

Neighbour

Nov 2014 • Issue 21

Serving the Kensington-Cedar Cottage community

Living & learning in KCC



604 713-8288
4105 Gladstone Street



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Taking Risks Pays off for

Youth Summer Projects: Making New Leaders

■ Chelan Wallace, Child and Youth Coordinator, Cedar Cottage Neighbourhood House



It was my pleasure to supervise the Youth Summer Projects this past summer. Guided by the greatest issues of concern identified by youth in the Vancouver Foundation's Youth Vital Signs, our twelve leaders initiated their own project idea.

At first, there were apprehensions – “What if no kids want to participate” or “But what can I teach seniors?” Many of the youth had never led a program before, especially not in an intergenerational capacity. Leaders showed an eagerness to learn in weekly skill-building workshops, where they explored techniques of how to work with children, create a program plan and evaluate the success of their project.

Youth connected with an adult mentor from a community

organization or within our Neighbourhood House, receiving invaluable wisdom and guidance.

We would like to sincerely thank the representatives of Trout Lake Community Centre, Vancouver Foundation, Vancouver Public Library, Canucks Autism Network and our Neighbourhood House for their thoughtful mentorship.

At Cedar Cottage, we recognize the value of service learning. Our objective is to provide a safe and supportive environment to allow youth to take risks and learn to develop resilience in the face of challenges. And were we impressed by their growth!

As witness to youth leadership ranging from knitting a community quilt with children and seniors, to preparing a cultural food feast,

I was amazed by the heart and spirit of our youth leaders during their summer vacations. Check out what some of the youth came up with in their articles on this page.

Since project completion, youth showed interest in continuing to have a decision-making role in Cedar Cottage initiatives. New Youth Council has been formed and we are hopefully awaiting the response from our Vancouver Foundation Youth Philanthropy Council grant application.

A big thank you to the youth leaders David Cao, David Mai, Julie Lam, Johnson Le, Justin Li, Karen Tran, Kavin Trinh, Michael Hong, Nancy Li, Nevin Li and Queenie Li for your willingness to share and learn and most importantly to make a difference in Cedar Cottage.



Summer Youth Leaders



Leading the Nutrition Project

■ David Mai, Youth Projects Leader

Hello, my name is David. I was one of the 12 youths that participated in the Youth Summer Projects here at Cedar Cottage Neighbourhood house. I did the Nutrition Project. Basically this project is to teach others and myself about nutrition and how to be more nutritious.

My project was composed of lots of different elements and activities. One thing I did was the "Nutrition Fact of the Week." This is a poster made by me that tells you information about nutrition. Every week there would be a different fact. For example, one week I would talk about fats and another week I would talk about sugar overload.

The second thing that I did for this project was the "Nutrition Challenge." This was a one-week

challenge that made me become healthier. For one whole week I had to eat healthy and do at least 30 minutes of physical activity



every day, which I recorded and kept track in an online program called eaTracker.ca. This program

helped me determine if I was getting enough nutrition every day.

The final activity that I did was "Workshops with Youth." During the workshop I went over the nutrition facts of the week and I also challenged youth to do the "Nutrition Challenge." I wanted to do this so I can help them stay away from fast food. At the end of all these workshops we all made healthy pizza together that was made from scratch (fresh tomato sauce and dough).

Overall, I learned so much from this project. It is not just the nutritional information I'm taking away, but I also gained lots of experience on running and leading a program.

Karen's Book Believers Project

■ Karen Tran, Youth Projects Leader

Once upon a time, there lived a rabbit named Karen. She lived in Cedar Cottage, a small village down by Victoria Drive. Each summer, the village held its annual Summer Animal Projects. Karen was excited to apply and decided to incorporate what she loved into a program, READING!

Chelan the fairy cat mother was very helpful, always lending words of wisdom. It was especially nice, since Karen had never worked with kids ages 2-5, and it was a huge challenge. But no matter, Karen was resilient.

One day, Chelan had suggested Karen meet the children's librarian named Ning, in hopes it would give her some good research material. Little did Chelan know, she was the catalyst for the blossoming bond between Karen and Ning, the latter becoming the mentor.

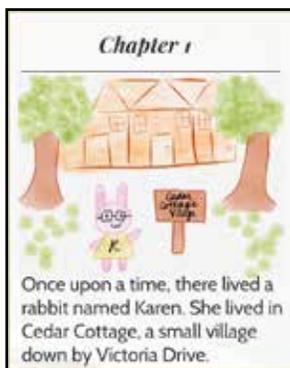
The meeting with Ning provided Karen more than information and a sense of

security; it gave her optimism. Though there will be tough days, the smiles and sincerity is always rewarding!!

Karen then trained Justin the Duck, and Andrew the Snail, fellow Animal Grant Leaders. The first session was a success and Karen was quite surprised at how involved the parents were.

By the end of the program, Karen saw how confident her volunteers were. Justin the Duck was more sociable, and Andrew the Snail took more initiative.

Karen too, did an intrapersonal reflection and felt that she has never been more in tune with the community. Though everyone was diverse and had their own niches, they can all find ways to meet halfway: Cedar Cottage!



Fundraising & the Engineering Arts Workshops

■ David Cao and Nevin Li, Youth Projects Leaders

We are David Cao and Nevin Li, two youth leaders from the Youth Summer Projects. We learned many things throughout our summer projects: Engineering Arts and the Summer Youth Council. We are very thankful for the opportunity to participate in the summer projects.

We were nervous when we first began but in the end we believe our skills improved. In the Summer Youth Council we did many different tasks.

We were able to help the local community out and we helped the youth to be involved in leadership activities through running events such as a fundraiser and volunteering at Copley Community Orchard.

During our fundraiser we

managed to prepare a bake sale within a week; all proceeds were to support Cottage Crew.

We also had a workshop that was chosen by our volunteers. The workshop was a wellness workshop for youth, where we learned about mental health.

For Engineering Arts we ran workshops with school-aged children, introducing them to engineering. We did various projects like using rolled up newspaper to build structures that would hold up weight. We also made boats that we floated at Brewer's pool and rockets that we flew.

Hopefully after doing Engineering Arts the children have developed interest in the subject of engineering. It was

great working with Cottage Crew and we would be glad to continue volunteering with them.

After completing our project we are more confident in speaking in public due to the fact that we were constantly working with different age ranges.

Working in a pre-employment environment helped us take more responsibility. We were professional about not being late and completing tasks on time. We invested a lot of time during our summer project, and the time was well invested into Cedar Cottage.

Overall the summer project was a thrilling adventure to experience and we highly recommend anyone to consider participating in the summer project in their future years.

What I like about living in the Kensington-Cedar Cottage District

■ Verna Kim Mar, Community Resident



There are many things that are great about living in the Kensington-Cedar Cottage district. On the top of my list is our fantastic panoramic scenery of the north shore mountains and city view. It's one of the best views in Vancouver. The scenery is great in summer as well as winter, when sparkling snow covers the mountain peaks.

Getting around by car is easy. Near Fraser Street, there is space for parking if shopping between 41st Avenue and 49th Avenue. Bus transportation is convenient. You can take 41st Avenue buses to connect to the Skytrain, or you can take buses that run along Victoria Drive and connect with the Broadway Skytrain station.

Victoria Drive is a bustling community of shops of all kinds. It has slowly grown from a few dozen businesses to hundreds. You can do your banking, buy car insurance, purchase prescriptions and more at pharmacies, and shop for prescription glasses.

You can choose from many types of restaurants, buy something from various bakeries, get fresh fruit and vegetables and all types of groceries, get your watch repaired, buy jewellery, shop for clothing, pose for a passport photo, visit the dentist of your choice, get your hair cut and styled, buy a pair of shoes, plan a trip with a travel agent, relax at the popular Jones Park, or take out a library book.

Having good schools and Kensington Community Centre in our neighbourhood is a great convenience. There are all kind of activities for the whole family, from tiny tots to seniors. Just one example is Kensington's daycare programs for children from 3 to 5 years.

A very special place in the neighbourhood is Cedar Cottage Neighbourhood House. The friendly workers and staff always welcome, help and support everyone who spends time there. There are many programs, and throughout the year there are various enjoyable activities and festivals.

I spoke to a young parent who recently moved to our neighbourhood from a different part of Vancouver. They are so happy they made the choice to move here!



A DECADE OF COMMUNITY SERVICE

■ Douglas Woods, Church Parishioner



It started years ago in the Calgary area. Fern Mumford had her first encounter with people of a different culture, and who spoke a different language. Fast forward fifty years and Fern found herself living in the Vancouver area and again fascinated with people from Asia, and in particular those from China.

With very little prompting she took some ESL teacher training, and then taught for two years at City View Baptist Church Vancouver. In December 2004, she began to teach with Ellena and

Stanley Yang at her home church, First Church of the Nazarene at the corner of Kingsway and Windsor Street in Vancouver.

Since then the ESL program has expanded with classes twice a week, and a conversation club on Wednesday evening. The people who have participated in these free events have been from every part of the world including Mainland China.

The two tier classes have served people from South America, Central America, Hong Kong, Korea, Japan, Africa and

Eastern Europe. The students have come from different levels of society including UBC scholars, refugees and visiting students.

On May 25th, 2014, the congregation at First Church of the Nazarene warmly thanked the Mumfords for their decade of outstanding service to the neighbourhood.

Dr. Grant Zweigle, the senior pastor expressed the church's appreciation for their leadership and vision. For more information about ESL call (604) 874.2022 (office)



Ima Naybor Advice Column

"Free Advice: worth twice the price!"

Dear Ima,

My husband and I just moved to the Kensington neighbourhood with our two young children. I have just enrolled my oldest in a preschool nearby. I know it is only fall, but next year he will go to Kindergarten, and I am feeling stressed out. How do I know if he is ready? How do I pick a school to attend? Help!

Signed, A Panicked Parent

Dear Panicked,

First, take a deep breath. You have time. Second, get online or phone the Vancouver School Board and find out what school's catchment area you live in. Third, go to that school, introduce yourself and get an application. The deadline for Kindergarten registration is January 31. If you have your eye on French Immersion or another specialty school, save that research for later as registration for that doesn't happen until February 2-27. You have to register at your catchment school first if you

want to be considered for a cross-boundary school.

Now I have a strong recommendation here, which is that your kids should attend the closest school, especially at the tender age of Kindergarten. Four reasons: 1) Why drive them around in the morning? You've seen the traffic out there! It's extra stress and hard on Mother Nature. 2) Why not let them go to school with their friends who live in the neighborhood? They'll have a better social life. 3) The local public school's only as strong as the community that uses it--so use it! 4) Some of the best teachers in the world are right here in Vancouver's east side, and don't let anyone tell you otherwise.

Yours, Ima

Have a question? SEND YOUR LETTERS TO IMA!

Email ImaGNaybor@gmail.com or write to her care of the KCC Neighbour, 4065 Victoria Drive, Vancouver, BC, V5N 4M9

New Neighbours

■ John Buckberrough, Community Resident

They scout the street, they choose their property, and they move in to begin a family. We're all familiar with this picture: we see it yearly in our community. In this case, however, there was a decided twist.

The new residents came not on two legs, but by wing. They were a mating pair of Cooper's Hawks (*accipiter cooperii*) and they took up residence in the 900-block of E. 19th Avenue. They are about 18" (45cm) in height and, as with many hawks, the males are smaller than the females.

They first arrived in mid-March. High in the oak trees on this block were two multi-year crow nests. I first thought that the hawks were opportunistically seeking crow eggs or the nestlings. Too early in the season for that, I mused. No, they pre-empted the arrival of the crows and proceeded to set up home in one of the existing nests.

Like many new home owners, the property they had acquired didn't quite meet their needs. Renovations were in



order and in no time, the nest grew to double or triple the size used by the crows. They quickly established their territory. Gone were most of the transient crows. Those who stayed chose discretion over display and laid low. Sea gulls and pigeons became scarce, thought the smaller birds made the necessary accommodations.

By early May, they had settled in, mated and in short order had laid and hatched what proved to be three eggs. Among Cooper's Hawks, the female mainly tends the young and, with the male, they hunt to feed the family as the chicks grow.

And hunt they did. All summer, they could be seen and heard, their cries ringing through the now fully foliate trees on the block. The hawks seemed most active in early morning and towards dusk.

They perched atop telephone poles and the roof peaks of houses, scanning the surrounding hunting ground. They seem not to prefer carrion, but watch carefully for movement on the ground. Suddenly, BANG. Down one would swoop and scoop its catch, carrying it back to the nest. Mice and rats became scarce; the squirrel population took a hit and the

odd pigeon left only a trail of feathers to mark their passing. The young grew quickly. Barely six weeks after they hatched, the three young had matured to the point that they had outgrown their nest. Flight training began.

One morning, I looked across the street and saw all five hawks on the roof of the house opposite me. The adults were on the peak of the roof, while the mottled young were below them, stretching their wings and practising their tentative moves. In short order, flight training was supplemented with hunting lessons as the

parents taught the young the ways of the hawk world. Now, instead of two hawks in the neighbourhood, there were five, all soaring, calling to each other and exploring their environment.

Suddenly, it was all over. About the second week of August, they all abruptly departed, lessons learned and lives to be lived. Cooper's Hawks are seasonal in our area. They over-winter in areas south of Portland Oregon. One can only hope they return next spring: their home is vacant and waiting for them, as is the neighbourhood.

Community Ceilis: A Local Tradition

■ By Jennifer White, Community Resident

It's a rainy fall evening and the strains of Irish flute and fiddle spill out of the community hall near 43rd and Victoria Drive. As you walk in the door, you notice right away is that there are all ages here – seniors, university students, kids and all ages in between. It is the first ceili (kay-lee) of the season and excitement runs high.

Long-time dance caller Kari-Ann Thor scans the crowd with an experienced eye – if there are large numbers of children and newcomers she might call a simple circle dance; for seasoned dancers, a more challenging jig or reel. “The dances are super beginner friendly and accommodate all levels,” she explains. “You don't need a partner or have to have dance skills. In Ireland they don't always call the dances, but here all the dances are called and people walk through the dance first.”

There are just a few steps to learn: the ‘sevens,’ the ‘1,2,3s,’ and the ceili swing, and then the music begins.

Cedar Cottage resident and Irish music devotee Peter Kratoska has played fiddle for the community dances for over 12 years. “It's fun to see all

the people dancing, and as a musician, you have to be really prepared. If they're enjoying the music then you are too.” A number of skilled local musicians play for the Vancouver ceilis, with several bands taking turns throughout the dance season.

Much of the traditional Irish music is really centuries-old dance music. In the past, ceili dances were often held outside at crossroads where several different villages could meet and enjoy dancing together. The ceili folk dancing tradition is often based on couples in pairs of lines facing each other, along with round dances with names like Walls of Limerick, Siege of Ennis, and the Haymaker's Jig.

The Vancouver Irish Ceili Society has been holding community dances since the mid-1980s and credit the late fiddler Bill Dunnan and dance teacher Violet Moore as two of the early organizers who started the tradition in Vancouver, along with a team of devoted volunteers.

Since their establishment, the ceilis have to their credit several romances and even a marriage or two, and the dances have been the site of countless birthday parties and anniversary

celebrations.

The society welcomes volunteers for all the necessary tasks of running a ceili, from running the door and concession, to setting up the sound equipment and postering around the neighbourhood. Regular volunteer Athena Affan explains how it is a worthwhile endeavour: “An event like this supports communities and families, it provides a venue for dedicated musicians to share their talent and it helps keep music and dance traditions alive. What makes the ceilis so special is that you get to enjoy live traditional music, dance to it, and get to know new folks while you're at it.”

With a waltz, the dance comes to an end. The musicians pack away their instruments amid quiet conversation. It has been a good dance and clearly the tradition is alive and well in Vancouver, ready for more people to discover.

Vancouver Irish Ceili Society, Victoria Drive Community Hall, 2026 E. 43rd Ave., 604-733-6298, <http://ceili.vcn.bc.ca>

January 17 – with Dave's Band

February 21 – with the Psycho-Acoustic Ceili Band

March 14 – St. Patrick's Day dance with Gaoler's Muse



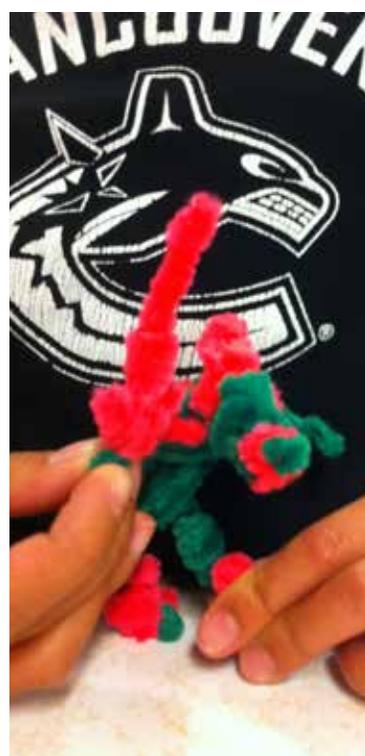
A Pumpkin Adventure

■ Ryan and his Dad Stephen, Community Residents

As a former student at Cedar Cottage Neighbourhood House Preschool, I thought you would like to hear the story of Pete the Hardy Pumpkin. Last year, my daddy carved a few pumpkins for outside our house, and kept the seeds. He then gave them to Mrs Kyle, my kindergarten teacher. In the spring, my class then planted some of those seeds. They started to grow! We watered and cared for them until school finished. Then I got to bring one of the 8 inch seedlings home with me. Oh no! We snapped a bit off on the journey home! “Oh well”, said Daddy and put it into a bigger pot. Then a clumsy squirrel knocked it over and snapped off another piece! But Dad just said “Oh well” again and moved it to our garden box. And it just kept growing,

getting bigger and bigger and sprouting flowers. It grew so quickly that Daddy had to plant it again to give it more space, but again it kept growing, so Daddy said “Oh well” and built a cane frame so it could grow upwards! Then a little pumpkin appeared out of one of the flowers – Pete! He is now just starting to ripen and turn orange. He is twice as big as my head! I really enjoyed my gardening experience with Pete My Hardy Pumpkin and am looking forward to eating Pete, perhaps in a pumpkin pie! My Dad is now busy making pumpkin soup from all the pumpkins he carved this year, and yes, we kept some of the seeds to start again in the spring.

Thank you,
Ryan, Age 6



Conquering Craft-time: Dragobeasts take over Tye

■ Liane Birch, BEd, BA, Tye Out of School Care Supervisor

hierarchical system of characters. One child, Oliver Cheng, wrote a short story about the mythical world in which the Dragobeasts reside.

The goliath thundered through the forest as his domestic beast followed loyally by his side. It was a dark, damp night and the air was thick with smoke.

The Dragobeasts knew trouble was headed their way. They were going to a village approximately ten clicks from their position.

Almost as if it was on queue, human rogues burst from the bushes. But these were different. Before they were easily dispatched but now they were beefed up with solid looking pecks and very small and separate six packs.

They had darkish grey visors and orange armour. Then the human leader appeared out of the shadow with huge lumbering feet and powerful muscular limbs. It was something different, something no one had seen before.

Suddenly, he activated some sort of weapon that was futuristic. No one had ever seen it before, not even the weapon smith.

It must have been from another planet. But then, all of the sudden, the warrior spoke. He was not coming to harm, he came in peace, and of course no one believed it.

Short story by Oliver Cheung, Grade 4, Tye Elementary School.

The children at Tye Out of School Care are an imaginative and creative bunch. Lately, the children have been particularly interested in the use of pipe cleaners in creating an imaginary world of creatures.

Coined as “Dragobeasts,” the children have devised a

What's happenin'...

KENSINGTON COMMUNITY CENTRE

5175 Dumfries Street, 604-718-6288

Dec
14 **SANTA SWIM**
Come join Santa in the pool as he drops by for a visit on his way to deliver presents. There will be a colouring contest, crafts, and organized games in the pool. Regular admission. Open to all ages. Time: 2:00 to 4:00pm.

Dec
6 **HOLIDAY CRAFT FAIR**
Join us for the Annual Kensington Holiday Craft Fair and browse for gifts for family, friends or yourself. Admission is Free! Time: 10:00am-4:00pm

MOBILE PRODUCE MARKET
The mobile market offers fresh fruits and vegetables on the 1st and 3rd Saturdays from 2-4:00pm. Most items are \$1 each. For more information go to cedarcottagefoodnetwork.wordpress.com

KENSINGTON LIBRARY

1428 Cedar Cottage Mews, 604-665-3961

Nov
29 **BOARD GAMES**
Drop-in to play with the Library's collection of board games and make new friends. Time: 2:00 to 4:00pm

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

Dec
10 **LEGO BLOCK PARTY**
Drop-in to explore your creativity with Lego and make new friends. Lego provided for ages 6-12 years.

Dec
13 **KIDS' CRAFTS: HOLIDAY FUN FOR TWEENS**
A DIY start to the holidays: Make a Mad lib story, make a wintery craft and decorate a cookie to take home. Free for ages 8-12. Time: 3:30-5:00

CEDAR COTTAGE NEIGHBOURHOOD HOUSE

4065 Victoria Drive, 604-874-4231

www.cedarcottage.org

DEC
17 **SENIORS (50+) WEEKLY WEDNESDAY SUPPER CLUB**
Please come for dinner and meet some new friends. EVERY WEDNESDAY come and enjoy dinner with other seniors from the neighbourhood. Join us for A Traditional Christmas Dinner on the 17th. Community seniors will be served a Turkey dinner will all the trimming!! We will have local entertainment and a guaranteed good time. Tickets are \$6/person and should be purchased in advance.

Jan
7 If you can't make it on the 17th, Join us for a New Year's Dinner on **Wednesday, January 7th**. You will be treated to a Roast Beef & Yorkshire pudding Feast and English Trifle for dessert. Tickets: \$6.00/person Please call Lan at 604 874-4231 if you would like to join us.

FAMILY (DIY NIGHTS)
Join us for our monthly DIY family night. \$5.00 per family; Includes dinner and family activities. Last Thursday of each month. Jan 29th, Feb 26th, March 26th, April 30th. 6:00 to 8:00pm.

Feb
28 **LUNAR NEW YEAR CELEBRATION**
Join us for a fun filled day of Lion Dancing, Children's performances, Art activities, Chinese Painting and some delicious food for sale. FREE

ST.MARK'S EVANGELICAL LUTHERAN CHURCH
1573 East 18th Avenue
604 876-4312

CHRISTMAS BAZAAR
10am to 2:00pm
German food and baked goods, wreaths and arrangements: Deutsches Essen und Kuchen, Adventskränze und Adventsgestecke, Deutsche Bücher
Contact: 604 874-8427

Nov
29

TROUT LAKE COMMUNITY CENTRE

3350 Victoria Drive, 604 257-6955

Nov
28 & 29 **ARTISAN POTTERY SALE**
Enjoy live music, delicious home baking from the Trout Lake Seniors and beautiful hand knitting on display by the Knitting Club of Trout Lake and hand crafted pottery from the Trout Lake Pottery Club.

Dec
7 **BREAKFAST WITH SANTA 2yrs+**
Enjoy a delicious pancake and lots of fun filled activities in the gym including the Bouncy Castle, Arts & Craft and take a picture with Santa. \$5 per person (excluding kids under 2yrs). This year we will be organizing a can food drive to help the Food Bank. Each person who donates a can will receive \$1 off

Dec
21 **HANUKKAH - THE FESTIVAL OF LIGHTS**
Treat yourself to gelt and latkes, make a dreidel and spin it, light the menorah, sing songs and listen to the story of Hanukkah. Enjoy this family fun event for all ages. Please pre-register. \$4 per child.

MUSIC ON THE BOW
Thursday Night Jazz Trio: 7-9pm. Second Thursday of the month, December 11, January 8, February 12, March 12

The Soda Crackers Third Wednesday of the month
December 17, January 21, February 18, March 18

Feb
9 **FAMILY DAY**
Participate in program demo's, arts, sports, community dance, puppetry, poetry reading, and pottery all while listening to great live music. Bring your friends and family and come join us in this festive fun event! Refreshments will be available. Free



THE GLADSTONE DANCERS PRESENT

THE GLADSTONE GRINCH

DEC 10-12 2014
EVENING SHOW
DEC 12 / 7PM

604 713-8288
4105 Gladstone Street

The Kensington - Cedar Cottage

Neighbour

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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.

Connecting to Heart and Mind

■ Alex Drennan, Community Resident



Photo by Andreas Weiss
Courtesy of the Dalai Lama Centre for Peace and Education

Revered by his worldwide followers as “His Holiness”, the 14th Dalai Lama is all Humility. He has written that his religion is Compassion – a yearning akin to love. Knowing that the future of the world lies in children and their values, he aims to promote kindness, tolerance and friendliness for all. He says we must stress similarities not differences. On Tuesday, October 21st he was at the Vancouver Convention Centre, which was filled with 2000 fortunate ticketholders, where he presided for over two hours. Despite his age showing in his gait, earlier in the day he personally met and interacted with students and staff at John Oliver High School where he held the hand of each questioner—all this with gentle good humour, occasional giggles and many smiles. Songs of Joy opened and closed the afternoon program at the Centre. It was sung by the Children’s Choir (all the children in different coloured T-shirts) from Saint James Music Academy at Gore and Cordova. The choir was established seven years ago to bring free tuition in classical music and its benefits to

Canada’s lowest income urban neighbourhood. The afternoon program included a welcome address by a Trustee of the local Dalai Lama Centre, and a panel discussion. It featured four prominent active, non-political leaders in the community, and a moderator. The Dalai Lama held the hand of each as he responded thoughtfully every challenging question. To promote Heart Mind Well Being for the children and youth of British Columbia, our aim should be for each of us to promote through family and community :

- getting along with others
- being compassionate and kind
- solving problems peacefully
- feeling secure and calm, and
- being alert and engaged

As a newcomer to the Cedar Cottage Neighbourhood House, I am constantly impressed with Lan, the staff and the many volunteers I encounter. Without fuss, constantly and almost instinctively, they carry forth these high ideals in their daily lives in caring for the children, teenagers, the elderly and those needing special encouragement and help.

“Just as we take for granted the need to acquire proficiency in basic academic subjects, I am hopeful that a time will come when we can take it for granted that children will learn, as part of their school curriculum, the indispensability of inner values such as love, compassion, justice and forgiveness” The Dalai Lama.

Heart-Mind Online is for all those who are searching for evidenced-informed resources that educate the hearts of children. The collection of resources builds capacity in individuals and communities to support the Heart-Mind well-being of children, and promotes their positive social and emotional development. This website was developed by the Dalai Lama Center for Peace and Education. <http://www.heartmindonline.org>



Mindfulness! a Gift To Give Yourself

For better or worse, we are increasingly a culture based around scientific reason and technological advancements. The majority of our upbringing and educational processes are singularly focused on, and reinforcing of, one’s ability to compartmentalize, analyze, and solve problems—in the shortest amount of time. For sure, this has led to a quickening of advancements we can be thankful for—new medicines, communications, explorations, etc. But what have we lost in this deification of the intellect? Naturally our intellectual mind places itself high above other states of being, but I contend that by putting the thinking, solving self aside, we can access a state of greater ease, freedom, and stability. This state of being is often referred to mindfulness and is a gift you should consider giving yourself this holiday season. One misconception about mindfulness is that practitioners seek to empty the mind. Rather, we are more interested in developing the ability to be aware of the mind (as well as our body sensations and environment), increasingly situate ourselves with that awareness, and notice when we have slipped back into autopilot.

If you are interested in developing mindfulness, start by taking a few minutes to sit in a quiet place and focus your awareness on your breath. Notice how your breath feels as it enters and leaves your body, notice how it sounds; appreciate it as if for the first time. Sounds simple enough, but the intellectual mind is used to getting most of your attention, and will certainly cry out when it isn’t getting it. Expect to experience feelings of impatience, self-judgments, and questions about what your next meal will be. You’re not failing; this is merely the nature of your mind. You don’t push the thoughts or emotions away, you merely watch them as if they were clouds floating by, and return to your breath—over and over again. This act of noticing and returning is like weight lifting for your consciousness; with practice the ability gets stronger, and so does your ability to respond to life as a conscious being. You need not limit your practice to your breath, there is an entire universe of present moments waiting for you to attend to and enjoy: the cool breeze on your face, the sensation in your feet as you walk, the sound of the ocean, the presence of your loved ones. There is plenty of time to plan and do; take a few minutes today to enjoy merely being.

Ryan Leiderman is a resident in Cedar Cottage and a mental health counsellor in Vancouver.

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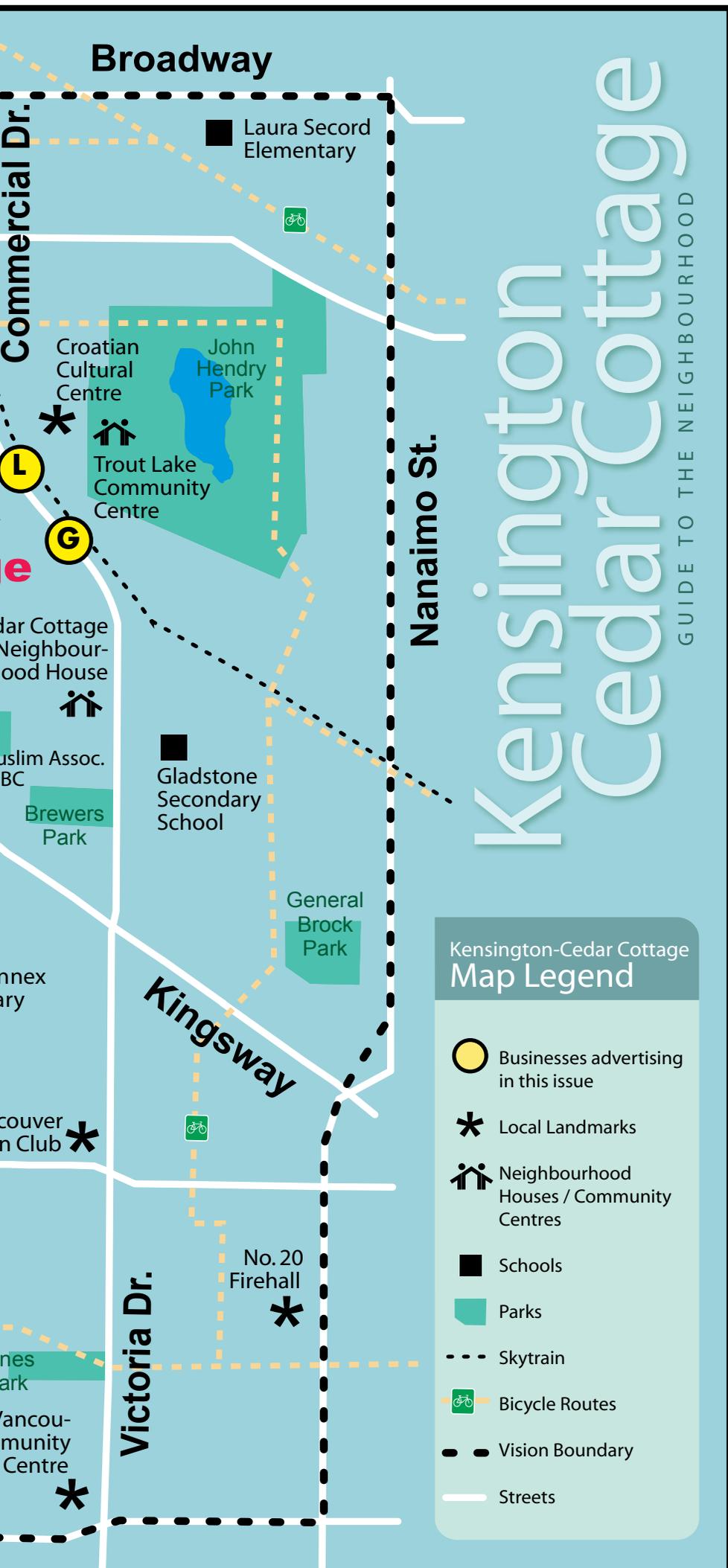
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The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

Copley Orchard thanks CCNH youth team for their help

■ Helen Speigleman, Community Resident



If you take a walk through Copley Community Orchard (located on a sloping field just west of Nanaimo Skytrain station) you'll see six new wooden benches like the one pictured here.

The comfortable benches all have beautiful views of the orchard and the surrounding landscape, and they're already being used regularly by neighbours and people passing through. An energetic team of young people from Cedar Cottage

Neighbourhood House played a big role in creating these benches.

They presented themselves one Saturday morning last summer and offered to help out at our work party. Not only did they water thirsty trees and weed blueberry beds, they also assembled and installed all six of our new benches!

It was hard work in the hot sun, loading and hauling one metric tonne of chipped rock for the foundations of the benches, as well as using power tools to construct the benches from pieces that had been cut in advance.

Amy Wong, Michael Wong, Justin Li, David Liang, Jasper

Deng, David Cao and Shawn Thai stuck to their tasks with good humour and patience. By the time we broke for lunch, the benches were ready to use.

After the project was done, the kids confessed they were surprised by the task they were assigned, but that they did not mind it. Recently the kids said they have come back to the Orchard to sit on the benches and to show them off to their friends. They called the bench-building "an amazing experience" and offered to help out if we want to build a garden shed.

They also suggested they might help us build some traps to keep pests away from the plants –

and maybe some fences!

The benches were made possible with a 2014 Greenest City Neighbourhood Small Grant and a generous donation of a gallon of eco-friendly wood stain from Greenworks Building Supply at 79 West 3rd Avenue, a store that specializes in ecologically designed products.

Wayne Fung offered up his backyard woodworking shop to help build the prototype bench and then he and George Spiegelman cut out and sanded the pieces ready to assemble. Rick Jang was on hand to guide and support the young volunteers on the day of the construction.

What a great team!



Volunteers at Cedar Cottage Neighbourhood House

■ Paola Antia, Volunteer Coordinator, Cedar Cottage NH



Cedar Cottage is supporting a volunteer initiative to bring together moms, children, and seniors. “Antonette” is an adult volunteer from the Philippines who loves Zumba, and has been hosting the community to dance and exercise with Latin music.

Every Thursday after dropping off the children at pre-school, the lively wake-up call is heard with rhythm and music. It’s a place to connect, laugh, and exercise while their children are in preschool.



■ Ouardia Bouadjela, Community Resident

My name is Ouardia, I came to Canada in 2007. I have two children, a 9 year old named Amnay and a 5 year old, Sarah. I taught High School Art Classes for 18 years.

I can’t describe how my life was in the beginning, starting a new life as an immigrant from another country. It wasn’t easy; like a newborn, I needed help.

My difficulty was language. How can I communicate, have conversations, unable to say anything? A friend from Mosaic told me about Cedar Cottage volunteering and since then everything has changed.

I started coming to Cedar Cottage meeting new people from all over the world. Learning from them, sharing ideas, learning about other cultures.

I will never forget how helpful the staff from Cedar Cottage was; understanding, coopera-

tive, making me feel like a family member.

My kids enjoy going there every Saturday and other days. Then I get a chance to go back to my dream sharing something I liked doing all my life...ART.

I applied for a Neighbourhood Small Grant through the Vancouver Foundation and I am so proud to share it with others, showing people how to do it. Everyone can do it. I tell them, don’t be afraid no one’s is perfect. Something was missing in me, now I found it. We all learn from life lessons.

We can make our career better and our dreams become real and it’s never to late to do whatever we like. I want to thank all the people who helped me, without them I wouldn’t be telling my story.

Thanks to everyone at Cedar Cottage. You offer me a new life!!

The Fleming Street Little Library

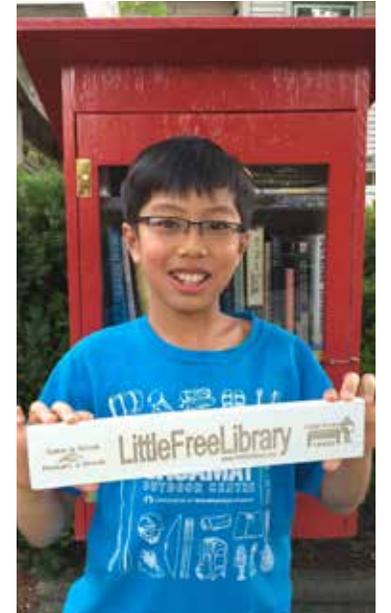
■ Simon Tanglao, Neighbourhood Small Grant Recipient

If you have recently walked past St. Mark’s Church on 18th Avenue and looked down Fleming Street, you may have noticed a small red box. The box is a free lending library, where you can take a book and leave a book. We built it using a NSG - or Neighbourhood Small Grant. A NSG is a grant from the Vancouver Foundation that you apply for and you use it for a community project.

I had the idea to build a free lending library because I love reading and it’s important to me to spread literacy and books. We live in a multicultural community so I wanted to have books in many different languages.

As soon as we started planning the lending library, it was a community project. We had lots of help from our neighbours, also some neighbours gave us supplies. We used the NSG to buy the supplies that we could not get in the neighbourhood.

Once the library was finally up, we had a launch party and invited the community to come to a book exchange and meet other neighbours. People have been coming every day. On several occasions, the lending library has been stuffed full of books! Our free lending library is a success and I hope many other lending libraries will be put up in the neighbourhood.



Cedar Cottage Food Security Network

■ Lauren McGuire Wood, Coordinator, Cedar Cottage Food Network

The newest location of Cedar Cottage Food Network’s mobile produce market is staying open through the winter! On the first and third Saturday of every month, market staff set up at Kensington Community Centre between 2-4pm. This program offers fresh fruits and vegetables at very affordable prices. The produce is local and organic wherever possible, and is picked up that morning. Most items are only \$1! Come stock up on your weekly staples and meet others in the neighbourhood.

On the second and fourth Saturdays of the month, you can visit the market location at Cedar Cottage Neighbourhood House from 10am - 12pm. The weekly market schedule continues all year! For a complete list of everything for sale each week, check cedarcottagefoodnetwork.wordpress.com the day before the market.

■ Shona Taner, Community Resident

After nearly three years of negotiations with the City, the



residents of the Kingcrest Park area and their partner, the Cedar Cottage Food Network, finally have a community garden. With funding from the Neighbourhood Small Grants and Neighbourhood Matching Funds, community members of all ages came out to build the beds on September 21st. The beds are now in place beside a shed designed and built by CityStudio students.

The diversity of the community was well represented with speakers of eight different languages. Families came out with kids from toddlers to teens and everyone pitched in to shovel and transport the soil donated by the City. Then everyone gathered to enjoy a lunch provided by donations from the local PriceSmart.

Included in the design are three accessible beds and



several community beds. The next step will be the building of a fence, which will include fruit tree espaliers, permanent compost bins, and the connection of a rain barrel to the shed.

We are happy to accept donations of garden tools, seeds, clean fill and money!

Community members who have mobility issues or use wheelchairs are invited to request a plot at kingcrestgarden@gmail.com. The community plot will be used by the Cedar Cottage Food Network and the Kensington branch of the Vancouver Public Library for demonstrations and education.



The Naturopathic Approach to Preventing Colds & Flu

■ Andrea Whelan, Community Resident

Cold and Flu season is here! It is important to strengthen our defense mechanisms to ward off illness or at least reduce the uncomfortable symptoms and days off from school, work and play. The naturopathic approach emphasizes the principles "Treat the Cause" and "Treat the Whole Person" by encouraging daily attention to our bodies to ensure maintenance of a strong immune system capable of fighting off illness. In addition, understanding what can support vs suppress the immune system allows one to make informed decisions about their overall health. Some general tips for keeping healthy this fall and winter include:

Dress: ensure throat, head and lower back are covered and warm

Hygiene: wash your hands with soap and water throughout the day

Water: Choose room temperature or warm water. Your

body needs water for all body functions and to eliminate toxins, all supporting a healthy immune system

Stress management: stress depletes the immune system. Look into meditation, breathing exercises, yoga, reading a book, etc.

Get adequate sleep: Avoid getting run down and exhausted as this will increase your susceptibility to infection- the body repairs and heals while you sleep!

Do regular, moderate exercise: exercise decreases stress and boosts the immune system

Nutrition: Keep the temperature of your food opposite to the temperature outside. Emphasize soups, stews, casseroles and warming cereals (like oatmeal) to ease digestion and keep the body warm. Increase your use of vegetables (especially root veggies and dark leafy greens such as kale,

broccoli, spinach, Brussels sprouts) and fruits high in Vitamin C (apples and strawberries have more than oranges believe it or not!). Be generous with kitchen herbs and spices (ginger, garlic, cinnamon, thyme, turmeric) to build and maintain a healthy immune system.

Note: It's important to avoid sugar, caffeine, alcohol, fried and processed foods as these have minimal nutrients and suppress the immune system. Consider avoiding dairy, especially if you have the tendency to get sinus infections, as it promotes mucous and congestion when you get sick.

Andrea Whelan is a 4th year naturopathic student, and is part of the Cedar Cottage community. She is interested mostly in Doctor as Teacher and hopes to continue supporting and educating local communities

Eating Healthy:

Garden to Table seniors learn healthy new dishes

■ Barb Wong, CCNH Food Coordinator

This past spring and summer, CCNH piloted a new nutrition program for seniors called Garden to Table. Seniors learned about healthy food choices, cooking tips and ways to improve their health. Each month, seniors gathered for an information session where they learned about a variety of nutrition topics, supported each others' health goals and enjoyed a healthy lunch.

Learning to cook nutritious, everyday recipes is a big step towards making sensible eating part of a healthy lifestyle. Garden to Table seniors tried a variety of new vegetables and they learned to cook dishes using ingredients such as kale, Jerusalem artichokes, quinoa and lentils.

Quinoa goreng was inspired by a recipe that one of the seniors, Doug, shared with the group. The original recipe calls for cooked rice, chicken and shrimp but this is adapted to include quinoa, tofu and kale.



- 1 small onion, diced
- 1 carrot, diced
- 1 leek, sliced
- 2 cloves garlic, minced
- 1 tablespoon vegetable oil
- 1 cup kale, shredded
- 1 teaspoon ground coriander
- 1 cup firm tofu, cubed
- 3 cups cooked quinoa
- 1/2 tablespoon chili paste (sambal oelek) or curry paste
- 2 teaspoons soy sauce
- 2 teaspoons honey
- 1 green onion, sliced
- 1/2 cup cucumber, diced
- 2 tablespoons fresh cilantro, chopped

1. In a wok or large frying pan, heat vegetable oil over medium-high heat and saute the diced onion, carrot, leek and garlic for 2 minutes. Add the kale and ground coriander and saute until the vegetables are tender, about 3 minutes.
2. Add the cooked quinoa and tofu and saute until tofu and quinoa are hot.
3. Combine the chili paste or curry paste, soy sauce and honey in a small bowl. Pour over the quinoa mixture and stir well. Add green onion and toss.
4. Place in a serving dish and garnish with cucumber and cilantro. Serves 4

For more information about Garden to Table, contact CCNH's Food Coordinator, Barb Wong at 604-874-4231

My Happiness Is The Joy In My HEART

■ Nell Snoeck, Community Resident



Knowing that the creator has made me in his image, special love for mankind. I love to sing; there comes joy in my being during that time. When my 2/12 year old neighbour boy opened the mailslot and I see his eyes and he called "Oma, Oma," my heart starts to pound with joy. One day, walking on the

sidewalk at 10th Avenue, an elderly lady came by and said, "thank you." "You are the first person to talk to me today." Have just a smile that can bring happiness to someone. Live with a loving heart.

Volunteers are Special

■ Paola Antia, Volunteer Coordinator, Cedar Cottage Neighbourhood House

Cedar Cottage hosted a Thanksgiving dinner on Wednesday, October 15th for seniors in the community. Over 65 people came over to enjoy a fabulous turkey dinner. Laughter, dancing, and friendship filled the room. Some of the seniors were already connected to the house and a few came for the first time. The dinner was also an opportunity to showcase our new volunteers. They helped out with every single detail and made the guests feel at home. From planning, to decorations, to cleaning up, volunteers were dedicated to make the event a success.

Poem by Zoey Bacsfalvi, grade 5

Teapot

Tea is
awe-some. Tea is good for
your health. Tea is strong, tea
is hot, tea is relaxing. Tea is
good with honey, tea is good
with milk and sugar. Tea
is nice to calm you
down and help
you sleep.



One Vancouver Evening

■ Edwin Keith Bell, Community Resident

Full moon tonight
Shining Bright

In a grey and hazy sky.
Naked trees reach upward.
Behind is a flat wall
Over which the moon rests.

Behind, on the opposite side to the moon.
Is a sunset nearly past
And intermittent clouds
Towards the mountains.
The city lights shine,
While in mid sky,

Birds eastward fly.
On the mountains,
Seen between clouds
Lights form the ski slopes
As the evening darkens into the night





Going Full Circle

■ John Buckberrough, Community Resident

It is with more than a bit of sadness that Kensington Cedar Cottage says goodbye to Yukiko Tosa, our much-liked librarian at the Kensington branch of the Vancouver Public Library.

She will become the librarian at Britannia, completing a journey of more than 35 years with the library system.

Yukiko grew up on Alexander Street in Strathcona and, early in her career, was a Library Monitor in the Strathcona branch of VPL.

As a teenager, she was among those who went door to door in the DTES and Grandview Woodland, petitioning to establish a branch library at Britannia Centre, then in the planning stages. It opened in 1976.

Following her professional studies, she was for 16 years a children's librarian. For the first 11 years, she was at the Central branch, originally at Robson and Burrard and after 1995 at Library Square.

Her career finally brought her to our neighbourhood, initially at

the Kensington Storefront Branch in 2007, then at the new branch across Knight Street in 2009.

Beyond the planning for Kensington (and other branches), her great strength has been in the programming she has nurtured in her time with us. Storytime has always been a favourite and the Mother Goose programme has now grown to two separate groups.

Literacy is a great interest of hers and this has led to, among other initiatives, recent success with Vietnamese-language computer training. In the field of youth services, the Teen Advisory Group has fostered an important new voice in our community. The Seed Library has assisted many a green thumb and backyard gardener.

One overall theme of her work can be seen in the partnerships she has forged. Through the Cedar Cottage Neighbourhood House, the Area Service Providers, Kensington library among them, meet to assess the

needs of the community. Just within the immediate vicinity of the branch, she has made lasting connections with Service Canada and recently, with the help of PriceSmart, began offering tours of the supermarket. Her origami group is still going strong after 22 years.

The next librarian, who will start in the position in November 2015, will be Erie Noestro. In the meantime, the job will be filled on an interim basis.

Yukiko's term at Britannia will last for two years, before she retires with nearly 40 years of service to VPL and to the many grateful friends and patrons she has made feel like friends over the years.

Please join Yukiko and her friends at the Kensington library on Friday, December 19th for seasonal music and tea. It will be an opportunity for everyone to give thanks for all she has done with our community.

She will not soon forget us, nor will we ever forget her.

Things I Learned During the Teacher Strike

■ Heather Legal, Community Resident

I will never be a homeschooler. Try as I might, teaching academics to my three children, aged 13, 10 and 8 was a marginal success at best. I have a re-newed love and respect for our teachers. Oh, and my hat goes off to those who can and do homeschool!

Play is learning. When given lots of time and independence, my kids turned into engineers, scientists and artistic directors (See the results of their furniture box project with friends below). It reminded me to try to give them more unscheduled time in our busy lives to kick around the house and yard!

My neighbourhood is wonderful. I have always felt this way, but now

I have a resurgence of pride. Even though the circumstances were difficult, it was great to see people come together and help each other with childcare and logistics. After the long wait it is now doubly nice to be in the school yard, seeing the children together and talking to parents old and new.

Public education needs to be a higher priority to our government. Class size and composition do affect learning. Essentials like student time with teachers and support staff, adequate supplies/resources, music and arts programs need to be restored not cut

Parent Advisory Councils should serve to support teachers, students and parents. Period. After 8 years on my PAC, I have gained much from the teamwork and supportive spirit of hard-working parents, but I've also felt like a fundraising machine. I'm starting this year with the goal of advocating for a properly funded public school system. One that gives each child the same chance; one that does not pit schools against each other. I realize now that raising money for playgrounds, books, supplies and field trips sends the message to the powers that be that I'm OK with that. I'm not.



■ Dana Alvaro, Outreach Worker, VSB

The Vancouver School Board's Adult Education Program serves over 8000 students in five different neighbourhoods of the city including Kensington Cedar Cottage. That's where you will find Main Street Education Centre because it recently moved to the ground floor of the B Wing at Gladstone Secondary School.

Main Street Education Centre opened 20 years ago and in September 2014, moved to its new location. We welcome Canadian citizens, permanent residents and refugees who are:

- Adult students completing high school graduation
- Graduated adults gaining prerequisites for college/ university admission
- Adults upgrading for a career change
- Youth (16-19) with appropriate school referrals
- New arrivals to Canada who want to improve communication skills

Main Street Education Centre courses are often tuition free and are always flexible to suit personal needs:

Daytime or evening, 8:00 am to 9:15 pm, Monday to Thursday, 6:15 pm on Friday. Full-time or part-time studies 9 week structured classroom courses or self-paced courses allowing learners to study on their time and at their pace

Summer session:

We have Academic grade 10, 11, and 12 credit courses as well as Foundation courses in English, math, science, socials and computer courses to the Grade 9 level. There are Academic Advisors, a Career Information Assistant and an Outreach Worker to assist and support students with their academic pursuits.

Please drop by the new Main Street Education Centre location on the ground floor of the B Wing at Gladstone High School, 4105 Gladstone Street. For more information visit our website at adulted.vsb.bc.ca or call 604-713-5731. We look forward to seeing you in the Kensington Cedar Cottage neighbourhood!



Living and Learning in Cedar Cottage

■ By Dexter Everett, Community Resident



Until recently, I hadn't made volunteering an integral part of my life. My life was dominated, mainly, by school and work. I was so focused on these aspects of my life that giving up my time to help others hadn't really occurred to me.

My dad had volunteered at the Cedar Cottage Neighbourhood in the past, and he recommended that I look into it. I said I would, however, my main motivation for volunteering at this point was just to have something good to put on a resume.

Now, having volunteered at the Neighbourhood House a few times, I see it as something more. I now see volunteering

as a quintessential component of becoming a well-rounded individual. I've learned that volunteering opens you up to many opportunities. It gives you a chance to make a difference in other people's lives, as well as to enrich your own. It also allows you to develop a skill-set that can't be gained through just work and school. It teaches you how to be compassionate, as well as how to work together effectively as a team. These are all qualities that are very important, not just in your career, but in life in general, and I'm glad that volunteering at Cedar Cottage has shown me this.

One of my fondest memories of volunteering here was when we

helped serve food to homeless people at the church near the Neighbourhood House. The general atmosphere of the event was very friendly, and I enjoyed the time I spent with all the other youth volunteers. We had a great time, and it was nice to know that we were able to do something that could brighten up the day of those who are less fortunate than us.

So overall, my experience of volunteering thus far has been extremely positive. My viewpoint has shifted, and I now view volunteering in a new light. I have enjoyed my time volunteering at Cedar Cottage, and I look forward to coming back in the near future.

Learning to Drive

■ By So Hee Kim, Community Resident

About fifteen years ago, I came to Canada to study English in Vancouver, BC. Not only did I fall in love with the beauty of British Columbia, but I met my husband here, and we are now raising a toddler in our Kensington neighbourhood.

Growing up in South Korea, I took public transportation everywhere, and the occasional taxi. Since coming to Canada and especially having a child the need to learn how to drive has become greater: family trips, play dates, after-school activities, you name it.

It's been challenging and also exciting to learn how to drive a car. I've taken several courses with private instructors and have felt nervous every time, there's been so much to take

in and stay on top of. Lately I've been practicing driving with my husband in the family car. I can tell he's quite nervous when I drive, and I guess I don't blame him. Still, he's been very patient.

The hardest part so far hasn't been learning to navigate the streets of our neighbourhood, but finding the time when my husband is available after work and someone can watch our young child. We've been fortunate to have my husband's parents close, and lovely neighbours to babysit now and then.

I think I'm almost ready to take my practical exam in a few weeks. I have realized that learning to drive might not take a whole village, but with the help of family and friends I'll be driving in no time.

What makes Gladstone so special?

■ Nikki Stewart-Hunter, Gladstone Secondary Gr. 12 Student



Gladstone Secondary School is filled with students and teachers who make you feel like the school is a second home. It's filled with opportunities for students to showcase their talents, in all aspects.

One Page at a Time

■ Janine Binanitan, Co-founder, Vancouver Immigrant Youth Blog

"Being you" is easier said than done, especially when you are adjusting to a culture that you are unfamiliar with. As a young immigrant, it can be tough to adjust to cultural differences

between your adopted country and home country while you are trying to map out your identity as an individual. As an immigrant, it is common that you are first identified by your racial background-a culture with its own ways and tradition. But you are also an individual molded by experiences and stories strengthened through time. And even then, there is a bigger question. How are you going to fit yourself in this new culture or society with their own ways? How will you find a way to keep ties to your roots, fit into this newly introduced culture and mold yourself as your own person or as a individual?

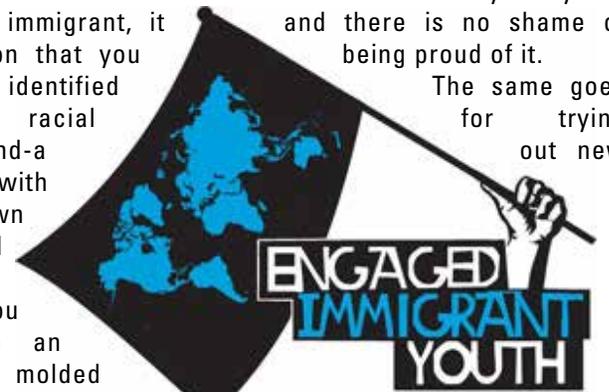
Individuals have their own ways of dealing with this.

Some just go with the flow; some manage to paint it all together in one canvas-a mosaic with vibrant colours clashed together as art. Sometimes it is a tug of war. It is a battle between keeping your identity and losing it in order to fit in and even then, there is no assurance or certainty that you win the game.

Finding balance is the key to answering the question. Your roots, culture and tradition will always be yours and there is no shame of being proud of it.

The same goes for trying out new

things and exploring this new culture in front of you for it expands your horizon and will let you explore greater things and experiences that will later on help you to become your own person and become a part of a larger community that is molded by individuals just like yourself-each with their own experiences and stories to share.



Young people shine in Kensington-Cedar Cottage!



Gladstone Secondary students win contest for idea that was presented in Parliament

■ By Don Davies, MP Vancouver Kingsway

Vancouver is a city bursting with energy and talent as a result of the creativity of its young people. The neighbourhood of Kensington-Cedar Cottage is a big part of it, and Alan Zhou and Liam Kynaston are two shining examples!

Now in grade 11 at Gladstone Secondary School, they are two of three winners of our 2014, Create Your Canada, contest. This is a contest we created for students who attend high school in the riding of Vancouver Kingsway.

It first started in 2009, when we developed a website where students taking grade 11 and 12 classes can enter their ideas on how we can make Canada, or the world, a better place. Working online, they describe the advantages of their idea, why it is needed, and consider its costs. They can submit up to two ideas, either on their own or working in pairs. Their teachers offer them helpful guidance along the way.

Once the winners are selected, we take their idea and have it drafted into an actual piece of federal legislation. From there we fly the winners to Ottawa for a tour of Parliament - and to watch as I introduce their bill in the House of Commons!

Working with their fabulous Socials teacher, Janet Thompson, Alan and Liam developed an idea to require sugar content to be prominently labeled on packaged foods. They did a

great job researching the harmful health effects of sugar and why consumers should know what they are eating, or giving their kids. Surprisingly, many products, like yoghurt and baby food, have very high amounts of sugar, and ingredients are often listed in confusing or very small type.

Alan and Liam came to Ottawa on May 25-27 of this year, and their bill was introduced on May 27. During the trip, they received a tour of Parliament, including the House of Commons Chamber and the Library of Parliament. They also had the opportunity to visit the Museum of Natural History in Gatineau, Quebec.

I firmly believe that listening to Canadian youth about their concerns for our country is very important. This contest is a great way for young people to share their vision for our country, and it's an educational introduction to Parliament and the legislative process. I know that Parliament is well-served by these proposals, and I am proud to bring the voice of youth into our debates.

Our youth are our future, and with people like Alan and Liam, our country is in great hands!

The Create Your Canada Contest will take place again in 2015. The deadline is February 28, 2015, 9 pm Pacific Time. Please visit www.vancouverkingsway.createyourcanada.ca for contest entry details.

Looking for work in Kensington/Cedar Cottage?

■ Maria Poe, Community Engagement and Employee Relations Specialist, WORKBC

Unemployed? Looking for work? Not sure what to do? How about visiting your local WorkBC Employment Service Centre. WorkBC is available free to all unemployed British Columbians who are seeking employment and are eligible to work in Canada.

Our centre is located in the Vancouver Northeast area, near the Broadway-Commercial Station transit hub for your convenience. The program offers a wide range of services that can support you in getting and keeping a job, as quickly as possible. We offer access to a staffed self-serve resource room where job seekers are supported in their independent job search.

If you need additional support, our knowledgeable Case Managers can assist you one-to-one with career counselling, job search assistance, referrals to our employment workshops, and based on eligibility access to funded training and self-employment support, plus much more.

The Vancouver Northeast WorkBC Centre has been providing employment services

to residents of the Vancouver Northeast service area since April 2012. During this time we have supported numerous individuals meet their employment related goals, individuals such as Alex, who recently moved to Canada from China.

When Alex came to the



Vancouver Northeast WorkBC Centre, he had been recently laid off from a warehouse position and was unsure of how to find sustainable meaningful employment. In China he operated his own business and had dreams of one day owning a business in Canada. With the support and guidance of his Case Manager, his

dream became a reality. Through WorkBC, Alex participated in a 48-week self-employment program where he accomplished his goal of learning how to operate a business by Canadian standards. Program staff provided him with ongoing support, advice and encouragement through every step of the process from developing his business plan to successful launch of his business. Today Alex's business continues to thrive.

When asked about his experience accessing services at the Vancouver Northeast WorkBC Centre, Alex stated "I am very pleased with being able to access the services and help I received at the Vancouver Northeast. I would recommend others to get aid in upgrading or attaining skills to meet their goals"

We would like to assist you in realizing your employment related goals. Come and visit us today, to learn more about how we can assist you. For more information please contact us at 604-708-9300 or visit our website at www.employmentworks.ca

Meet Your New Neighbour: Second Nature Home Boutique

■ Elizabeth McKittrick, KCC Business Owner

Second Nature Home Boutique is a new retail boutique opening in the Cedar Cottage/Trout Lake neighbourhood. It's conveniently located on Victoria Diversion under the Skytrain rail (that curve of the road where Commercial Dr meets up with Victoria Dr).

Second Nature's shop is entirely focused on eco-friendly, organic products for the home—helping us to transform our homes into natural sanctuaries. Its tag line, "sustainable living comes home," says it all. Look for their local bicycle delivery service to the Trout Lake /Cedar Cottage coming soon too!

The fully accessible shop offers a practical refilling system for organic laundry soaps, shampoo, dish soaps etc, reducing the negative environmental impact of plastic bottle manufacturing.

In response to growing demand for local makers and 'Made in Canada' products, Second Nature offers custom-curated gift baskets celebrating

new babies, new homes, and other special occasions with



organic décor products from local suppliers and artisans.

With over 30 local suppliers and makers with hundreds of uniquely crafted items from jewelry made by Trout Lake artisans, to sustainable woodcraft hairbrushes, combs and side tables to handmade vegan soaps and organic tablewear, lovely textiles and soft baby gear—you will be sure to find something that tickles your fancy, lines up with your personal manifesto, and meets your budget too.

Don't be a stranger, come meet your new neighbour. Walk, cycle or transit to visit Second Nature at 1827 Victoria Diversion, open Monday to Saturday 10-6PM Free on-street parking is available or one minute away at the Croatian Cultural Centre lot.

More info:
www.secondnaturehome.ca
hello@secondnaturehome.ca
or 604-655-8872.

The staff and parent gathering barbeque

■ Samy Lin, Gladstone Secondary Student



All staff and volunteers were grateful for Tracy and her husband, Paul Lam for inviting us to a barbeque at their house on August 11 2014. Vanna, Christine, and I went early to babysit Brenda and Alex.

As time went by we went to the backyard and helped set up for the barbeque. I helped to serve drinks to volunteers and the children while Vanna helped move food to different tables. Many families from the Brewers park drop-in helped making the food.

All the volunteers had a bunch of fun playing with the children as well as playing group games. The food was all made by the parents and Tracy and the barbeque were bought to us by Paul.

Throughout the event every one felt like they were a whole family because we had a lot of fun eating, talking and playing together. I believe that the barbeque had brought the staff and the families closer together.

Even though there was some kids that fell and cried, it was still a night to remember for all of us. We took many photos with all the families at the end so we could remember that night.

It was near the end when all the volunteers started to take pictures individually with the kids. All the volunteers missed playing with some of the children but Brenda and Alex will be the ones that I loved working with the most.

They are the reason why I love working with children. They put a smile on my face and brightens my mornings every time. They made my summer worthwhile to remember with their sweetest moments, support and gifts.

I feel like I am the luckiest girl to ever receive a job that can fulfill one's dream and help make the community a better place.

French Camp Reflections

■ Interview and questions by Simon Tanglao and Katie Lamond

It seems the summer has come and gone. With the rainy season already in full swing, it's hard not to reminisce about what a beautiful summer we had. The summer, much like every summer, our weeklong French Camp at Cedar Cottage came and went quickly. It sure is true that time does fly, especially when you're having fun in the sun together! At Selkirk Elementary, we gathered some of our French Camp students to reflect on what an awesome week we had together and practice some French.

Quelle était ton activité préférée du Camp Français?

Sherwin: « La piscine dehors et les chansons. »

Dain: « Quand on est allés aux musées et l'aquarium. »

Diego: « Aller à l'aquarium. »

Amy: Les jeux, comme le chasse au trésor. »

Oshra: « J'ai aimé le chasse au trésor au parc. »

Sadie: « Aller à les piscines. »

Marissa: « Les parcs d'eau et tous les excursions. »

Quel est un de tes mémoires préféré du camp?

Dain: « Quand on est aller au terrain de jeux pour jouer. »

Sherwin: « Chanter les chansons. »

Cora: « Quand tout le monde s'est fait piquer par les guêpes a la piscines. »

Marissa: « Quand on joue à « un éléphant » et tout le monde ne veut gagner le jeu. »

Quels mots as-tu appris au Camp Français?

Sherwin: « Tous les mots dans les chansons. »

Diego: « piscine »

Marissa: « économie »

Dain: « un moulin à vent »

Quelle est ta chanson préférée?

Sherwin: « Le cri-cri et le chanson du pagaie. »

Cora, Amy, Diego, Marissa, Dain: « Un éléphant! »

Well there you have it! It seems that going to the pool and singing songs were our most popular activities. Join us next summer for more singing, swimming, playing, French and much more!



Small Grants: Build Community

■ Kelly Woods, Director of Operations & Community Development, Cedar Cottage Neighbourhood House

Neighbourhood Small Grants is Vancouver Foundation's unique program that helps build community and strengthen connections right where people live. The NSG Program is delivered in partnership with community organizations and Neighbourhood Houses. Thank you to our 2014 Volunteer Resident Committee (Kelsey Ann Lee, Annette Fick, and Tara Browman) who distributed 85 grants to amazing residents who are making our communities rich and vibrant places to live.

Do you have a great idea for your community? Grants up to \$1000 are given to projects that meet the following goals.

1. Connect and engage neighbourhood residents
2. Build local community capacity to carry out NSG projects
3. Share residents' skills, and knowledge within the community
4. Build a sense of ownership and pride
5. Respect and celebrate diversity
6. Create lasting impact

Learn more about the Neighbourhood Small Grants Program at neighbourhoodsmallgrants.ca. **Application deadline: Early April 2015.** If you would like to get further information, please contact the NSG Coordinator for our area Danielle Gauld at nsg.east@gmail.com or Kelly Woods at kwoods@cedarcottage.org.

Here are some photos from amazing projects led by amazing residents that took place last year in our neighbourhoods.



www.neighbourhoodsmallgrants.ca



Pollinator Corridor
Peter Finch & Tom Ross



Music In The Park
Sarah Munro & Karen Kerfoot



Healthy Dance For Seniors
Wendy Do & Huan Chan Wu

New Benches For The Garden
Michael Wakely & Heather Amos



"The new additions to our garden have been a big hit with our gardeners and community members who use the space. The day after they were built, one of our gardeners walked by the garden and saw an ESL class sitting at the picnic tables enjoying a lunch in the garden."