

## KINDNESS

*Random acts, big hearts and community programs grow bonds and smiles throughout KCC. P2*



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

**FREE ADMISSION!**

4th Cedar Cottage  
23rd ANNUAL FUNDRAISER  
**COMMUNITY CARNIVAL**

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

The Kensington–Cedar Cottage

# NEIGHBOUR

MAY 2015 • ISSUE 22 • SERVING THE KENSINGTON–CEDAR COTTAGE COMMUNITY

## Celebrating The Amazing Miss Muir



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



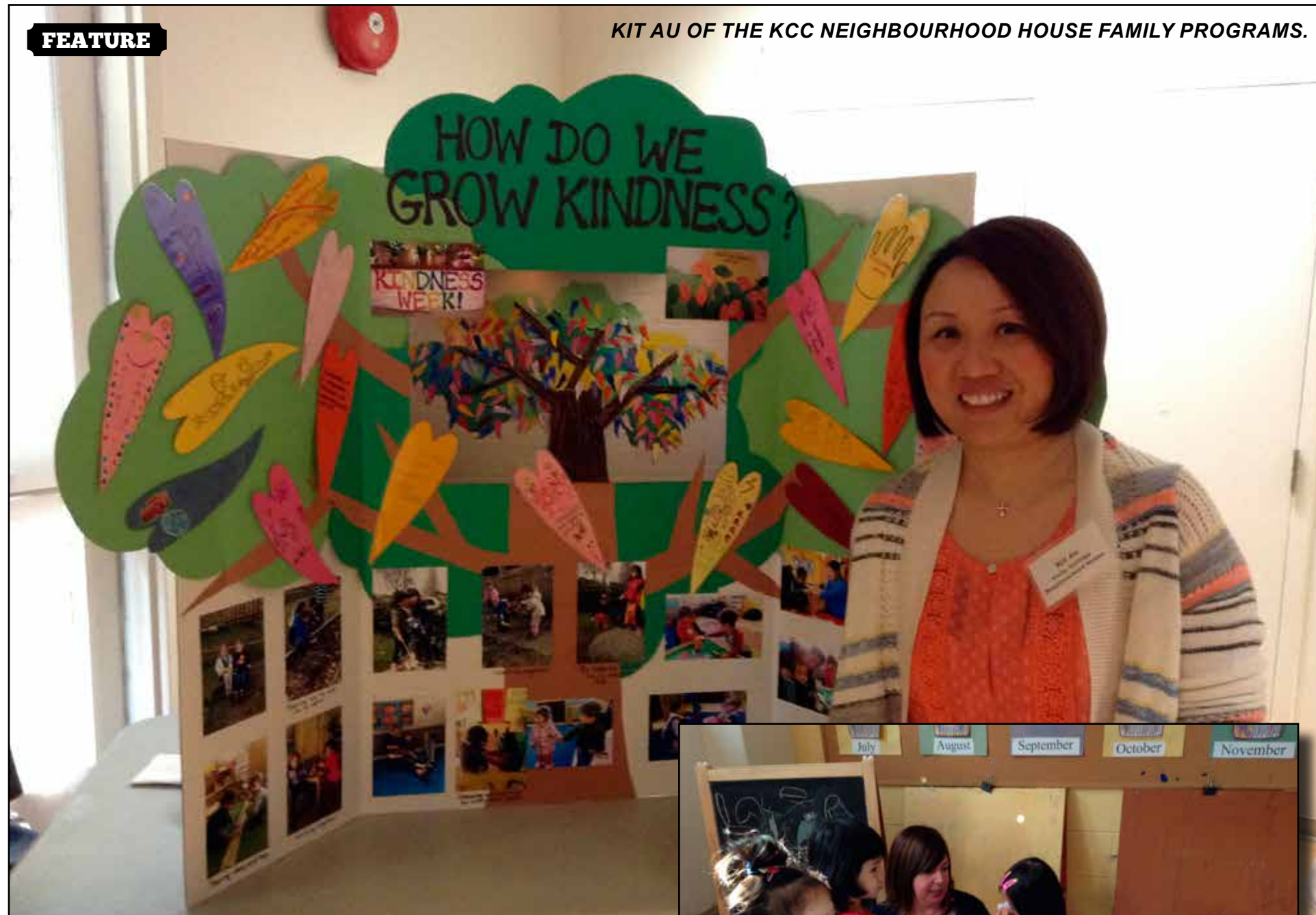
## CLEANING UP TOGETHER

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



## FEATURE

KIT AU OF THE KCC NEIGHBOURHOOD HOUSE FAMILY PROGRAMS.



# Kindness Week

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

■ **Heather Legal, Community Resident**

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

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

Much of the sharing in family programs was from the point of view of recent immigrants. According to Au, emotions ran high (there were tears!) when people shared their stories. Many told of how simple acts, like a smile or greeting from a stranger, made a world of difference during challenging times adapting to life in Canada. In the Cedar Cottage preschool, a



SUZY MACPHERSON GUIDES THE PRESCHOOLERS THROUGH AN EMOTIONAL MOMENT.

*"Many told of how simple acts, like a smile or greeting from a stranger, made a world of difference..."*

"kindness tree" was erected to document acts of kindness for young children and to help them understand the idea. While talking about their knowledge of "what is kind?" is a difficult concept for preschoolers, MacPherson noted children grew in their understanding of the emotions of kindness.

Children engaged in behaviours like helping or comforting a classmate, and learned how to notice kind acts and how they "feel".

The project for both programs culminated in family bookmark-making activities. Children took home heart-shaped paper "leaves" which they decorated with their families and returned to adorn a collaborative Kindness Tree. The beautiful result was a reflection of a great pride and sense of belonging by families at Cedar Cottage Neighbourhood House, and instills a warm sense that kindness lives in our community.

## The Kindness of Strangers

■ **Monique Koningstein, Victoria Drive BIA**

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

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

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



## A Random Act of Community

■ **Helen Spiegelman, Community Resident**

Ten years ago, when I became a grandmother for the first time, a box full of wonderful children's toys and books appeared on my doorstep. I still don't know who put it there.

For years the grandchildren have enjoyed poking into the magic box when they visit and bringing out something to play with. Some of those toys have become favourite memories from their early childhood, just as they were part of some other little person's childhood earlier on. It always gave the toys special meaning when I told the kids they had been put on the porch by the neighbourhood fairy godmother.

This spring a young family moved into the new duplex house up the street from us: a mother, a father, and a little girl named Agnes. I realized that it was time to take some of the favourite books out of the magic box and put them on Agnes's doorstep. Their time had come to become the favourite books of another little child. A clever trick I learned from the neighbourhood fairy godmother.

PRESCHOOL KINDNESS.



## Growing Kindness

■ **John Buckberrough, Community Resident**

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

Kindness surely begins with and lives in the self. It would seem impossible to have a hard heart and project a kind demeanour. The conflict would be hard to reconcile, as would be the reverse: a cold manner and a soft inner core. To be kind is to exhibit just one of many traits which make up one's personality as a fully rounded individual. Kindness is taught and learned at a very early age but, unlike other concepts such as politeness or manners, it is much more a cherished value than merely a habit of social convention.

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

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

The greatest and best way to spread kindness is to teach it by example. That, and the innate karma of good deeds done, are satisfaction enough in themselves.



*"Kindness surely begins with and lives in the self."*







SCHOOLS

# FAREWELL MISS MUIR: LETTERS FROM A GRATEFUL COMMUNITY

■ By Kathy Clausen; Supervision Aide, Lord Selkirk

## A TEACHER I WOULD DEFINITELY WANT FOR MY GRANDKIDS

Debbie Muir has been teaching at Selkirk for 26 of her 37 year career. Born in Lachute, Quebec on October 28, 1955. She attended the University in Fredericton, New Brunswick. Debbie worked in St. Stephen, New Brunswick, then taught on exchange in Scotland. She came to Lord Selkirk in 1989 and has been with us ever since. She retires at the end of this year.

Did you know that when Miss Muir started teaching, teachers had to wear matching clothes?

Miss Muir mainly teaches kindergarten and grade one. She loves Selkirk very dearly and professes if she could change it in one way, it would be to give herself a classroom with 30 walls so she could hang up all her photos and the student's work. I have known Debbie for the past 23 years and have loved working with her. I have watched her

time and time again giving the kids food from her own personal stash that she keeps for them if they are hungry or have nothing for recess. If they have had an accident, Debbie has extra clothes they can change into. I have gone into her class to get advice from her myself about my grandkids. Lastly, thank you Debbie for always bringing children to our Annual Cedar Cottage Neighbourhood House Community Carnival and handing out hundreds of dollars in tickets for children to participate and play games. You are SO Amazing...

## THE AMAZING MISS MUIR AS TOLD BY MRS. RITA SANDHU

Life in Miss Muir's class is always an adventure. You are not going to get a boring "pencil to paper" class, but one that you will roll up your sleeves and learn in.

Her teaching method? (Well I can't give it away but....)

...3 tablespoons of patience  
...a pinch of discipline  
...37 years of experience  
...arm loads of passion

It is cool to see so many returning students who come after school to visit her. Some are in high school, some are in university and even adult visitors who have never for-

*“You are not going to get a boring ‘pencil to paper’ class, but one that you will roll up your sleeves and learn in.”  
— Rita Sandhu*

gotten their favourite teacher from kindergarten or grade one.

Her generosity extends past her class. You will see her in atten-

dance of school functions such as Selkirk Movie Nights. (but she's not just there to catch up on her Disney movies) She's buying popcorn and drinks for the students. Thank you Miss Muir!!!

## TEACHING WITH MISS MUIR

Early morning arrivals before school could always find a book, game or toy, some visiting and conversation, down in Miss Muir's room. Current students, past student's siblings, grandmas, grandpas, aunties, uncles, neighbours and friends always knew they were welcome and that there was always an open door. Miss Muir has made a significant impact and impression upon the Selkirk community past and present. As for the future, who will, who can, even begin to fill those shoes? Now there is a challenge!

Who will squirt us on sports day? Who will surprise us with boxes and boxes of Girl Guide cookies in the spring and fall? Who will, without a moments' hesitation, give what you need when you need it, if she has it and she generally did? A big change is upon our community!

Miss Muir's decision to move on to her next phase of life brings us face to face with the fact that indeed, the times, they are a changing!

Dear Miss Muir: If you ever feel like volunteering, you are "both arms open" welcome, anytime! Love, Ms Tooshkenig

## WORDS FROM PAST STUDENTS

**Elizabeth Thai** – you always remembered my birthday even though it was during summer. Thanks for your thoughtful gifts. Thank you for everything.

**Neelam Datt** – to the most inspiring and kind-hearted role models I ever had the privilege of knowing. Thank you for being a great impact on me during my first few years at Selkirk. You have never failed to guide me with your wisdom and intelligence and I am grateful for having you as a mentor the look up to for 18 years after being in your class. Your motivational spirit will forever stay in my heart. Happy retirement!

**Amanda Suen** – one of my favourite elementary school teachers that gave me great memories! From singing and listening to music, creating art in class and more. I remember going to your house on Halloween. **CONTINUED ON PG 5 ►**

*“She has taught many of the children in our community and has inspired kids and adults alike.” — Doug Roch, VP*

◀ **CONTINUED FROM PG 4** Thanks for teaching both my brother and I.

## CELEBRATING MISS DEBBIE MUIR BY DOUG ROCH (VP)

Deb Muir is an amazing teacher who has been at Selkirk for a very long time. She has taught many of the children in our community and has inspired kids and adults alike. I know that many of her former students have returned to thank her for the inspiration and guidance that she has provided in their lives. I first met Debbie when I started at Selkirk just over two years ago and saw right away what

an integral part of the school she is. It's always a delight to hear her students politely say "good afternoon ladies" when addressing our office administration staff or "good morning Mr. Roch" when they see me. She teaches manners, social responsibility, teamwork and how to achieve one's best.

She does this tirelessly every day and her efforts are visible each time she interacts with her current and former students. When I first heard that Debbie was going to retire I have to admit that I was hugely disappointed—this came from a place of thinking that we are going to lose

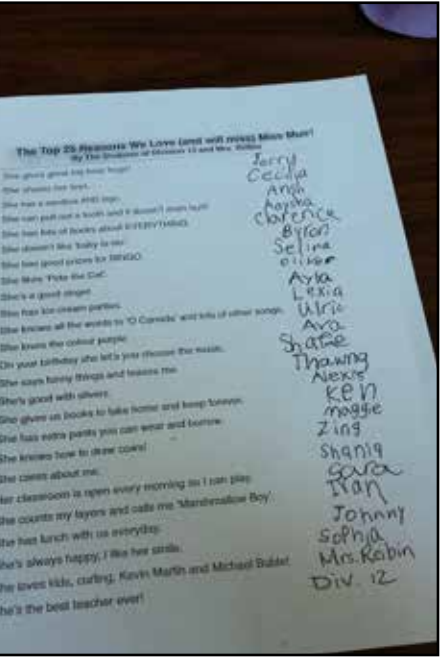
a positive and committed staple within our school community. That said I am happy that Debbie is moving on to focus on her own pastimes as she has given so much to others.

Thanks Debbie—I have a feeling that you will continue to work with and inspire kids in some capacity and please know that you will always be a part of the Selkirk Team!

## WORDS FROM DEBBIE -

Thank you to all the families that I have come in contact with over the years. You have allowed me to work with your wonderful children and I have enjoyed every minute. It is truly a pleasure to watch them grow up and I love to keep track of what everyone is doing as they go to high school and beyond.

To all "my" parents and students at Selkirk, you have a special place in my heart!! I wish you all the best in



the years to come.

**Note:** We had so many wonderful memories shared about Ms. Muir, we have posted on our website: [www.cedarcottage.org](http://www.cedarcottage.org)

## Goodbye OOSC

■ By Kaysey Ho; Neighbourhood Youth



Hello, my name is Kaysey Ho. I have been attending daycare (what I call "out of school care," or OOSC) ever since I was in preschool, but now I am in grade six.

When I was younger, I loved it here because my friends attended OOSC too; their names were Belinda, Alisa and Andy (I had lots more but those were my main friends). I was happy here (most of the time) and I thought, "I want to go here forever." Remember...I was young when I thought that. **CONTINUED ON PG 6 ►**

## Selkirk Students' Sun Run Experience

■ By Terry Johnston; Lord Selkirk PE Teacher

In the past three years, Selkirk Elementary has entered the Sun Run and won the first place prize for school with the most participants, with teams of 100+ runners.

This January, only one staff member (Grade 6/7 teacher Steven Audet) signed up to be part of the team. One staff would not be sufficient for supervision or training organization, so the team was cancelled.

This was not sitting well with some of the student runners. A few decided to join other teams or register as individuals. Commitment and registration must be done in early February and time was running out. Then one day, a few girls in grade five, looking to be in the Run for their second year, asked, "Can we train during PE classes?" An awesome idea.

All grade 4-7 students in PE classes taught by Mr. Johnston, along with Mr. Audet's grade 6/7 PE class, started training. Following the training schedule provided by the Sun Run, Friday PE classes were about running. Students loved it, or hated it??

Sun Run participants were also required to come out on Wednesday after school for longer runs at Brewers and Clark Parks. Many of the team members were also choosing to run during their other PE class in the week, while their classmates were playing basketball or badminton. Their dedication and enjoyment of running was amazing. **CONTINUED ON PG 6 ►**





# Community Builders In The Schools

■ **Pat Dobie; Community Resident**

Parent Advisory Councils (PACs) are interesting entities. They consist of the parents (and other relatives) of children in public schools. The last PAC I was on had a realtor, a writer, an RMT, a program coordinator and an insurance agent, all with young kids and regular jobs. In other words, busy people. What they had in common was the willingness to help fill a need in their community.

Why do schools need PACs now? For the money, unfortunately. Education funding in BC has regressed. The money's being used for other things. Back in the day, the school I went to in Vancouver had textbooks for everyone. We had a full time school librarian. We had a music program, an athletics program, and a drama program. Many classrooms now don't even have enough textbooks to go around. Schools in affluent areas often have better basic supplies (graded readers, computers, safe playgrounds) than working-class schools, because the parents fundraise for these needs through the PAC. It isn't right, it doesn't give kids equal access to public education, and down the road we might end up with working-class students who can't compete for places at university with children of the affluent because their primary education was underfunded, but that's the way it is.

What else do PACs do, besides raise money for classrooms, libraries, sports and music? It depends on the school. Some PACs advocate for more funding for public education. Some get other programs going, like after-school care for kids whose parents can't pick them up at 3. Some hold community-building events like potlucks or movie nights.

Serving on a PAC isn't for everyone, but it's heartening to know there are people out there who find time in their already-packed lives to put a little more community into their local public schools.

# Tecumseh Annex ROCKs

■ **Risha Golby; VP Tecumseh Annex**

Recently at a staff meeting our team had an 'aha moment.' I will admit I poked the bear here, but isn't that what leaders do? The discussion was around the topic of The Code of Conduct. One of our school goals this year is to reduce the number of behavioural incidents particularly coming from less structured, less supervised times and settings such as lunch and recess.

At Tecumseh Annex, less than 5% of our office incident referrals come from the classroom. This isn't to say that students never have behaviour

# KAYSEY & OOSC

◀ *CONTINUED FROM PG 5* Then OOSC became slightly harder, for not only was school getting harder but one by one, my friends moved to other schools. I was devastated. The first one to move was Belinda, who now lives in Burnaby. The second one to move was Alisa, who now lives in North Vancouver, with a loving mother, father and two little twin brothers named Alex and Daniel. After all of this, I was left with my friend Andy, who would continue to hit and annoy me on purpose every once in a while. Luckily, I met one of my best friends at OOSC from Charles Dickens, her name was Adrienne.

Though I was mostly alone, I was happy because I eventually started to join multiple sports, including basketball, volleyball, badminton, soccer, track and the Sun Run. These activities kept me occupied after school.

My last day of OOSC was May 1<sup>st</sup>. I would like to thank all the staff and leaders of OOSC and CNH for dealing with me throughout these years. I really appreciate it. Out Of School Care is something that I will miss and never forget.



concerns in the classroom, rather seasoned teachers who are child-centred build excellent classroom systems to support students with their behaviour. They deliver engaging lessons, and have interwoven opportunities for students to practice self-regulation throughout the day.

Yet while students can manage in structured settings like the classroom, things tend to fall apart in unstructured settings such as lunch, recess, transitions, etc. Makes sense right? Our students can and do demonstrate strong pro-social skills under the guidance of an adult, but struggle to do the same independently. We currently engage in thoughtful placement of adult supervision to minimize student conflict in predictable settings.

But here's the rub and the simple reason why we cannot stop here. Isn't the goal of education, be it academic or social emotional learning, to teach kids to be independent? Isn't the playground the best opportunity for kids to practice

# SUN RUN & SELKIRK

◀ *CONTINUED FROM PG 5* The team rented a bus one sunny afternoon to visit the Richmond Spit (Iona Jetty) for a 9 km practice run the week before the big run. Going someplace new was definitely a highlight, as only two students had ever been to the "Spit." Running among the bald eagles and playing with snakes and spiders are things the kids will remember.

The 13 weeks was capped with the team (48 Selkirk students +7 Gladstone students +3 parents +2 teachers) running the Sun Run on a beautiful sunny and warm day. After the run, many parents and older siblings came out to BC Place Stadium. The sense of accomplishment was evident on every face in the crowd. Selkirk runners doing the Run for the first time had the honour of accepting the "big cheque" on the big stage and being on the big screen, with big smiles of course.

As usual, the team ends their season by using part of their winnings for a party. They are asked to bring their younger Selkirk siblings along to experience "being part of a team." This year's party theme is "all-you-can-eat ice cream and milkshakes." They've earned it.

social independence? Doesn't the fact that students are struggling in these settings to find success suggest another obvious answer - maybe our kids don't know how. In Ross Green's "Lost at School" he puts it simply - "kids do well if they can." What is it that we need to teach kids so that they can be successful in these settings?

This brings me back to that 'aha moment.' As a team we were discussing the language we use to teach kids about expectations on the playground. The discussion centred around our current Code of Conduct. The Code of Conduct was the heading for our

behavioural expectations at Tecumseh Annex and refers to the expectation that students - Be Safe, and Be Respectful in all settings.

So, insert my question to the team - "Do you think the kids really care about The Code of Conduct? Does it define our school and what we do, does it engage them, does it make them excited?"

If someone were to ask me the same question, I doubt that I would say, "at the heart of Tecumseh Annex we are The Code of Conduct." And that's when it hit... that magic moment when the light bulbs started going off around the room. Within minutes we were Tecumseh Annex 'ROCKs.' Ideas for what the acronym stood for were bouncing around the room - engaging deep conversations about who we are, what we do, what's important for our kids, staff and community. We were engaged, we were having fun and we were excited! RESPECT, OPEN MIND, COMMUNITY and KINDNESS - This is the heart of Tecumseh Annex. *CONTINUED ON PG 7 ►*

# what's happenin' community calendar

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

**MAY 30**

**Community Carnival**  
We are hosting our 23rd Annual Cedar Cottage Community Carnival. ADMISSION IS FREE. Drop in for a fun-filled time at Cedar Cottage between 10:00am and 4:00pm. Join Telus volunteers and others to help us raise funds for seniors, children, youth and families. 4065 Victoria Drive.

Events for the entire family include: Kids Carnival with Games, Garage Sale, Silent Auction, Cash Raffle, Face Painting, a Huge Cake Walk, Ethnic Lunch, and MUCH MORE

**JUNE 24**

**Stay on your Feet**  
This is a Falls Prevention Workshop for seniors. To sign up for any workshops, please call 604 874-4231 and ask for Michele or Hazel. If you have any suggestions about workshop topics, we'd like to hear from you.

**JUNE 25**

**Single Mothers Alliance BC Listening Project.**  
Share your experiences as a Single Mother with SMA. 6:30-8:30pm. To rsvp email Viveca Ellis: info@singlemothersbc.org.. Snacks, bus tickets and childminding available

**JULY 6**

**Drop In the Park**

Join us and have fun with other families with children 0-5 years on Mon, Wed, Fri 9:30am-Noon at Brewers

Park (26th & Victoria Drive) and at Sunnyside park (17th & Glen Drive) on Tues/Thurs from 9:30-Noon. Bring a snack to share.

**Trout Lake Community Centre**  
4065 Victoria Drive | 604 874-4231

**JUNE 21**

**National Aboriginal Day**  
Artists demonstrations, vendors, dancing, canoe tours and more activities for the whole family. Noon to 5:00pm

**JULY 8**

**Summer Concerts**  
Wednesdays at 6:30pm. Rained out Concerts—will be held in the Grandview Room. Bring the family and join us for evenings of FREE live music at Trout Lake outdoor performance area. There will be a BBQ and a kids art station. Brock House Band starts off our Series of concerts. It is a 17 piece Big Band with vocalist. 1940-1970 era and Dez Dancer performance during break.

**JULY 15**

**Silk Road**  
A musical adventure that explores China and beyond. Through thousands of concerts around the world, Silk Road Music delivers virtuosity and imagination.

**AUG 16**

**Latin Summer Fest**  
Presented by Latinos In Action. Latin food, Artisan market, Music all day, Kids crafts, 11:00am to 7:00pm. www.latinsummerfest.com

**Evergreen Community Health Centre**  
3425 Crowley Drive | 604 872-2511

**Kindergarten Vaccination Clinics**

Clinics are available throughout the year on the 2nd and 4th Thursdays by appointment. During July and August Clinics will happen every Thursday by appointment.

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

**JULY 10**

**Family Story Time**  
10:15-10:45: Stories for toddlers and preschoolers  
11:15-11:45: Stories for babies

**JULY 15**

**Summer Reading Club**  
Join the school age Summer Reading Club, every Wednesday from 2:30 to 3:30pm

**Vancouver Tool Library**  
3448 Commercial Street | 604 619-2279

**MAY 31**

**Intro to Tools**

Join us at the Tool library as we learn to use some basic tools; 1:00 to 3:00pm. Beginners are welcome.

**Copley Orchard Events**  
Walker Street and Vanness Avenue

Are you interested in local food? Come check out our Community Orchard, a volunteer-run project to grow fruit on a City-owned site in our neighbourhood. Drop in to one of our monthly work parties or to any of our Wed night sessions. It's fun and educational. All work parties run from 10am to 2:00pm with a short break at noon for a pot luck lunch. Every Wed from 7pm until the crows fly home for the night.

**JUNE / JULY 14 & 11**

Safe and Effective Pest Management and Summer Pruning

**AUG / SEPT 9 & 12**

Local Beekeeper; Harvest and Processing

# TECUMSEH

◀ *CONTINUED FROM PG 6* Every day for two weeks the teachers have agreed to use classroom time to take the kids out to the playground setting and teach, role model and practice what it means to ROCK in those settings.

The supervising adults at lunch and recess will try to catch kids being successful and acknowledge them with a positive comment and add their name to our ROCK Star Board. When we reach 500 ROCK Stars we will have a whole school celebration, dance party and performance of an original song written by Lora Bird and performed by our students.

A few short months later, the kids are pumped, excited and engaged. A big thank you to our amazing staff, who never shy away from new ideas and ways of approaching teaching and learning. To our PAC and their ongoing generous donations for such initiatives. And to Lisa Sher for designing our posters and Rock Stars which so aptly reflect the fun and engagement we are trying to promote.

Kids are now talking about Respect, having Open Minds, Community, and Kindness; adults are having conversations with kids about what that looks like in every location; adults are catching kids in the moment; community members are asking what it is all about, asking if they can do it at home; and students are proudly sharing our ROCK star board with their parents.

Fun, excitement, buzz and an 80% reduction in office referrals! All from teaching the rules. How does a code of conduct shape culture? When you make it fun it can define your culture. Tecumseh Annex ROCKs!



## The Kensington-Cedar Cottage NEIGHBOUR

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### Distribution

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

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



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

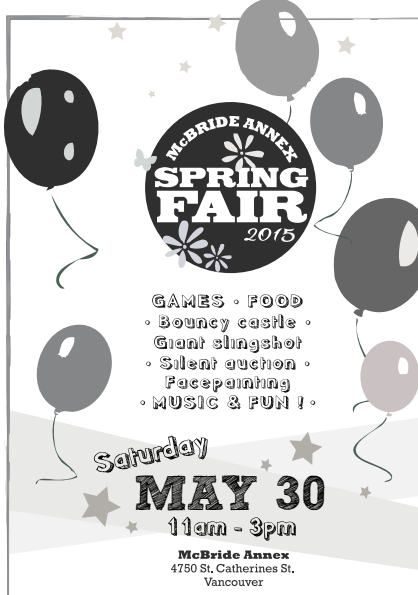


# Famous Foods: 2014 Corporate Good Neighbour

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



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



## "Free Advice Worth Twice the Price!"

Dear Ima,  
I used to be great at playing the recorder (at least I thought I was), but then I didn't practice for a while and now I can't seem to be able to get the hang of it again. What should I do? Am I being silly?

Yours truly,  
Vexed in Vancouver  
(L.B., age 9)

Dear Vexed in Vancouver,  
You are not being silly. What happened here is that you lost your momentum. This has happened to me and it's no fun. The best way to lose momentum is to:  
1) Allow long gaps between sessions, and  
2) Be a perfectionist  
The best way to get your momentum back and keep learning and getting better at the recorder, is to do the opposite:  
1) Practice every day (or as often as you can), even if it's only for a few minutes, and  
2) Play badly! Let yourself make mistakes! Play to the end of the song, even if you miss every note and make that disturbing high-pitched whistle I remember so well from my school days. Do those two things and you'll get better at whatever you're trying to do, whether it's playing an instrument, writing a book or learning a language.

Go get 'em, Tiger!  
Love,  
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

## THE KENSINGTON-CEDAR COTTAGE NEIGHBOUR

# MARKETPLACE



2120 Commercial Drive, Vancouver  
**604 • 215 • 7833**  
facebook.com/jeanqueen.ca  
www.jeanqueen.ca  
**"13 Years of Inspiration"**



Family and Fathers  
are here at Chelsea Park.

### Active Supportive Housing for Seniors

- Daily lunch and dinner
- Morning coffee club
- Weekly housekeeping
- Activities and recreation programs
- Bus Trips
- On-site hair salon
- New Community Centre one block away



All suites have balconies

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**G**

**Kensington Cedar Cottage**  
GUIDE TO THE NEIGHBOURHOOD



**Map Legend**

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

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**J**





## A GEM OF A GYM IN KCC

■ By Kelly, Parris & Emma; Anytime Fitness Members

We all say we are too busy: working, going to school and/or taking care of our families. All these responsibilities seem to be overtaking our ability to take care of our physical and mental health.

But recently I decided, “no more excuses,” and joined a gym in our neighbourhood, Anytime Fitness. The main reason I chose this gym was their convenient location in King Edward Village, close to my work. I truly enjoy the convenience of getting in a 45-minute workout, having a shower, and getting to work, all within one hour. They are also open 24 hours a day, 7 days a week, making it really convenient. With fob access only, member safety and security is assured. Anytime Fitness is also a “good corporate neighbour:” Anton, the owner, donates to many fundraising events and social service groups, such as Cedar Cottage Neighbourhood House.

Their monthly membership is about what it costs at a community centre and, although I have not used another Anytime Fitness, my membership gives me access to thousands of clubs worldwide at no extra cost. The club has the latest technology and quality equipment for those who want to do cardio and strength

training. Personal training is also offered, but with no high-pressure tactics to use those services. They even have Free Yoga for members.

That being said, what keeps me going to this Gem of a Gym is Rhonda, who teaches Ultimate Kettlebells on Mondays, Core Bootcamp on Wednesdays and High-Intensity Interval Training on Fridays, all included with membership. Although I can’t keep up with many of the regulars, we all go at our own pace and Rhonda adapts each workout to ensure we are all working hard. Cheers like “you got this, almost there, you can do it!” are genuine, and she really cares about what seem like small improvements, like being able to do “plank” for more than 20 seconds. I am now up to almost two minutes and feel pretty good about that.

As a plus size person, over fifty, I don’t always find it easy to keep up with the group, but we support each other and look forward to our weekly workouts.

Rhonda’s Philosophy is I do not believe in “CAN’T” when it comes to fitness. With hard work, perseverance and encouragement along the way, you will be able to say “I CAN in no time.”

Rhonda is passionate about passing on her love of fit-

ness to beginners, as well as those who are extremely fit. As a Registered BCRPA Personal Trainer, Group Fitness Instructor, Weight Trainer and Agatsu Kettlebell Instructor, she knows how to teach, motivate and get you fit in a safe, caring way” and in a very short time. I look forward to that muffin top disappearing very soon.

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

*“Rhonda has mastered the balance of pushing her clients while encouraging them to do better. Her playful personality creates a fun and safe environment for people from all different fitness stages and walks of life. I love Rhonda’s classes, and look forward to them every week!”*

**Emma**

*“I love our Anytime Fitness workouts with the fabulous Rhonda! I started going to this gym to lose some weight after my daughter was born but kept coming back because of the awesome weekly classes with Rhonda. Thanks to Rhonda and our little bootcamp family I am getting closer to my goal and feeling amazing!”*

**Parris**

## HIDDEN GEM IN THE HOOD

■ By Sharon Babu; Community Resident

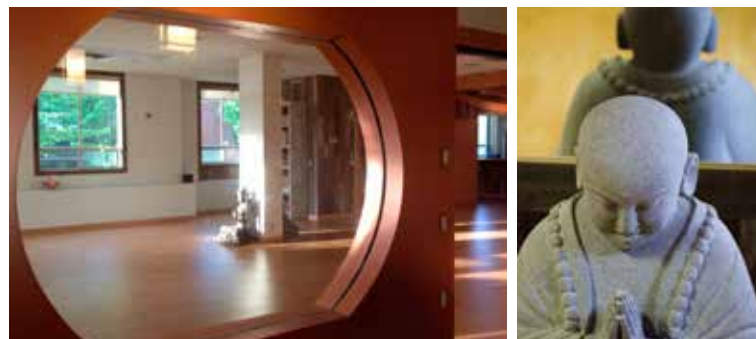
I was recently invited to an event and, much to my surprise, I realized it was located a few blocks from my residence. The address seemed familiar, but it didn’t match anything I could remember. I finally Googled the name and realized it was the old Canadian Legion on Fraser and 20th. I went to the event and was pleasantly surprised (shocked!) to see how the old Legion bar had been transformed into a beautiful space for a new group called the Bridge and Enrich Lives Society.

Very briefly, their common objective is to enrich lives; the lives of those involved in the society, as well as the community around them. They have opened their doors to a broad range of “living practices” such as yoga, dance, music therapy, nutrition programs, and meditation. They are also working on some different types of gardening at the site. Finally, they are working out how best to meet the

needs of the families in the community.

A perfect example is the recent family dance that the Mt. Pleasant Family Centre organized there as part of their participation in the Dalai Lama Center’s Heart-Mind Education program. Sunday evening is often an opportunity to drop in to something called Community Jamming, where musicians come together to play and sing together with other community members, strictly by donation. It was nice to see that cost doesn’t have to be a barrier to participate in some of the offered activities.

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



## PACIFIC IMMIGRANT RESOURCES SOCIETY

Building Bridges for Immigrant Women and Their Children for 40 Years

■ By Lupita Boris; PIRS Staff Member

Given the size of their humble offices in East Vancouver, you could be forgiven for underestimating the scope and value of the work of Pacific Immigrant Resources Society (PIRS). From their modest beginnings in 1975, the organization has grown from a single ESL Program for Cantonese women and their children to the full continuum of services that PIRS offers today.



Thanks to a wide range of facility partners, all PIRS programs are located on different sites around Vancouver. Not only does this eliminate the need for a bricks-and-mortar centre, but it also brings PIRS into the communities of the women who need their courses. This way, women new to Vancouver are able to begin their journey towards full participation in their new communities with only a few baby steps.

These first steps may include registration in a “blended” ESL class, with certified care for their children included. These classes are designed to provide women with a safe place to practice English, make friends, gain self-confidence, learn more about Canadian Society, and explore and celebrate our diversity. And while mom is learning, children are provided with a quality early childhood education curriculum, taught by highly experienced and caring staff. Several steps follow this program, all aimed at developing im-

migrant women’s self-confidence and participation in the larger community.

Immigrant children and parents also love our Family Literacy programs, designed to engage the whole family in learning and using English together. These fun sessions optimize child development through positive parent-child interaction, development of early literacy and numeracy skills, and by increasing immigrant parents’ knowledge, involvement, and comfort levels with schools.

In addition to this full continuum of services, PIRS has been selected as only the second organization in BC to become a multicultural Home Instruction for Parents of Preschoolers (HIPPY) provider. HIPPY is a home-based education program that teaches parents to be their preschool children’s first teacher and to prepare their 3-5 year olds for school. Parents are provided with carefully developed materials, and every other week, a group meeting is held at community centers or schools, with enrichment activities for parents.



This wide range of services for immigrant women and their children owes much to the dedication and professionalism of current-day PIRS staff, almost as much as it owes to those few visionary women meeting around an East Vancouver kitchen table some 40 years ago. ([www.pirs.bc.ca](http://www.pirs.bc.ca))



## WEDNESDAY DINNERS

■ By Dena Nicolai; Community Connections Coordinator

Every Wednesday at 6 pm, we gather with neighbours and friends, new and old, at our little white church on 11th and Victoria, and share a meal. We do this because we love our neighbourhood and our neighbours and we want to get to know each other better, and we think sharing a table is a wonderful way to bring people together. We also believe that God calls us to celebrate the good gifts of food and friendship, and to extend hospitality and participate in building community. Through this participation, as we celebrate and eat dinner together each week, we experience multiple “random acts of community,”

However, these random acts happen not only because we open our doors and set the tables, but rather because people “our neighbours” make the decision to step through those doors and to sit down and share those tables. We know that not everyone shares our faith tradition, we know that we are strangers to many, and we know that entering an unknown space can be intimidating. Therefore, making the choice to join us for a meal is an act of trust on the part of those who participate. And when they take this step of trust, those who join us for dinner welcome us into their community as much as we welcome them into ours.

In his book Community: The Structure of Belonging, Peter Block writes, “The social fabric of community is formed from an expanding shared sense of belonging” What makes community-building so complex is that it occurs in an infinite number of small steps, sometimes in quiet moments that we notice out of the corner of our eye.

It is these small steps and quiet moments, these “random acts of community” that form the fabric of belonging that happen at our dinner a hundred times a week. We see these moments in the people who faithfully chop onions through teary eyes; we see them in the people who scrub countless pots and pans; we see them in the people who linger at the table to engage in conversation with those next to them or listen to a joy or a sorrow; we see them in the people who wash the plates of others without being asked; we see them in the people who sweep the crumbs from the floor or the tables week after week.

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

Dena Nicolai is the Community Connections Coordinator at First Christian Reformed Church Vancouver (2670 Victoria Drive) and a resident of Kensington-Cedar Cottage. The church’s Neighbourhood Dinner (also known as “Community Night”) runs until the end of May, takes a summer break, and resumes again in September. All are welcome!



heartmindonline.org



# GARDENING CLUB WELCOMES NEW MEMBERS

■ **By Kirandeep Shahi; Salvation Army  
Community & Family Services Staff**

The gardening club at The Salvation Army Vancouver Community & Family Services has started up once again! The club does their gardening at Robson Park, which is only a five minute walk from our location near 16th and Fraser.

This year Kiran Shahi, our practicum student from the Social Work Program at Vancouver Island University, is facilitating the gardening program. Gardening experience is not a requirement; some members have experience and some do not have any at all. Each week, Kiran provides members with different activities and information. The members also share their knowledge and expertise; they are excited

to start the gardening and eager to learn. The gardening club recently received some fresh manure and has just started planting vegetables such as green onions, potatoes, even herbs and some goji berries. The members will be doing much more planting in the upcoming weeks. Members will also be taking part in some workshops to learn more about gardening.

**The gardening club at The Salvation Army Vancouver Community & Family Services is every Thursday from 11 am to 12 pm, rain or shine! If you are interested and would like to learn more, please do not hesitate to contact Kiran at (604) 872-7676. We would love you to join us!**

# MOBILE PRODUCE MARKETS GETTING READY FOR A BUSY SUMMER

■ **By Lauren McGuire-Wood; Cedar Cottage Food Network Coordinator**

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

## 1st Saturday of every month:

**Brant Villa**  
(2290 E. 25th Avenue  
near Nanaimo Skytrain):  
10:30am-12:30pm

**Kensington  
Community Centre**  
(5175 Dumfries Street  
near Knight):  
2-4pm

## 2nd Saturday of every month:

**Cedar Cottage  
Neighbourhood House:**  
10am-12pm

**Orchard Park**  
(5988 Nanaimo Street  
at E 45th Avenue):  
2-4pm

*Every Thursday  
from 11 am to 12 pm,  
rain or shine!*



# FREE GARDENING WORKSHOPS AT THE VANCOUVER PUBLIC LIBRARY

## Kensington-Cedar Cottage SEED SHARING LIBRARY

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

**June 13:**  
Gardening with kids

**September 19:**  
Putting your garden to bed for the winter

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

*\*Topics are subject to change.*

**Thank you to the generous support of Decoda Literacy/  
Raise-a-Reader for making this all possible.**



# Jones Park! The Future of Our Community

■ **Susan Davis;  
Community Resident**

Cedar Cottage is a beautiful, vibrant and diverse community, but it lacks a space where people can meet, celebrate, play and relax. Jones Park, while a beautiful space, presents some challenges, but it has the potential to become the centre and future of our community.

Center, Cedar Cottage Neighbourhood House and Vancity Credit Union all stepped up to the plate and agreed to become community partners in any efforts moving forward.

The first meeting was held in November and many amazing ideas for the space

kind of project could find financial support. Access to green space and parks is fundamental to the health of all communities and is supported by Vancouver's Greenest City 2020 goals. We hope that the City of Vancouver, the Provincial and Federal governments will support the growth of our community and ensure the resources necessary for the park improvements are available.

The VDBIA is committed to ensuring our community will be included in any planning for improvements to Jones Park. Through a committee process, it is our hope that we can all better understand challenges posed by Jones Park improvements and how we can best meet the expectations of everyone in the community.

Any and all ideas, suggestions and concerns are welcome! Let's all work together for the future of Jones Park and the future of our neighbourhood! Contact : Susan Davis susan.1968@hotmail.com



# South Vancouver Community Policing Centre



■ **Mark Jarvie;  
Volunteer/Office Coordinator, SVCPC**

Want to Report a Crime?  
Want to Turn In Found Property?  
Want to Learn How To Protect Your Personal Safety?  
Want to Find Out How To Improve the Security of Your Home and other Property?  
Want to Know How To Prevent Fraud?

**Don't look for answers at 5657 victoria drive anymore!  
The south vancouver community policing centre has  
moved to its new location at 5435 victoria drive.**

It was in the middle of December 2014, on a grey, rainy day that our staff, volunteers & our two Neighbourhood Police Officers began loading a large cube van with 19 years' worth of furniture, equipment & what seemed like an endless number of boxes. It took months of negotiating, planning and packing to get ready for the relocation & it took even more months to complete the renovations, the refurbishing & the unpacking of all our boxes. However, while our office may not look its best as of yet, **we are open for business!** Whether you:

Want to ask a question or make an inquiry  
Want to learn about the programs and services we offer  
Want to meet our Neighbourhood Police Officers  
Want to invite us to help celebrate a community event  
Want us to conduct a safety presentation for your group  
Want to volunteer with our not-for-profit charitable volunteer organization  
Want to join our Board of Directors at our upcoming AGM on June 23rd 2015  
Want to help us fundraise or make a donation to help cover some of the renovation expenses or just  
Would like to visit and chat about the weather or anything else happening with you or in the neighbourhood,

**Come on in, we are open:**

Mondays 9:00am to 1:00pm  
Tuesdays to Fridays 9:00am to 5:00pm  
Saturdays 9:00am to 3:00pm

You can also reach us by calling 604-717-2940 or by email at info@svpc.com or visit our website at www.svpc.com

The persons in the photo are (left to right)... Neighbourhood Police Officers Andrew Pang, Ian Lampshire, Gus Lal (SVCPC Board of Director), Charles Dobrovics (SVCPC Board of Director - Vice President), Gail McKay (SVCPC Board of Director - President), Adrien Balazs (SVCPC Executive Director), Monique Koningstein (Victoria Drive BIA Program Director), Chris Chung (Victoria Drive BIA President), Mark Jarvie (SVCPC Office/Volunteer Coordinator), and Victor Mogollan (Victoria Drive BIA Liaison)

*The summer brings much more selection for local produce,  
especially BC fruit such as strawberries and blueberries.*





## DINING IN KCC

### Los Cuervos Taqueria Y Cantina 603 Kingsway, 604 558-1518

■ By E. Cinde

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

This spot is inspired by street food & taquerias of Mexico City. Your average Taco was 4 to 5 dollars... not too bad, but if you are a big eater you will be spending a fair bit of money. For two of us who are moderate eaters we spent \$42.00 before our tip.

## May's Vegetable of the Month: Rhubarb

■ By Barb Wong; *CCNH Food Coordinator*

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

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



The tacos and tostadas were delicious with a nice range of ingredients that cater to carnivores and herbivores. We recommend the mixed mushrooms, Huitlacoche sauce, pickled red onions and feta – that was fantastic. There are only three tostados, but the Aguachile was a refreshing, light Ceviche-style fare with marinated prawns, cucumber, lime, lettuce and red onions. For chorizo lovers there is also a house-made chorizo with melted cheese. They provide a range of red & green Mexican salsas from mild to super-hot, made with Habaneros.

And for desert you cannot beat the homemade churros with either caramel or chocolate sauce – yummy!

The service was a bit slow, but our server was friendly and provided adequate service overall. They made a mistake with our order, but went and started from scratch, so although slow it was all fresh.

There is also a great drinks menu with a range of margaritas and beer, and most mixed drinks can be made without alcohol. They also have the traditional horchata for \$2.75.

Overall we would give this place a thumbs-up. A good neighbourhood casual spot to have some tasty Mexican fare.



## Rhubarb Cake

Cake:  
1 cup whole wheat flour  
1 cup all purpose flour  
1 cup granulated sugar  
1 tablespoon baking powder  
4 teaspoon salt  
1 large egg  
½ cup vegetable oil  
1 cup milk  
1 teaspoon vanilla  
2 cups chopped rhubarb

Topping:  
½ cup granulated sugar  
½ teaspoon cinnamon

Preheat oven to 350 degrees F. Grease and flour a 9-by-13-inch baking pan; set aside.

In a large bowl, combine whole wheat and all purpose flours, 1 cup sugar, baking powder and salt.

In a medium bowl, whisk together egg, vegetable oil, milk and vanilla.

Pour wet ingredients into dry ingredients and stir gently until well combined.

Fold in rhubarb.

Pour batter into prepared baking dish and smooth top.

Combine ¼ cup sugar with cinnamon in a small bowl. Sprinkle evenly over batter.

Bake for 35 to 40 minutes.

Let cool on a wire rack for 30 minutes before serving.

Makes 12 servings

Barb Wong  
CCNH Food Coordinator



## Recognizing the Hard Work of the Trout Lake Youth Council

■ Don Davies, MP; *Vancouver-Kingsway*



In February I had the honour and privilege of meeting with the Trout Lake Youth Council.

Led by coordinator Bernie Dionne, the Council has a membership of over 80 students who are in grades 8 through 12 and attend Gladstone, Windermere, and Vancouver Technical secondary schools in Vancouver. The Council meets once a week on Fridays from 5pm - 7pm at the Trout Lake Community Centre, and the Council Executive and Sub-committees meet once a month.

These youth are dedicated to helping our community and their accomplishments are numerous. Some of the

highlights include:

- 1) Adopting John Hendry Park and committing to the City of Vancouver to lead a community clean-up there once a month.
- 2) Organizing an electronics recycling day out of Trout Lake Community Centre in February 2015 and doubling what the six previous city sites had done combined, for a total of just under 8,000 pound of electronics recycled.
- 3) Volunteering at many of the Trout Lake Community Centre's events. They are heavily involved in ensuring that the events run smoothly

through their efforts behind the scenes. For example, the youth volunteers were instrumental in supporting the Family Day event, which drew 2,500 parents and children to a full day of activities.

- 4) Being recognized by the Mayor's Office in 2014 for their work. They remain the only youth group and the only community centre group to receive the Golden Dustpan Award.

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

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

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

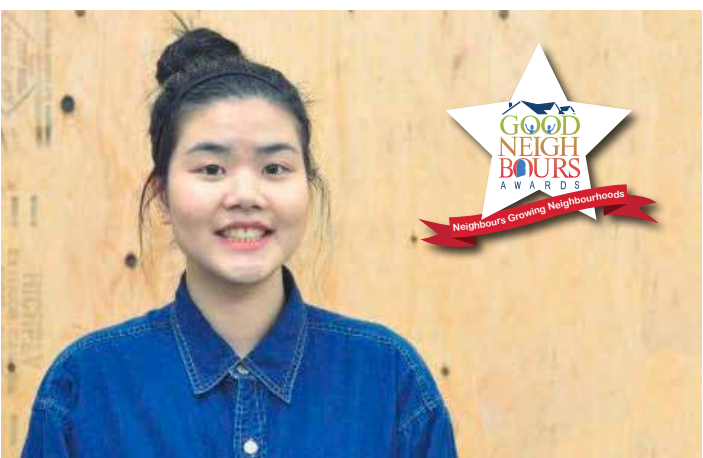
## New Media and the Millennial Generation

■ Nadia Le; *Community Resident*

New media is loosely defined to describe aspects of technology and the Internet that is prevalent in the 21st century. As technology continues to evolve and gain sophistication, so will new media. As humans living in the Millennial Generation, we are familiar with adapting to constant change, new concepts, and the daily usage of social media, software applications, and technological devices.

As an 18 year old who was born in the mid 1990s, I do not consider myself a 90s kid. Yes, I did grow up watching Saturday morning cartoons and playing recess games, but I have always been fascinated with objects that inspire, create, and astonish the minds of others. When I was given a storytelling assignment to do on Kid Pix in the fourth grade in elementary school, I knew that graphic design was something I would become truly passionate about; so was communication and writing.

Fast forward to October 2014. Having recently graduated from Gladstone Secondary School, after taking extensive courses on graphic design and yearbook, I enrolled in the intensive one year New Media Design & Web Development certificate program at BCIT. I learned a lot, and I mean a lot about all of the disciplines found in the world wide web, from creating websites using HTML/CSS/JavaScript, to shooting and editing videos for Youtube, and creating stunning graph-



## Kelsey Lee: Good Neighbourhood Youth

■ Kelly Woods; *Director of Operations, Community Development*

Kelsey has been an active leader at Cedar Cottage Neighbourhood House for the past five years. She is an eager and talented young person who has found so many new ways to give back to community. Kelsey is a shining example of what it means to be a Good Neighbour.

Kelsey was first involved with Cedar Cottage Neighbourhood House as a youth volunteer. As someone keenly interested in new things, she became a natural choice to be a member of the Neighbourhood Small Grants Resident Committee. With her interest in graphic design, Kelsey went onto post secondary education to seek a career in this field. With her infectious enthusiasm continuing, Kelsey has offered to design and print posters, provide graphic layout support for the Cedar Cottage Neighbourhood House Community Newspaper and most recently to provide instruction to volunteers on the use of the "in design" graphic program.

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

ics in Photoshop, Illustrator, Flash, and After Effects.

As I am wrapping things up in the last half of my program, many have asked me, "What do you want to do after BCIT?" I believe that I am still learning at an extraordinary young age. Working in the industry is something I want to do, but currently, the world is in my feet. I aspire to take a semester at Kwantlen Polytechnic University and then transferring to Simon Fraser University to earn a joint bachelor's degree in Interactive Arts + Technology and Communication.

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





## Samy Lin Good Neighbour Youth Award

■ **Sharnelle Jenkins-Thompson;**  
*Director of Child & Family Programs*

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

*"Everyone knows Samy and knows they can count on her to say hello...She is the community's 'big sister.'"*

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



## Trade-Ur-Vac for Vacuum Repair

■ **Ulrike Rodrigues,**  
*Community Resident*

Don't throw it away! I just picked up my 50-year-old Hoover Dial-A-Matic vacuum cleaner from this family-run (since 1953!) sales and repair shop at 1721 Kingsway, and once again I found their service very friendly and reasonably priced.

Not only did they repair my vacuum cleaner for just \$20, but, after breaking the news that Do All Services (small appliance repairs also on Kingsway) had closed shop, Ron even offered to repair my 20-year-old electric kettle for just \$10! You can keep appliances out of the land fill AND save money by supporting a local service business! Thank you Ron and Diane, from Ulrike.



## Keep Vancouver Spectacular 2015

■ **Monique Koningstein,**  
*VDBIA Coordinator*

Help us Clean-up Victoria Drive & Enjoy a Hot Dog Picnic Lunch on us! Fun and Prizes!

Spring is here and we would love to have you involved to volunteer for our Annual Clean-up Event on Victoria Drive.

Join us on Sunday, June 14th at Jones Park and Victoria Drive (across from the Fire Hall)

at 1 pm. Families are most welcome! This project is sponsored by the Victoria Drive Business Improvement Association, The City of Vancouver and organized in Partnership with the Chinese Vancouver Baptist Church (7474 Culloden Street)

For more info & to volunteer for this fun community event please register: 604.323.2301 or email [vdbia@telus.net](mailto:vdbia@telus.net)

*"Join us on Sunday, June 14th at  
Jones Park and Victoria Drive at 1pm."*



## Cottage Crew's Learn To Play Project a Success

■ **Randy Chau;**  
*Cedar Cottage Summer Youth Projects Intern*

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

The answer hit me clear and strong on the first day of the Pedalheads program. Here I witnessed groups of children come together with a passion to learn how to ride a bike. No matter how hot and tiring it was, the kids endured minute by minute until they saw enough progress to ask for their training wheels to be taken off. These participants no longer cared whether they had a language barrier, whether they were younger or older, or even whether they were big or small. Everything amalgamated into several mastery goals: to have fun, to accomplish a new skill and, overall, to become more confident in life.

When one of our participants, Alexis, came up to Kelly Woods, Cedar Cottage Neighbourhood House Director of Operations, and told her, "I asked my dad to take off my training wheels so I could ride in the park more." Kelly rejoiced and said "YES!" When the achievement of the program's goals is reflected back to staff members, it helps drive the development of more related

programs in the future.

RBC's Learn to Play grant has given Cedar Cottage's Cottage Crew program and others a chance for equal opportunity within the community, so that everyone can achieve these mastery goals. Whether it is swimming or biking or another sport, every participant has what they need in order to succeed in the learning of a new skill (instructors, bikes, etc.), and during the process become physically engaged.

Our volunteers, Becky and Samy, said, "Their participation has gone up and they don't just sit around and do nothing."

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

An immense thank you to RBC's Learn to Play Project for helping our community children build up confidence in themselves for years to come!

## Never Too Early to Care for the Community!

■ **Gerald Nimchuk;**  
*Community Resident*

Litter. Cartons and containers. Bits of random plastic, paper and branded packaging. It is unsightly and can be a bit stinky, but my son loves it. Before he could walk, he was attracted to things that looked out of place in his surroundings. Like a fishing lure in a clear stream, a new bottle cap or piece of bright packaging would catch his eye amongst the greenery of Glen Park.

As he got older, we had to answer the question "what is garbage" and why do people throw things away? When you actually think about it, it is difficult to define. As the dictionary

states, trash is any matter that is no longer wanted or needed. Well, that is pretty subjective, as one man's trash is another boy's treasure. But as much



We soon channeled his adoration of garbage to sorting our recycling at home. You could barely finish a drink before it would end up in the blue box.

When we ventured out, instead of letting him pick stuff off the ground, which can be really gross, we got him a set of tongs and a bucket.

Now we grab his kit and head over to the playground for a decent round of cleanup. He gets excited about the big discoveries and (sadly) it doesn't take long to fill the bucket.

With the help of Mom and Dad, and motivated by sheer fun, Royce has helped keep Glen Park clean for the last two years, and we love him for it.

## Benjamin Moore Gives

■ **Kelly Woods, Director of Operations & Community Development**



Cedar Cottage Neighbourhood House is thankful to the Community Foundations of Canada and the Benjamin Moore Giving Moore Foundation for selecting us as one of their five projects from across Canada. The goal of the Foundation is to enrich and beautify community spaces. Thanks to Benajmin Moore and their

partner retailer; Coast Signature Paints (Steve and Christine) and our amazing painter Martin and Marv from Stark Marketing we now have new tables and chairs and a newly painted Neighbourhood House. The seniors, youth, children and families are extremely grateful for your kindness.





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



Cedar Cottage  
**23rd ANNUAL FUNDRAISER**  
**COMMUNITY CARNIVAL**

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

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

saturday, may 30, 10-4  
 free admission

GANGAS! COMIDA! DIVERSION! GANGAS! COMIDA! DIVERSION!