the Vancouver Foundation, the 2016 Greenest City and Neighbourhood Small Grants Program is run by partner organizations - in our area Cedar Cottage, Kiwassa and Frog Hollow Neighbourhood Houses - with important participation by volunteer Resident Advisory Committees.

On May 4th, staff and volunteers met returning and first-time project leaders, answered questions, offered resources, and presented them with cheques. The hall was quickly full of people chatting and laughing: making new acquaintances and learning about each others’ plans.

There were snacks, coloured markers, sticky stars, maps, and lists of every project by name and area. People read and even photographed the lists, finding out about new, fun events happening nearby. On one wall were large sheets of paper with a question: “What does our best possible neighbourhood look like, feel like, or include?” This activity station was busy! People were eager to contribute, and in a short time each sheet was alive with bright post-it notes.

There were event ideas, themes, and shiny stars people used to show that they liked each others' work. What are our best possible neighbourhoods like, as imagined by neighbours? Natural, sustainable, diverse, artistic, affordable, fun and collaborative. We want more music, art, food, sharing, beehives, gardens, bikes, more outdoor gathering space, and opportunities to plan together. Our ideal communities are friendly, welcoming, celebratory, making decisions together, and sharing a sense of belonging.

Cedar Cottage is one of the liveliest participants in the Small Grants Program, with over 70 local projects planned for the season. Watch for notices and posters; neighbours are planning fun activities and events throughout summer and fall, and you’re invited! To learn more about the Vancouver Foundation or the Greenest City and Neighbourhood Small Grants Program, go to www.neighbourhoodsmallgrants.ca