

## FIRST NATIONS

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*From East Van to Attawapiskat with Love. P14*

## FOOD HIGHLIGHT

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*Food Literacy for children/youth in KCC. P18-19*



The Kensington-Cedar Cottage

# NEIGHBOUR

June 2016 • ISSUE 24 • SERVING THE KENSINGTON-CEDAR COTTAGE COMMUNITY

## Refugee Centre Opens Its Doors In Cedar Cottage

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

2016 YEAR OF THE PULSE! P18



## PETER WOHLWEND PASSES AWAY

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*Community says goodbye to Mr. Dickens. P6*

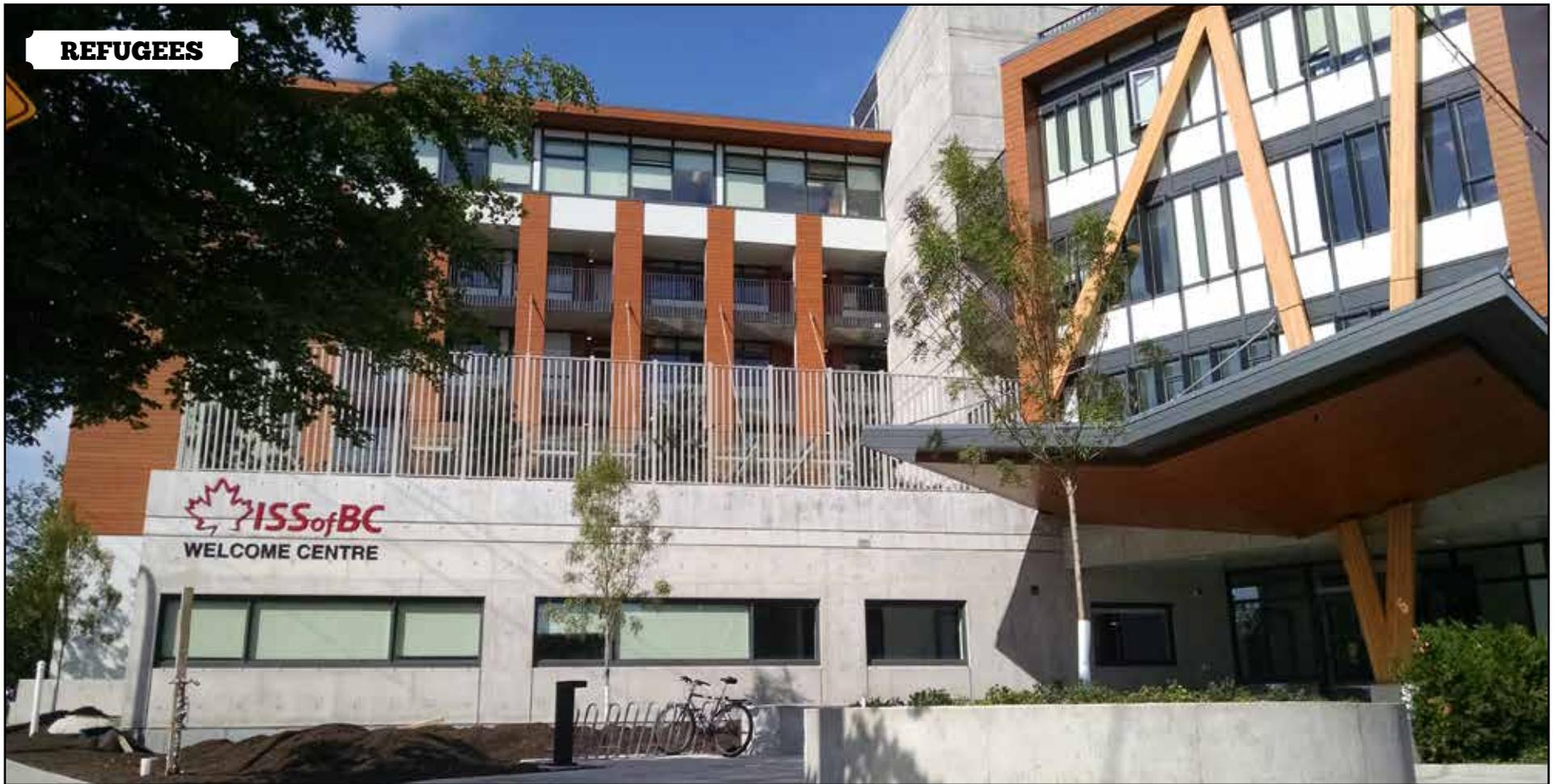


## NEIGHBOURHOODS

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*Best neighbourhoods  
include? P20*

REFUGEES



The new ISSofBC Welcome Centre in East Vancouver.

# Vancouver Welcome House Opens Doors

ISSofBC spearheads innovative new facility for refugees.

by Caroline Dailly; ISSBC Staff

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

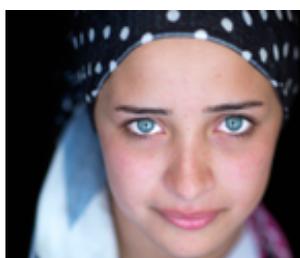
This is how Mona Hassannia, RAP (Refugee Assistance Program) Counsellor at Immigrant Service Society of BC (ISSofBC), describes in a nutshell her new work environment. And it is true that

Vancouver Welcome House offers endless opportunities to staff of ISSofBC and organizations working with refugee claimants such as Inland Refugee Society, VAST and SOS. From the child

mind program with indoor and outdoor space, the multiple meeting rooms with kitchen, to the youth-only space or the all-levels and all-shifts LINC classes. **CONTINUED ON PG 3. ►**

*"It is a bit like the Babel Tour here, you hear at least 10 to 12 different languages every single day."*

*—Caroline Dailly, RAP Manager*



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




**Together, we are possibility.**

◀ CONTINUED FROM PG 2.

“Everyone loves the huge bright lobby” says Angelina Guino-o, who has been an receptionist for ISSBC settlement services for more than 15 years. “Neighbours are rushing in, happy to see the building finally open. They want to see inside!” she adds.

Angelina and Mona are also excited to see that anyone coming in, Government Assisted Refugee, Refugee Claimant, Privately Sponsored Refugee, Temporary Foreign Worker, etc. can immediately get services on site. “No more need to send people away to another organization” says Angelina “everyone is here and super accessible”.

“It is a bit like the Babel Tour here” says Caroline

Dailly, RAP Manager, “you hear at least 10 to 12 different languages every single day. In the RAP program, we are used to that, since most of our clients and colleagues speak Arabic, Kurdish, Farsi, Somali or Swahili, but here, with refugee claimants and other immigrants, you add Spanish, Mandarin, Russian, Tagalog, etc. People start to congregate in the lunch room by language group. It is quite funny to see.”

Whatever language they speak, ISSofBC staff hopes that neighbours will come to visit Welcome House at 2610 Victoria Drive. We welcome everyone to visit the building, we are so happy to be your new neighbour.



Tecumseh Elementary students and the We Welcome Refugees art project.



Syrian neighbours at the United For Refugees Welcome Lunch.

**REFUGEES**

# United For Refugees

Lunch welcomes Syrian neighbours to their new homes.

by Jennifer Young; *United Way of the Lower Mainland*

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

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

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

to welcome our new neighbours to their new home.”

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

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

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

For more information go to: <http://www.uwlm.ca/refugees/>

**REFUGEES**

# Tecumseh Students Reach Out At Welcome Lunch

by Carrie Froese; *Vice-Principal, Tecumseh Elementary*

The students of Tecumseh Elementary created a “We Welcome Refugees” art project for the Welcome Lunch. The project included a welcome suitcase; quilts with welcoming messages; stories from students about their parents settling in Canada; and key chains.

We have a high population of English Language Learners. Most families have come to Canada as immigrants. Lessons to teach students about human rights include participating in student elections, celebrating Human Rights Day on Dec. 10th, participation in a variety of cultural celebrations, current events (i.e. Plight of Syrian refugees), peace education and curriculum based lessons.

The Suitcase Project was made possible due to grants from two groups:

*Promoting a Culture of Peace for Children Society of BC:* <http://wartoystopeaceart.org>; and *ReadingBC – BC chapter of the International Literacy Association:* <http://www.readingbc.ca>

# Sharing Is Caring

## The Sponsorship Support Group

by Pastor Kristina Breit; St. Mark's Church

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

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

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

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

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

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

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

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

also includes two children with ages of three and eight years.

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

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

Once an arrival date is set, we will have to start looking into housing for our family and make final decisions together with this family who

have to start all over again.

If you are interested in more information or to support us, feel free to contact St. Mark's Lutheran Church (refugeeproject@stmarkschurch.ca) or one of the Pastors. Regular Updates on the project are given on the website of St. Mark's (www.stmarkschurch.ca) under "Refugee Project".

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SYRIAN REFUGEE PROJECT**

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## Hineni House

by Anita Fonseca; Community Resident

In a time where the word “housing” is paired with “crisis,” and experimental ways of living arise, Hineni House is seeking to be a refuge that offers creative housing and then some. The heritage house located on Dumfries Street was once a rectory (or the residence of a church rector), and for a number of years it was also a place of worship after the church temple was burned down.

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

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

administrative council hired me as the community director.

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

The house offers affordable rent to four young adults who are also interested in spirituality in its broadest sense. In other words, alongside the living arrangement the Hineni community members will work together through a program that examines topics such as identity, vocation, discernment and faith questions. Members are invited to continue on with their life as they

move in (whether they work, study, or both), and once a week the cohort will have dinner together and discuss these topics, as well as be introduced to a number of relevant tools and skills that will be of use to them in their own spiritual journeys.

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

Twice a year, the cohort will be able to participate in a

retreat outside of Vancouver that will allow them the time and space for contemplative searching.

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

Program costs and details may be found at their website [www.hinenihouse.org](http://www.hinenihouse.org). Inquiries and visits to the house may be scheduled through the director at [hinenihouse@gmail.com](mailto:hinenihouse@gmail.com).

### Anita Laura Fonseca, Program Director

Manages all aspects of the program (from intakes to leading workshops), and ensures the community is healthy and thriving. Anita is a member of St. Margaret’s and a full time Master of Theology student at the Vancouver School of Theology



# Heart of Dickens Community, Peter Wohlwend

by Lilli Wong; *Community Resident*



Peter's numerous awards include:

- Windsor St: 2001/2002: Most Beautiful Block in Vancouver, Runner up
- Community Service Award 2002 - Peter Wohlwend & Midori Oba, *B.C. Society of Landscape Architects*
- VSB Recognition Award 2003 - Dickens Community Group, *Board of Trustees*
- Award for Outstanding Contributions to our Community 2004, *Celebrate Mount Pleasant*
- Mayor's 2005 Environmental Achievement Award 2005 - Peter Wohlwend & Midori Oba
- 2006 Lower Mainland Good Neighbour Award - Peter Wohlwend & Midori Oba, *Association of Neighbourhood Houses of Greater Vancouver*
- Queen's Diamond Jubilee Medal 2012, *Don Davies, MP*

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

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

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

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

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

South Van Community and the Collingwood Community Policing Centres on community building endeavors.

Peter and his partner Midori have generously donated time to bring the City of Vancouver's Blooming Boulevard program to life. He has been involved with transformative events like the multicultural picnic at McAuley Park, which brought together our neighbours for many years. Peter and Midori both shared their love of music at the annual Concert in the Park to allow residents to get outside and enjoy music under the shady trees in the park.

I would like to thank Peter for his countless hours and efforts on the community e-bulletin, and other volunteer projects that have helped develop and maintain our Dickens Community Culture. It really is the envy of other neighbourhoods.

Thank you for being a friend and for sharing your love of community. We will all miss you.

## Remembering our community leader

by Don Davies; *MP Vancouver Kingsway*

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

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

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

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

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

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

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

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

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

You will be missed....but never forgotten."

Here is his speech on Youtube:  
<https://www.youtube.com/watch?v=deV-Qrhlc24>



what's happenin'  
**Community Calendar**

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

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

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

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

**JUL 20**

**Seniors Wellness Workshop Fall Prevention**

Presentation by Lifeline Community. 12:30-2:00pm

**AUG 11**

**Federal Benefits for Seniors**

Canada Pension, OAS, GIS, Survivor and children's benefits. Presentation by Service Canada. 12:30-2:00pm

**SEPT 1**

**Kindergarten-Entry Immunization Clinic**

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

**OCT 31**

**Flu Clinic**

Evergreen Community Health Centre will be onsite conducting Flu Shots, 12:30-2:00pm. Please call to make an appointment.

Please call 604 874-4231 and ask for Hazel. If you have any suggestions about workshop topics for seniors, we'd like to hear from you so please let us know.

**JUL 1**

**Canada Day Celebration**

Live entertainment, food, games, bouncy castle, face painting, balloon art, community booths

**JUL 29**

**Movie in the Park**

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

**AUG 2**

**Little Cooks Camp**

Join us from 2nd-5th. 10:00am to 11:15am. Cost: \$53/child.

**AUG 12**

**Grays Park Day**

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

**Trout Lake Community Centre**  
3360 Victoria Drive | 604 257-6965

**JUL 15**

**Intergalactic Imagination Celebration**

6-9pm bouncy castle, face painting, balloon art, community booths

**WEDNESDAYS**

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

**SUMMER**

**Summer Reading Club**

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

**AUGUST**

**Maker Girls**

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

**ONGOING THROUGHOUT SUMMER**

**Backpack and School Supply Drive**

Help children and families in your community by sending kids in need to school with a new backpack full of supplies. Our goal is to provide 2000 children with new backpacks. Donations can be dropped off at 3213 Fraser Street. We need new items such as: coloured markers, dividers, pencil crayons, rulers, paper, pens, pencil sharpeners, scissors, white-Out, pencil cases. For more information please email: [backtoschool@salvation-armyvcfs.com](mailto:backtoschool@salvation-armyvcfs.com) or call Bradley Marsch.



**Volunteer to work with Seniors**

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

**We need you. Contact Kelly @ 604 874-4231 or email: [kwoods@cedarcottage.org](mailto:kwoods@cedarcottage.org) or drop by Cedar Cottage Neighbourhood House: 4065 Victoria Drive and we'll chat about how you might want to be involved.**

The Kensington-Cedar Cottage  
**NEIGHBOUR**

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**Distribution**

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

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

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

*We acknowledge the financial assistance of the Province of BC.*



# Join Cedar Cottage Family Programs in the Parks this Summer!



## Free Programs 0-5 years old July 4th- August 19th, 2016

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

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

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

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



**Join our staff and volunteers for games, crafts, stories and more!  
For families with children 0-5 years old  
Children must be accompanied by an adult  
Please bring a piece of fruit to share**

For more information please call Brigette or  
Marlyse at (604) 874-4231  
Cedar Cottage Neighbourhood House  
4065 Victoria Drive



THE KENSINGTON-CEDAR COTTAGE NEIGHBOUR

# MARKETPLACE



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**Don Davies, MP**  
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Canada BRITISH COLUMBIA  
The Employment Program of British Columbia is funded by the Government of Canada and the Province of British Columbia.

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Vancouver-Kensington

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Vancouver, BC  
V5W 3A1  
T: 604.775.1033  
mable.elmore.mla@leg.bc.ca  
www.mableelmore.ca

Join us Sat Aug 13th for my annual BBQ!  
12:30-3pm @ Kensington Com'ty Centre

Our Community Office is here to serve you.  
We look forward to meeting you!

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 curated vintage  
 gift baskets

# 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

**Map Labels:** Broadway, Commercial Dr., Nanaimo St., Kingsway, Victoria Dr., Laura Secord Elementary, Croatian Cultural Centre, John Hendry Park, Trout Lake Community Centre, Cedar Cottage Neighbourhood House, Muslim Assoc. of BC, Gladstone Secondary School, Brewers Park, General Brock Park, No. 20 Firehall, Jones Park, South Vancouver Community Policing Centre, Vancouver Alpen Club, Kirk Annex Elementary.



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 Small Enough to Know You*



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The Kensington - Cedar Cottage

## Neighbour

**Writers for the KCC wanted**

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

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

# PIRS

## Offering Syrian Refugees an Early Childhood Program and EAL Conversation Circles for Moms at the MAC

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

Pacific Immigrant Resources Society (PIRS) is a non-profit, community-based organization that has been

providing services for immigrant women and their young children in Vancouver since 1975.

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

PIRS provides a number of programs that support immigrant women and their young children in learn-

ing and practicing English, making new friends, gaining self-confidence, understanding their Canadian society, and in exploring and celebrating our Canadian diversity.

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

Our program models provide women with awareness and key facts

about their community, elements that are necessary to achieve the community involvement and integration that our participants aspire to.

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

Thank you!

Regards

Bal Lallu

## Nikita's Birthday Donation



My Name is Nikita and I am in grade five. For my 11<sup>th</sup> birthday in January, I asked my family and friends to give me money instead of presents so I could make a donation to help Syrian refugee children. I collected \$100

and donated it to Cedar Cottage Neighbourhood House. Then one day some of my Selkirk Elementary Out of School Care Care friends and I went to buy some art supplies for the kids. We bought acrylic paints, paint brushes,

art paper, design scissors, marker, colouring books and much more. On February 17<sup>th</sup>, we went to the ISS Welcome House with the things we bought for the Syrian children. We went to a room where the children were

waiting for us. They sang the song "Five Little Monkeys" to us and they even did actions to the song. It was fun to watch them. Then we gave them the art supplies we brought for them. They were excited and looked like

they really want to get into the stuff. One of the girls who could speak English read my letter to the others. The Syrian children seemed really grateful. I was so happy I could help them.

by Amea Wilbur;  
PIRS

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

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

PIRS's main focus at the MAC is to provide creative programming for Syrian refugees living in temporary housing. The program staff use a photographic

documentary approach to make learning visible. Through the use of photographs of the children's art work, staff can develop a "vocabulary" to reflect on the children's experiences in the program. This is an important tool to facilitate a conversation even without a lot of language in common.

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

While the children are exploring different activities, parents have their own group "Conversation Circles"



where they practice English with a BC TEAL volunteer. PIRS also has an Arabic staff member to talk with families about life in Canada. Parents have asked questions about what it means to parent in the Canadian context - What is life like

here? What sorts of opportunities are my children and my family likely to have?

PIRS feels honoured to be providing services for the families living in temporary housing. The families have

been enthusiastic, engaged and eager to be part of Canadian society. We want to thank all of our generous staff, partners and volunteers for being part of this very exciting project.

# Good Neighbour Awards

by Kelly Woods; Cedar Cottage Neighbourhood House

## YOUTH GOOD NEIGHBOURS AWARD:

Cedar Cottage Youth Council

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



## NEIGHBOURHOOD HOUSE GOOD NEIGHBOURS AWARD:

Mandy Channa

Cedar Cottage Neighbourhood House is honoured to celebrate Mandy Channa as our 2016 Good Neighbour. Mandy is the true essence of a community volunteer who gives selflessly to build a strong and inclusive community. Mandy first came to Cedar Cottage Neighbourhood House both to find a place for her grandchildren and to meet others in the neighbourhood.

In a very short time, Mandy signed up to volunteer for cultural events and to lead activities to create a welcoming place for newcomers. By 2012, Mandy was a member of the Cedar Cottage Community Board where she contributed her knowledge as a former member of AMMSAA, her personal experience as a newcomer to Canada and her long career as an Occupational Therapist. There are so many facets to Mandy's contributions. We are fortunate that she found Cedar Cottage Neighbourhood House as a place to belong. Congratulations and thank you to Mandy Channa.

## CORPORATE GOOD NEIGHBOURS AWARD

Chris Lien - Tung Hing Bakery

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

# Cultural Storytelling at Vancouver Children's Festival

Little Lantern is a grassroots organization working to:

- Support children's Chinese learning as a fun cultural exploration and;
- Empower newcomer Chinese youth with a platform to express creativities.

by Linda Chen;  
KCC Resident

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

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

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



## Don Davies, MP Takes Kingsway Students to Ottawa

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

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

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

Davies also takes the students on a jam-packed two-day tour of Parliament where they visit the House of Commons, Senate, Library of Parliament, Sir John A. MacDonald's office and meet many politicians from all parties.

"This is a great way for youth to share their vision for our country," said Davies. "I think it's also a fun and engaging introduction to Parliament and the legislative process."

This year, the winning entry was submitted by Judy Gong, a student from Gladstone Secondary, and Mabel Huang from Windermere Secondary. Mabel and Judy were selected for their proposal to introduce a national pharmacare strategy.

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

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

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

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

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

Thien Ho from Sir Charles Tupper Secondary for his idea to create a national incentives program for the purchase or lease of electric and hybrid cars.

Robin Horner from Windermere Secondary School for her idea to create a national strategy for mental health services for youth.

Davies funds the Create Your Canada program himself, and no taxpayer funds are used.



## Trout Lake Youth

by Bernie Dionne; Trout Lake Youth Worker



I just wanted to share this great opportunity that the Youth from Trout Lake, Britannia and Thunderbird along with Tom, Matt and I had recently. We were invited to go and meet Mayor Gregor Robertson along with Councillor Andrea Reimer. The youth spoke about their involvement in the Community as well as the Community Events that

they are partaking in. Both the Mayor and Councillor were really impressed to hear and see what the youth are doing and are looking forward to supporting more youth-led initiatives in the City. As well we just found out that the Trout Lake Youth Council has just been nominated for the City of Vancouver's 2016 Awards of Excellence.

## From East Van to Attawapiskat with Love

by Cedar Cottage Aboriginal Family Night

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

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

ings of the medicine wheel that is guided by the holistic importance of not just your physical health but also your emotional, spiritual and mental health. Our culture is essential to our lives.

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



# Cohousing Hits Kensington

by Lorne Mallin; *Community Resident*



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

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

more collaborative, sustainable and close-knit community lifestyle.

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

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

The heart of the community is the 6,500 sq. ft. common house where we serve three common dinners a week plus a weekend brunch. No one has to eat those meals

but we're all on cooking and kitchen cleaning teams. The common house includes a lounge, laundry room, craft room, kids' playroom, studio where yoga classes are held, shared office, two guest rooms, workshop and teen room.

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

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

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



## Big Heart Lonely City

by Alicia Perez; *Community Resident*



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

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

and friends, too. We've invited them into our weekly rhythms, our friendships, and our church community.

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

## Web Site To Help Communities Connect

by Aaron Pazurik, *Community Resident*

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

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

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

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

<https://thevillage.io>

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

# VICTORIA DRIVE FESTIVAL AT JONES PARK 2016

## SATURDAY AUGUST 6, 2016 - NOON TO 5PM

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

COMMUNITY BOOTHS  
BALLOON ART, FACEPAINTING & LET'S TALK SCIENCE SFU ACTIVITIES  
COMMUNITY POLICE  
POPAT ACTIVITY  
5 HOURS OF NON-STOP STAGE PERFORMANCES,  
DANCE & MUSIC  
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**Monique Koningstein**  
VDBIA Coordinator  
Victoria Drive BIA



Gateway to Discovery



**Victoria Drive Business Improvement Association**

# READING BUDDIES

by Nicky Grunfeld; Cedar Cottage Programmer

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

The little friends from pre-school walked over to Selkirk Elementary, where many

of them will be attending kindergarten in September.

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

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

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



# DIY by Nicky Grunfeld; Cedar Cottage Programmer

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

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

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

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

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

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

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



GROUP OF US WITH THE COMMUNITY PATCHWORK QUILT

# TROUT LAKE PATCHWORK QUILTING CIRCLE

by Verna Kim Mar; Community Resident

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

rooms, as bedspreads, as cushion covers and can be made into a variety of bags. Judith Pilley is the experienced instructor for Trout Lake's Patchwork Quilting Circle. She is extremely passionate about quilting and teaching! The quilting class also gets instruction from Pat Rooker. Pat is very helpful and has lots of experience too. Enthusiastic quilters attend the class to work on projects that are designed, coordinated and taught by Judith. Some projects are selected by the individual quilters. A quilted wall hanging and a table runner are my current projects. At the moment, our class is working on a floral patchwork community quilt as a group project that we plan to donate soon.

# Delivering Healthy Eating

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

by **Randy Chau; Cedar Cottage Children and Youth Programmer**



The objective of the program was to spread the idea of eating good food to youth and children. There were two phases to this program. Phase one was to develop leadership skills while phase two was to hold educational cooking sessions at an afterschool program. I applied to this program hoping to gain valuable experience while having fun, and I did! Having the opportunity to pass on nutritional knowledge to children at Queen Alexandra Out of School Care (the location I was sent to) was a wonderful experience. There's just something special about teaching children useful skills that will positively impact their future choices, such as reading the nutrition facts on products. I think it'll help the kids when choosing healthier foods. Part

of phase two was to interact with the participants there. After cooking, we would sit together at the small table and enjoy the snack we made as a group. There would be light conversations such as, "what was your favourite part of today?" as we gobbled up the delicious food. I think one of the best parts of E.A.T was just eating together. It's basic, but I haven't been eating with others lately. I guess most of us are just too caught up with technology, forgetting one of the simplest joys in life: enjoying meals together. The E.A.T program at Cedar Cottage Neighbourhood House had reminded me of this, and I give the organization my sincerest gratitude.

by **Amy Cao, EAT Youth Leader, Grade 10**



Hello! I am a student who is a part of the E.A.T. program. I have been in this program for about sixteen weeks and I have learned quite a lot from the experience. I learned leadership skills from Randy and massive amounts of information about food from Barb. I really think that everyone should know basic information about food in general (food shopping, the food industry, food banks and so on.) When it came to teaching the kids, I have to admit that it was quite a challenge. Kids often lose their attention very quickly unless we did something that was 'fun'. It was generally stressing to get their attention, trying to teach them something, having

to get their attention again, then re-teach them the subject. I guess the kids see what we are teaching them as what they are learning in school so they lose attention. One thing about the E.A.T program I would change would be making the age group higher. Regardless, all the kids were used to our food safety rules and they had fun cooking and eating. The best part of meeting the kids was when they show you that

they remember you and your name, since I only saw them once a week. It was exciting to see that they were very engaged and they often wanted to help with cooking. To me, it seems that the kids really enjoy healthy food and I hope they still do in the future.

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



It was the highlight of most children's day. With a welcoming and comforting atmosphere. A place to connect with others. A place to learn and teach others new things. Where ideas develop and creativity improves. The beginnings of an everlasting learning experience, not only for the participants but for us too.

It has been such an honour to be able to be a part of the EAT program. The children learned a lot about food; everything from food systems and food pyramids, to eating locally. However, the children weren't the only ones who learned a significant amount, but also we, as leaders, learned about the different topics that food has to

offer and the qualities of how to be a leader. It has been a pleasure working with the children and it was great to see them being so engaged into the food activities we had planned for them. EAT has been a great experience for the both of us.

by **Kelly Zheng & Manny Xie, Grade 10, E.A.T. Youth Leaders**



# Take Your Pulse On Pulses

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

by Barb Wong; CCNH Food Coordinator

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

Another good reason to enjoy more pulses is that they have a small footprint on our environment. According

to a 2015 study published in Public Health Nutrition, to produce 1 kg of protein from kidney beans requires approximately eighteen times less land, ten times less water, nine times less fuel, twelve times less fertilizer and ten times less pesticide in comparison to producing 1 kg of protein from beef.

Pulses are also convenient. Canned beans, lentils and peas may be added to a variety of dishes for a quick and easy protein boost. Cooking dried beans is low maintenance: soak them

overnight then simmer in the slowcooker. Some pulses such as lentils and split peas do not require soaking and are tender in just a half hour of cooking.

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

[www.pulsecanada.com](http://www.pulsecanada.com)

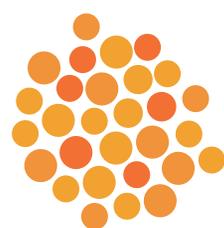
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This make-ahead salad is great anytime of the year. In spring & summer, include vegetables such as radishes and kohlrabi for crunch and spinach, young kale and fresh peas for tender sweetness. In fall and winter, include roast root vegetables and cauliflower and broccoli.

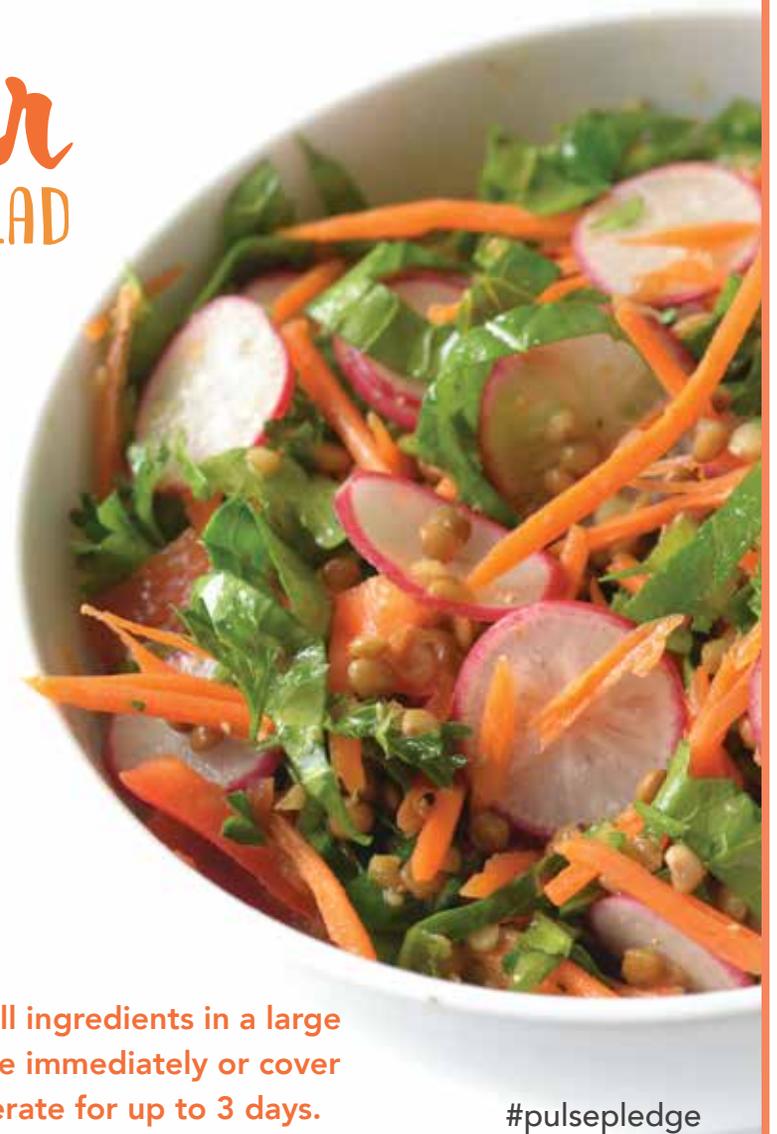
Serves 6



## Summer LENTIL SALAD

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

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



#pulsepledge

COMMUNITY



# Zucchini Racing On Prince Albert Street

What the heck is a zucchini race?

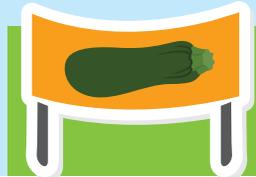
by Keltie Craig; Community Resident

Neighbours may have asked this question last fall upon seeing the poster and invite for the first annual Prince Albert Fall Fair. Inspired by the county fairs held in many small towns across the province, a group of neighbours in the Cedar Cottage area decided to try one of our own last year. The event was held as a block party, with the street opened up for

square dancing, a flea market, produce display/contest, potluck, open mic, and perhaps the highlight of the event – the zucchini race. This involved zuke “cars” with wheels and decorations being raced down the Prince Albert hill. It was a great afternoon, especially once Ernest Ice Cream showed up in their mobile truck to hand out mini cones!

As one of the organizers of this event, perhaps even more

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



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

# Connecting People And Projects

The 2016 East Vancouver Greenest City and Neighbourhood Small Grants

vancouver foundation

neighbourhood small grants

by Jennifer Conroy; Community Resident

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

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

new acquaintances and learning about each others' plans.

There were snacks, coloured markers, sticky stars, maps, and lists of every project by name and area. People read and even photographed the lists, finding out about new, fun events happening nearby. On one wall were large sheets of paper with a question: “What does our best possible neighbourhood look like, feel like, or include?” This activity station was busy! People were eager to contribute, and in a short time each sheet was alive with bright post-it notes. There were event ideas, themes, and shiny stars people used to show that they liked each others' work. What are our best possible neighbourhoods like, as imagined by neighbours? Natural, sustainable, diverse,

artistic, affordable, fun and collaborative. We want more music, art, food, sharing, beehives, gardens, bikes, more outdoor gathering space, and opportunities to plan together. Our ideal communities are friendly, welcoming, celebratory, making decisions together, and sharing a sense of belonging.

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



Jennifer Conroy grew up in East Vancouver, even went to Dickens Annex for Grade 3. She is on the Cedar Cottage NSG Advisory Committee, and about to complete her MA in Humanities at SFU. Before that, Jennifer spent 2 years on the board at HUB Cycling and 7 years in communications and community engagement at SFU Vancouver.

[www.neighbourhoodsmallgrants.ca](http://www.neighbourhoodsmallgrants.ca)