

Neighbour

September 2007 • Issue #7

Serving the Kensington-Cedar Cottage community



My Summer, My Story

stories / page 5



Cedar Cottage Neighbourhood House: Winter Food Gardening Workshop

story / page 7

Coming to Cedar Cottage - a new view on the 'hood

story / page 03

A Sign of Hope: Nature in the City

story / page 06



Restoration and Discovery of a Local Landmark

story / page 17

Harvesting the Garlic: Winter Gardening
Photo by David Tracey, VCAN

Cedar Cottage Neighbourhood House

by Donna Chang



Almost daily, people walk into the building at 4065 Victoria Drive (24th and Victoria) and ask, "What is this?" "Are you a community centre?" "Are you a residential care facility?" "A home for the disadvantaged?" "Government?" Well, we are none of the above. In fact we are so much more. A month ago our plan was to fill 4 pages of newspaper space with community centre news. However...with Trout Lake and Kensington on strike, the KCC Neighbour is going to print without their information. This has then given us the chance to tell our neighbours a little bit about Cedar Cottage Neighbourhood House. And since it seems like such a good idea, in each issue, more information will be given about Cedar Cottage Neighbourhood House and Neighbourhood Houses in general.

History from way back when:

Cedar Cottage Neighbourhood House is part of an International Neighbourhood House or Settlement House movement. The history of

neighbourhood houses trace their origin in the Settlement Movement that emerged in the late 1800's.

The Settlement Movement rose as a response to the dehumanizing conditions and the enormous increase in urban poverty created by the Industrial Revolution. The introduction of capitalism and urbanization deepened the gap between the rich and the poor, and worsened the living standards of the poor; squalid housing, illnesses, high crime, child labour, and unemployment were only some of the issues the poor faced at that time (Majewski, 1986; toynbeehall.org).

In London of 1884, Samuel Barnett and his wife, Henrietta, rejected the option of a parish in an affluent area and came to St. Jude's in the East End of London, "the worst parish... inhabited mainly by a crimi-

nal population" (toynbeehall.org). Joining the Barnetts, students and associates from Oxford University and the Church of England created the first settlement, intending to learn from the poor as much as to teach them, to receive as much as to give. The settlers' goal was to eliminate class differences and to improve the quality of life of the poor; therefore the relation between the settlers and the residents was one of equality.

This first settlement house, Toynbee Hall became a powerhouse of social reform and a training ground for young civil servants who later became key figures in the making of the welfare state such as, Clement Atlee, William Beveridge, and Kenneth Lindsay. As the first settlers came to learn more about the causes and effects of poverty, they

became the pioneers of offering services such as literacy courses, legal advice, health clinics, translation services, youth and senior services, and more. Settlement houses set the model for a comprehensive and integrated service delivery approach (Chaskin, Joseph & Chipenda-Dansokho, 1997), which recognizes the need to address a whole range of issues and circumstances affecting communities.

"Excerpts taken from Association of Neighbourhood Houses" The History of Neighbourhood Houses past and present."

Cedar Cottage Neighbourhood House is part of this impressive movement which addresses social issues around the world.

Look for more information on the local neighbourhood house movement in the next issue of the KCC neighbour.

More info on the international settlement house movement: www.ifsnetwork.org.

More info on local neighbourhood house work: www.anhgv.org.

"Are you a community centre?"
 "Are you a residential care facility?"
 "A home for the disadvantaged?"
 "Government?"
 Well, we are none of the above. In fact we are so much more.

Key Programs & Services - Cedar Cottage's new website coming soon! www.cedarcottage.org

Youth Services

- Youth Leadership Program
- Supportive youth volunteer placements
- Youth Squad Advisory
- Pre-teen and youth activities

Family Support Services

- Family Resource programs
- Saturday Family Drop In
- Aboriginal Family support
 - Parent Education
 - Family Activity Nights
- Early Learning Centre at Selkirk Elementary School

Community Development & Special Events

- Community Newspaper
- Neighbourhood Small Grants
- Mother's Day Pow Wow Committee
 - Diwali
 - Lunar New Year

Childcare Services

- Licensed Out of School Care & Preschool

Volunteers

- senior programs
- community newspaper
- children programs
- special events

Seniors Support Services

- Adult Day Care
- Senior's Advisory Committee
- Senior's Supper Club
 - Phone Buddies
 - Cards & Games



Chloe and Nicky, what a match!

by AnaMaria Basic

Chloe is a nine-year-old student at Lord Selkirk Elementary School. Nicky is a busy registered nurse who finds a free hour each week to spend tutoring Chloe as part of the Big Sisters' Study Buddy program.

The Study Buddy program was created in 2002 to help our Little Sisters who needed additional educational guidance and support. The enormous popularity and success of this program meant that last year we decided to expand, partnering with three new schools in Vancouver.

The Study Buddy program offers girls a volunteer tutor to work on everything together, from science and math to English and French. Although the mentoring relationship is based on studying, long-term friendships end up forming be-

tween two people who would otherwise not have met. A Study Buddy becomes a positive role model for her Little Sister and can help her see the importance of education and learning.

Little Sister Chloe and her Study Buddy Nicky have been matched since March. They sometimes meet at Selkirk but have some sessions at Cedar Cottage Neighbourhood House. During their time together, Nicky says that Chloe has become more open with her as well as more open to learning new things. Irene, Chloe's mom, feels that the match between Chloe and Nicky is great. She adds that

Nicky is a really nice and kind person who helps me finish things and helps me figure things out in a nice way

anyone would match well with Nicky, since she is such a great person. Chloe's teachers have also seen an improvement in her study habits, since she now is completing more assignments and being more engaged in school.

"Nicky is a really nice and kind person who helps me finish things and helps me figure things out in a nice way," says Chloe.

In the Kensington neighbourhood alone we are currently serving 15 girls –that works out to 720 volunteer hours every year! Our Study Buddy volunteers are women aged 19 or over who have a

high school diploma and some form of post-secondary education. Every Study Buddy is interviewed and screened by our staff before being accepted as a volunteer. They also learn effective communication and listening skills to practice in their relationship with their little Sister.

Our program is aimed at both prevention and intervention, as research has shown that a warm, supportive relationship with a caring adult is a key factor in helping children overcome challenges in their lives over which they often have no control.

If you have a daughter who would benefit from this program or if you want to find out more about becoming a Study Buddy tutor, give us a call!

BIG SISTERS' STUDY BUDDY PROGRAM

Since 1960, Big Sisters of BC Lower Mainland has been committed to enhancing the confidence, self-esteem and well-being of girls through supportive friendships with caring women. This agency offers its services throughout the Lower Mainland, including the Kensington/Cedar Cottage area. Could your daughter benefit from having a Big Sister in her life? Or are you interested in volunteering as a Big Sister mentor or a Study Buddy tutor to a young girl in your community?

Contact Big Sisters of BC Lower Mainland at 604-873-4525 ext. 300 or info@bigsisters.bc.ca

For more information, you can also visit www.bigsisters.bc.ca.

Coming to Cedar Cottage...

■ by Veronica Rodriguez

This is how I would describe my experience about the decision to come to know Vancouver and its people.

My name is Veronica, I am from Argentina. I came to Vancouver two months ago. I was working in my country, I am an accountant. I have a small beautiful family: Raul, my husband and our little son, Valentin, age 4. My husband is a medical doctor, he loves his job and six months ago we knew that he was chosen to do a fellowship at U.B.C. As it is his dream, this possibility soon became a family project. We left our jobs in Argentina, our things and Valentin's toys following a dream. We were a little scared, everything would be new for us, the language, the lifestyle and the country. In Argentina I was working and had lots of contact with people. Here I find I need contact with other people but my English is limited and makes it difficult to speak with other people. There are people who stay together in close groups and speak their language, it is difficult to enter these groups.

When people are outside of these groups, it is easier to know them. In Canada, even simple things are complicated for me. If I need to call someone for information or for example to set up my phone it is difficult because of language.



It is very important for me that Canadian people have patience and help me to speak English. I ask people often to repeat and speak slowly.

Today, I can say that Vancouver is one of the most beautiful cities that I have ever known. There are several reasons for this; its landscapes, its mountains, its sea, its parks and its safety. But I am very impressed of Vancouver's people: the multiculturalism and you can really feel that the people

are trying to help you! Since the first day we could feel it. When we rented the basement where we live, the landlord took us in his car and he showed us the neighbourhood. He is always trying to help us, even every week he gives us a gift for our son and obviously Valentin really likes it. Valentin and I participate in the family drop-in organized by Cedar Cottage Neighbourhood House in the park, where my son can play with other children and I can share my experiences with other mothers and I also receive help from them, especially with my English.

Many people helped us, especially Krista who always is ready to give me an advice regarding the education of my son, to help me with the language and many other things. I could say many more examples. So this welcome from Vancouver's people makes us feel not so far from home. That the city is beautiful it is evident and no matter of discussion, but the reason Vancouver has reached my heart is its people.



Cedar Cottage Neighbourhood House

Saturdays are! Spectacular

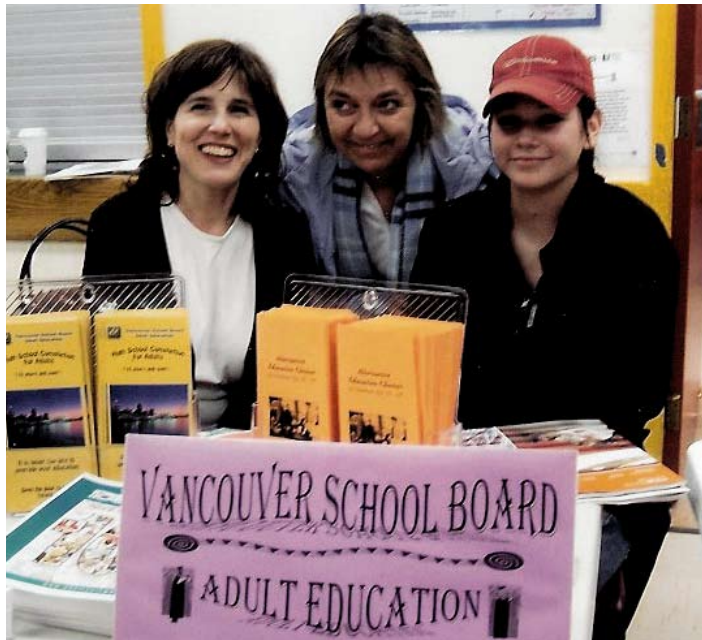
Cedar Cottage will be opening its doors on Saturday this Fall for fun Saturday programs for children and families. When those rainy day doldrums hit, come over to the Neighbourhood House and have your children participate in a myriad of marvelous activities where they can learn new skills, make friends and most of all have fun! We will be continuing our Saturday Drop-In for families and children ages 0-5, and we will also be offering programs for school age children ranging from arts and crafts, cooking, homework & reading, and hip-hop/jazz dance clubs. Your child could be a Superstar on Saturdays this Fall. Come and find out!

Call 604 874-4231 for more information.



Never Too Late

by Dana Alvaro



In addition to the elementary and secondary schools at the Britannia Community Complex there is another Vancouver School Board program offering classes to the community - the Hastings Education Centre. Its original location was at Hastings & Victoria but for the past five years it has found a home in the Commercial Drive community.

Students in the adult high school program are interested in completing their grade 12 for many of reasons, an important one being self-improvement. Possibilities for employment, college programs and university degrees are open to them once they acquire their diploma.

Teachers in the adult education system acknowledge the daily challenges adult learners often experience and are enthusiastic about developing programs focusing on mature students. There are self-paced courses and computer-based programs to fit into hectic schedules, as well as a wonderful volunteer program allowing students to receive one-to-one tutoring. VSB Adult Education also offers Family Literacy classes at Elementary Schools around Vancouver. There are classes in English, literature, classroom communication, keyboarding and computers. These classes are for guardians, parents and relatives of students who attend one of the eight participating elementary schools. Lord Selkirk Elementary, which is in the Cedar Cottage/Kensington Community, participates in this program.

If you have not graduated in Canada and are a Canadian citizen, a landed immigrant or a convention refugee, tuition is free. You can find more information about the Hastings Education Centre or any other adult education centres on the website at www.vsb.bc.ca/schools/hec. You can also phone 604-713-5735 to make an appointment to see an academic advisor at the centre nearest you.

When Kids Grow Out of Daycare

By Lennea Pacilla



Kendra and Nayla enjoying their summer vacation.

A Compassionate Community Partner

When Gwen Lee and her family joined Vancouver First Church of the Nazarene (VFCN) in 2002, little did she realize how her new church would step up to the plate in assisting mentally handicapped adults and their families.

As soon as the church family were aware that Gwen's son, Geoffrey, was autistic, they reached out with a phone call from Pastor Bob Collier. Pastor Bob thanked Gwen for the privilege of sharing in Geoffrey's life, then added, "How can we help Geoffrey and you, his family?"

Gwen met with Bob to tell him about Geoffrey's journey and about her volunteer work with a grassroots organization called the Parent Support Group for Families of Mentally Handicapped Adults (PSG). She shared real life accounts of the growing crisis in setting up viable housing options in the community when parents, like herself, are no longer able to care for their adult children in the family home.

She talked about this parent group supporting parents and their vision of establishing a home for their children. It would be a home for people with permanent cognitive disabilities to enable them to age in a safe, secure and stable environment. A home that welcomed community involvement. They envisioned interaction between the residents and their neighbors in every aspect of daily life, neighborhood social events, recreational



activities and classes run by community volunteers.

True to their beliefs, VFCN members opened their hearts to the families of the PSG. It did not matter that the PSG was multicultural, multi-faith, or "non-faith." All were welcomed in a genuine spirit of compassion and community!

There are few venues where people with permanent cognitive disabilities can mingle with ease at community events. They do at VFCN events: Church yard sales, picnics, pumpkin patch parties, neighbourhood Christmas caroling and, best of all, Nazarene potluck meals. Nazarene Church leaders visit the sick and families in crisis. They play a vital role as PSG volunteers. The Church is the site of PSG information meetings and the annual Christmas party (first Saturday of December) has become a community event tradition.

Thanks to the VFCN's energizing compassionate community ministry, the PSG celebrates its tenth anniversary in 2007 with confidence that their vision of "Housing for a Better Tomorrow" can become reality.

ESL Classes

Church Of the Nazarene, 998 East 19th Ave

by Fern Mumford



Our daytime classes are an opportunity for non-English speakers to learn not only to converse in everyday English but also to learn other things in the process. We exchange information with each other about our culture including holiday celebrations, family and daily life activities. One of the most popular classes has been the cooking

classes taught by Gerry Mumford, a retired baker. The students not only learn how to make food items from our North American culture but also how to read and follow an English recipe and use familiar ingredients. They can take home samples to try out their families and a copy of the recipe so they can make it again if they choose. We also have a "pot luck" occasionally, where everyone can bring a favourite food and everyone can sample some new and interesting good from a different culture. The daytime classes begin again in September 11, 2007 at 10 am. Anyone who is interested in joining us would be most welcome. For more information, call me at 604-451- 8831.

Our kids had a great summer. Not once did we hear, "I'm bored." They went to the VPL book camp, Masons' sewing camp and Sasamat's residential camp.

For many working parents choosing summer programs is a balance between meeting your kids' needs for stimulating fun and your needs for childcare.

But summer is over and it's back to the old routine. But this school year we're making some changes, and our oldest daughter will not be going back to after school care.

Taking our daughter out of daycare is a scarier process than we had anticipated. Have we street-proofed her

enough? Does she always look both ways before crossing the street? Does she know the rules of the road when riding her bike?

Have we taken her out of a safe environment at the Cedar Cottage Out of School Care program and tossed her onto the streets of Vancouver?

Well, not really. We've been laying the groundwork for a long time with babysitting, home-safety workshops, and detailed discussions about safety. It won't all be free time either. There are responsibilities (the worst possible thing that can happen to a pre-teen): walk the dog, do the dishes, practice piano - nothing she hasn't already been doing.

"I will need a cell phone," she says. We have always known where she was at any given time. Is this going to change? Not necessarily because we have rules about going places: follow the same route, call when you get there, and call before you go anywhere else or come home. Other parents are very helpful reinforcing these rules too.

It is never too soon to prepare for the day when your child is ready to take the next step to being more independent. More than ever before we are realizing that it won't be long before our daughter walks out the front door and into her own life.

My Summer - My Story

by Krista Mullaney

I had the opportunity to sit down with eight youth who have been working in summer programs at Cedar Cottage. Their stories will definitely refresh your view of young people and give youth some insight into working in the summer. The young people are, Tommy Yip, Annie Khuu, Horace Tam, Kaede Naito, Carmen Huanger, Wiley Khou and Samantha Wilson (missing from photo; Vivian Tam). Here are their stories...



Vivian Tam

Family Drop-in in the Park

Since I decided against summer school and I wanted to occupy my time this summer and earn money, I decided to work in the drop-in. I chose to work with children because of my experience volunteering with Kindercare. I enjoyed observing the different behavior of children because they all act in their own unique way. Working in the park gives me something to be proud of, that I can help put on a program that is such a success and enjoyed by other families. People really appreciate the programs that communities organize. They want to be involved with their community but don't know where to start.

Children are generally not hard to handle because if you have perseverance, you will prevail. You have to have patience and be willing to keep trying to employ different methods until a conflict is resolved. It is also important to be willing to connect with both the children and guardian.

Wiley Khou

Family Drop-In in the Park

I chose to work for the Family Drop-In in the Park because I needed money and I wanted to do something. Working in the park is more fun than working at McDonalds. I enjoyed my experience and had lots of fun. For youth who are interested in working in the summer, I say just go for it! You have to just jump in and get involved. From my experience working with children I have learned that you have to be patient with them. I used to think that working with children was easy. I thought I could just put out some toys and I'm done, but there is much more to it than that.

My favorite moment of the summer was when I was reading a book to a young boy who spoke only Spanish and little English. After I was finished the book he started talking to me in Spanish, I didn't understand anything but I just said "gracias", the only word I knew and smiled and now we are buddies!

Carmen Huang

Summer Fun

Working with Summer Fun has allowed me to commit to an activity instead of wasting my time this summer. I love to work with children, they're light hearted and always fun to be around. It is the most rewarding job with priceless moments. People shouldn't do it for the money or the easiness of the job, work for the passion you have for the children.

I have learned that laughing things off helps! Also it is easier to resolve problems as a team than all alone. I also look at situations from different perspectives now.

Kaede Naito

Summer Fun

This summer I wanted to work so that I could keep busy and stay fit and healthy. Working has helped me get more work experience, gain more skills and be more independent. Working with children is a great experience and always makes me feel happy and good about myself. I look forward to work everyday, it makes me happy and I like to see the children have fun.

If anyone is interested in working in summer programs they should bring lots of water and get lots of rest! It is important to be professional and ask for help when unsure. With the children it is good not to promise anything because you never know what will happen! We promised them we could go swimming but with the strike, we couldn't.

This experience has taught me so much! I have learned how to deal with stressful situations. I have learned the importance of being honest with how I feel, how to communicate and build relationships with each child.

After the experience I now know how to think more positively and that things will always get better somehow. My favorite moment was when a child who tends to complain a lot came to me after the program and thanked me for all the fun he had that day.

Annie Khuu

Summer Fun

I chose to work for the summer to make money to pay for school but also to keep occupied and to do something productive for the summer. Children are amazing people to be able to interact with. I interact with adults all the time so working with children allows me to let loose and take on new perspectives and ways of thinking. The experience was lots of fun, I got to laugh a lot and have tons of fun with my co-workers and the kids.

My work experience gave me more confidence to do things and take initiative. I learned not to rely so much on others but also in some situations, I learned to get help from others and not shoulder the burden alone.

It has been great working with my team, we all have good chemistry together. What contributes to it is the fact that we communicate directly with each other and don't leave room for misinterpretation.

Advice I would give to other youth is to volunteer a lot in various programs to gain more experience and to test out the waters to see if it is really for you, especially if you have never worked before. Also it is important to be passionate about what you do, love and don't do it just for the money.

Tommy Yip

Summer Fun

I decided to work this summer because I was looking for something new to do. I wanted to retackle the challenge of working with children and to gain a variety of skills. I enjoyed the experience and felt the change in my comfort level.

You have to enjoy what you are doing and enjoy the moment. Patience when working with children is critical. My biggest challenge was satisfying the diverse needs of each child.

Horace Tam

Summer Fun

This summer I wanted to follow through with my connection with Cedar Cottage and I wanted to be productive and make some money. I chose to work with children to return the great experiences I had as a child. It was interesting because I got to observe the behaviors I once had as a child and go to the places I went to as a child.

When working with children it is important to be mentally prepared to deal with problematic children. It is important to have well structured days and back up plans in case things don't go as planned.



■ Photos by Douglas Soo and Steve Byland

A Sign of Hope

■ By Katyanna Gabriel

In the fall of 2003, a pair of cooper hawks moved into our Cedar Cottage community and have been living here ever since. It is easy to see, and to appreciate the richly diverse cultural community we live in but we often miss the preciousness of our surrounding diverse ecology and wildlife. The feathered friends in Sunny Side Park area are remarkable signs of hope amongst the ever-present reality of environmental degradation and devastation. It was feared that they may go extinct with the destruction of their forest habitat, but these resilient birds have been adapting quite well to city life.

Throughout the first winter, I witnessed with awe the Cedar Cottage hawks protect their new territory. One morning a very large eagle perched up on an old growth tree in front of the entrance of the school. The kindergarten class, in the park at the time, watched in amazement as the hawks battled for territorial rights over the park. The eagle surrendered and the hawks went on to build their first nest in a cotton wood tree in the park that spring.

In the summer of 2005, three babies were born. Unfortunately, a car hit a male fledgling but we were able to save him. He had to wait a year in OWL Refuge's care until his feathers would grow back. Last year, three more hawks were born. I rescued a female baby near the nesting tree in the park before she was run over by a gigantic city lawn mover. In the examining room I observed that she had three puncture wounds in her wing. The folks told me how feisty she was. I believe the term they used was "Big Attitude". Of course she would expect any less from an east van chick? OWL was able to rehabilitate her, and a group of us held an impromptu ceremony during her release in Trout Lake in August 2006. This was so fitting because I also found out that day that the rescued hawk from last year escaped on a test flight at the same time as we were releasing his little sister.

This year the hawks, though not in the park, chose a linden tree a block away. My neighbour, Peter Wohlwend, who lives in front of this tree, was able to tell me that there were three babies but two of them had been found dead nearby. The surviving fledgling was being trained to hunt by his parents above us as we spoke. I can't help but think that it was by no mistake the birds choose this block seeing that Peter is coordinator of the Dickens Community Group.

Although these birds are thriving there are many species that are not. As I am writing this article news comes of a devastating oil spill in whale habitat in Robson Straight. We can choose to feel paralysed by the enormity of such events or we can re-affirm our will to create communities for all of nature's diversity to thrive. Families and individuals can protect themselves and nature by avoiding pesticides and other chemicals in our gardens and homes. We can create habitats for wildlife through planting gardens, berry bushes, protecting and planting trees. When you become a guardian to the ecology, gifts of song, adventure and magic abound. It's really as easy as stopping and listening to the creatures that surround you.

Update on Gibby's Field: A Green Space with a Colourful Local History

■ By Dass Fass

The last *KCC Neighbour* contained an article about Gibby's Field, a pasture-like green space on the 1400 block of East 18th Avenue. There has been local interest in making Gibby's Field a permanent community green space since 2000. Gibby's Field is the "1" depicted in the accompanying map. It is just down the hill from Tye Elementary School, depicted with a "3."



The green space is named after dairy farmer Moses Gibson (1850-1937). He, wife Jane, and ten children lived in a farmhouse at 1215 East 20th (old Vancouver house numbering), depicted with a "2" on the map. Moses, Jane, and daughter Ruth are buried in Mountain View Cemetery.

The map also shows that two major streams, Gibson Creek and Davy Creek, used to cross Gibby's Field until at least 1944. Gibby's Field contains a stream bed that takes the same course as that combined stream.

The broken lines in the map depict the three district lots that Moses Gibson bought in 1893.

There is much news to report since the last *KCC Neighbour* article was written. A Gibby's Field Vision Statement, agreed at the Kensington-Cedar Cottage (KCC) CityPlan Committee meeting on 1 February, proposes to:

1. Turn Gibby's Field into a viable community green space.
2. Acknowledge the historical and cultural value of Gibby's Field.
3. Recognize the urban ecology of Gibby's Field and enhance its natural features.

About two dozen volunteers helped organize two events in May and June. On 13 May, we held a Gibby's Field Picnic in recognition of local children who used to have picnics by the creek at Gibby's Field in the 1920s. As many as 125 people attended the picnic. Among them were three local senior citizens who remember when the creek ran through Gibby's Field and a number of people involved in preserving Gibby's Field as a green space back in 2000-2001.

On 16 June, we held a workshop on Gibby's Field at St. Mark's Evangelical Lutheran Church at 1593 East 18th Avenue. The workshop was facilitated by Community Studio, a student-run community service project within UBC's Landscape Architecture programme that provides help to community green space initiatives. Megan Turnock of Community Studio is writing up the results of the workshop over the summer.

To learn more about this community effort or become involved in it, contact coordinator Dan Fass at 604-253-3501. Dan also has available a two-page history that he has written about Gibby's Field, Moses Gibson, and Gibson Creek for anyone interested. If you have some knowledge about these subjects, he would be interested in hearing from you.

How you can support research and protection of Urban Cooper Hawks:

There has been an ongoing research study of Victoria urban cooper Hawks since 1995 by volunteer researcher Andy Stewart. Andy has banded over 1000 hawks in Victoria. If you spot a tag on the leg of a cooper hawk please report it. Windows and cars do kill these city hawks but glass doors and windows on sundecks are the number one killer. Stewart suggest placing cedar lattice (grid pattern) around your sundeck and if possible behind, above or below windows. Streamers can be helpful in large quantities but decals on windows are "totally ineffective".

For more information on urban cooper hawks and how to make a much needed donation contact: Andy Stewart, email: andy.stewart@shaw.ca, 250-387-9780 http://www.islandnet.com/beaconhillpark/articles/121_banding_hawks.htm

If you have found an injured bird or animal keep an eye on its location and call below for instructions.
 OWL Refuge: birds of prey only, Ladner, 604-946-3171
 Wildlife Rescue: all types of wildlife, Burnaby, 604-526-7275
 Critter Care: all types of wildlife, Langley, 604-530-2064
 Reptile Refuge: reptiles only, Richmond, 604-271-8995
 Human Society: will rescue injured wildlife, east Vancouver, 604-879-7721
 After hours drop off:
 Night Owl Vet Clinic: 604-734-5100
 Vancouver Animal Emergency: 604-734-5104

More about planting gardens to benefit our environment:
 The City of Vancouver is committed to reducing the unnecessary use of pesticides. Pesticide use on private property is a cause of concern from both a public health and an environmental perspective. For pest problems, consult with your local garden centre or the VanDusen Master Gardener's for information on the least toxic methods of pest control.

For more information about boulevard gardening call:
 Green Streets Program (Engineering) 604-873-7204
 Blooming Boulevards Project (Planning) 604-873-7679





A Community Garden at 1829 Victoria Diversion

■ By Kathryn Ann

Four years ago, the residents at 1829 Victoria Diversion set out to transform the area between two concrete SkyTrain abutments which fronts theirs and adjacent property. Permission for this endeavour was granted by TransLink management. Labour was on a volunteer basis, and all associated costs were borne by the residents. Two months ago, CKNH lent a helping hand and awarded a five hundred dollar grant to support the garden project.

The challenge has been considerable. The earth, once divested of its

overgrowth of broom and ivy, is shallow with a base of asphalt left from a previous roadbed. We used pick-axes to break up the foundation before adding soil and compost. Second, the SkyTrain overpass acts as a concrete umbrella and keeps the area beneath almost completely dry. We installed pipes and a new water outlet at the front of our building, and rely upon a lot of watering, as well as emphasizing more draught resistant plants.

The impact of this enterprise on our immediate neighbourhood is already evident. An apartment resident

two building to the north has followed our lead and erected a wooden fence around her dwelling entrance, with planters all along it which bloom with flowers in the spring and summer months. Seniors from the residence next door have expressed their appreciation of the improved view. Directly across the street, the owners of The Sound Studio were inspired to dig out a tall collection of weeds that surrounded their building and replace them with a wooden deck, where people can sit and relax during their musical session breaks.

Neighbourhood folks have even spontaneously planted a few items in our garden, and the community support has been encouraging.

Cedar Cottage Neighbourhood's willingness to implement their philosophy of positive change in the most practical manner was greatly appreciated. There is something restorative about creating a garden which brings beauty to the environment as well as a sense of accomplishment to all who participate.

Don't Hibernate - Cultivate!

■ By David Tracey



Everyone knows winter in Canada means snow and lots of it, yes? Also chilly winds, icy roads, thick coats, and long nights of hunkering indoors in heated rooms, right? Wrong!

Maybe because many west coasters are transplants from back east, or because we may remember a cold spell more than the rest of the season, we tend to misjudge our own seasons. Especially when it comes to gardening.

The truth is, we're lucky to be living on the west coast where a mild maritime climate means we can grow things year-round. To those interested in raising their own healthy and delicious organic food, this is great news.

Winter food growing actually begins by planting wisely in summer. Many crops are best started from seed in July or August and then harvested throughout the winter, but it isn't too late for some tasty options. Garlic is one popular choice: it overwinters well in our local conditions, wards off pests, and uses the early start in spring to develop its full potential in size and flavour by mid-summer. Kale, cabbage, turnips, spinach, onions and lettuce are other possibilities.

If you want to learn more about how to eat from your garden all-year-round, come to the free **Winter Food Growing Workshop** at the Cedar Cottage Neighbourhood House on Wednesday, September 19, from 6:30 to 7:30 pm. Take-home samples to use in your own growing projects will be provided.

This workshop is offered by the Vancouver Community Agriculture Network (VCAN). Together we're working to help residents create their own community gardens, so even if you have no room you might want to attend anyway. You might meet others with the same idea and decide to get something growing together!

To register for the free workshop or for more information, contact: Samantha (samantha@eya.ca - (604.689.4446) or David (ecourbanist@gmail.com - (604.215.1914)

Taking the "Cedar" out of Cottage

■ by Monica Karbovszky



We have all thought about it. Some of us have pondered the question for a brief minute, others may have juggled it to and fro for an hour, and there are some of us who cannot stop wondering about it.

There are times when we step away from our neighborhood to shop, to head out to work, or to go to the beach. And it stays behind. But the instant we turn on to Glen Drive or veer from Knight Street onto East 14th Avenue, it is standing right in front of us.

The "it" is Cedar Cottage: the name of our neighbourhood, and where we have chosen to live.

If you close your eyes, you can almost see it. Back when there was a forest in place of grey paved roads - a vision of cedars appears, emerald and majestic, alongside clapboard cottages, with roomy verandas. Imagining such a view makes me want to snack on some local berries.

That is the ordinary answer, though, because cedars and cottages had existed here, local inhabitants put two words together and came up with the label "Cedar Cottage".

Because unordinary answers are hard to

find, I decide to take a different angle. There must be a way to uncover the roots of our neighbourhood's moniker.

An idea begins to form in my mind, and I start with taking the "Cedar" out of Cottage. With my notebook in hand, the search for clues leads me outdoors.

Walking around the streets of Cedar Cottage, I stare up at the cornflower blue sky, and then, my gaze moves downward to the trees that line the sidewalks and back streets. I stroll down East 16th Avenue, and turn north onto Windsor Street and make a pit stop at the Windsor Way corner store.

On my way back, I decide to take a route that will arch around the four corners of Cedar Cottage.

I know what I am looking for. I think. Do I know what I am looking for? With this question in mind, I race home, and do some research on the internet, and type in a few key words: cedar trees Vancouver. The search results are vast; there is much written about cedars. I am successful as I learn a few things about cedar trees.

In British Columbia, the most common cedar tree is the Western Red Cedar; it is found on the coast and wet belt of the Interior. I scan the pages to find any unique features: the Western Red Cedar has drooping branches that turn up at the tip, its large number of cones bend backward along the branches, and it's our province's official tree!

Silver Threads

Cedar Cottage Wednesday Supper Club

by Sylvia Hallwas



For several years Cedar Cottage has had a group of seniors who meet to socialize and enjoy a meal together. Many of them live in the neighbourhood and have known each other for a few years. New members may also join the club.

We have a mild exercise programme before the meal for those who want to participate. Occasionally, talks are given, at our supper club, by workers in various fields of health care. Some of the talks have been on high blood pressure and home care support services. After the meal we usually play a trivia quiz game.

The reasons for coming to the supper club are varied. Some being socializing, making new friends, supporting the community and staying in touch with people. Many members are happy to have a good meal prepared for them at a reasonable price. For some, who live in walking distance, this gives them their exercise for the day. Many of the members who live around

Cedar Cottage can attend as the supper club is local. In talking to one another, you get suggestions on how to do things in different ways. Also you get different viewpoints of local and world news.

As it is harder for seniors to get out, getting a bus ride home (especially in the dark cold rainy months) is much appreciated by those who need this service. Entertainment groups also come in, usually youth groups who come to entertain the seniors—especially around Christmas time. It is very enjoyable.

The atmosphere is full of warmth and laughter. The members get together, talking to friendly familiar faces who they have come to enjoy being with, sharing a meal on a weekly basis. Topics of conversation include what they did during the week, news about family and friends, and what they plan to do in the weeks to come.

As the people leave friendly farewells are heard saying, "See you next week".

Legion Branch #48 Finds New Home

Theresa McAuley



The Royal Canadian Legion Collingwood Branch #48 located at Joyce & Kingsway for the last 79 years, closed its doors in 2005 to make room for redeveloping.

In October 2006 they found a new home at 718 East 20th Ave at Fraser Street. The opening at this location has been delayed due to the impediment in obtaining license and permits from the City of Vancouver, the Provincial Government and more recent complexity caused by the Civic Strike.

The Royal Canadian Legion is a non-profit organization and was founded in 1925. Their commitment to the Remembrance of those who gave their lives for peace and freedom is as valid today as it was then. As well as services to veterans and the community, the Legion has a strong and continuing dedication in promoting Canada's contribution to world

peace.

The Legions Ladies Auxiliary received their Charter in 1927 and the only one still in existence in Vancouver is at Collingwood Branch #48. Among the activities of the Ladies Auxiliary is to fund raise and make hospital visits.

Due to the aging of Canada's veteran population, the Legion has opened its membership to civilians, in order to maintain the many services provided by The Royal Canadian Legion to Communities across Canada.

The Legion is an acting advocacy agent on veterans' behalf and deals directly with the Federal Government to ensure ex-military personnel and their dependants are treated fairly. The Legion also supports programmes for seniors, particularly through direct community level activities, such as the Legion Long term care Surveyor Programme and a housing programme. The Legion's Youth programme provides scholarships and bursaries, sport programmes and support to activities such as cadets, scouts and guides.

Collingwood Branch#48 of the Legion will be a licensed premise and offers to members and their guests, shuffle board, darts, pool, meat draws, pull tabs, crib, bingo, entertainment and more. Please watch for the notice of the "Grand Opening" and join the Legion Members for a welcoming celebration.

Here's a
True Cliché

It's not over
until its over!

You are NEVER too old.

You are never too old to make friends, to have fun, to feel joy, to have meaning and purpose in your life, to feel like you belong. Life is too short to be alone and detached from other people. Life is too short to not make each day count.

If you are a senior who lives in the Cedar Cottage/Kensington community, come out to play. Cedar Cottage Neighbourhood House has several different ways you can meet new friends, learn new things, eat good food, and have fun. With an evening supper club, daily adult day care service, volunteer opportunities, cards and games groups and a seniors advisory committee there are plenty of ways that you can get involved.

If you are interested in attending a seniors program or would like more information, please contact the seniors department at Cedar Cottage Neighbourhood House at (604) 874-4231 or drop by and say hello. We look forward to meeting you!

SPECIALIZED PROGRAMS:

Adult Day Care: Supporting Frail Seniors to live independently. Call Evergreen Health Centre to make a referral (604-872-2511)

Seniors Supper Club: Drop In Program every Wednesday at 4:30 pm. Call 604-874-4231 to reserve a spot.

Phone Buddies: Volunteer your time to make regular phone calls to an isolated senior. Or, if you would like to have a phone buddy please also make the call to 604-874-4231.

Seniors Council: Volunteer your time to be on a committee to develop special events, presentations or activities which enhance the quality of life for seniors in this community. Call 604-874-4231.

Like Shopping?
The Group Shopping Program Needs You!

We are seeking volunteers to assist seniors with shopping at Oakridge Mall twice a month from 10 am - 1 pm.

Call Janet Notter, Coordinator of Volunteer Programs, Evergreen Community Health Centre, t: 604-877-4677.



Neighbour

MARKETPLACE



ADVERTISE. CONNECT. BUILD COMMUNITY.
Call us at Cedar Cottage Neighbourhood House (604) 874-4231



GREAT DEALS
ON GOOD QUALITY PRODUCTS
AT EXCEPTIONAL PRICES

Canopies are only part of what we do!

Midland Canopies are long-wearing, easy to use and come in multiple sizes and configurations. For vehicles, boats, gardens, patios, & more!
<http://www.midlandcanopies.com>

MIDLAND LIQUIDATORS
1234 KINGSWAY, VANCOUVER BC
tel 604 875 9722

A



Maxim's Bakery Ltd.
maxims@telus.net

B

Vancouver East Store:
#516-5613 Victoria Drive, Vancouver, BC
Tel: (604) 323-1551

Store Hours:
Mon-Sat (8am-7pm)



David Chudnovsky, MLA
Vancouver Kensington

6106 Fraser Street
Vancouver, BC
V5W 3A1
604.775.1033

C

Supporting community growth in
Vancouver-Kensington



Lobban's
FLOWER SHOP LTD.

E

1307 Kingsway, Vancouver, BC V5V 3E3
604-876-5544

www.lobbans.com



LOTS OF NEW STOCK!

Famous Dagoli Clothing
at Discount Prices!

DAGOLI

UP TO 80% OFF!

Phone
604-254-8330

Factory Outlet!

End of Lines,
Seconds, plus Gifts!

1915 Stainsbury Ave.
Vancouver
Mon. - Fri. 9 - 4

D

VCAN & Cedar Cottage Winter Food Growing Workshop

It's not too late to plant crops for winter enjoyment!!

The Environmental Youth Alliance (EYA), as a part of VCAN, will be hosting a free workshop at the Cedar Cottage Neighbourhood House. Learn about winter crops and indoor food growing: sprouts, garlic, greens, radishes, broccoli etc.

Wednesday Sept. 19th 6:30-7:30 pm
Cedar Cottage Neighbourhood House
4065 Victoria Drive



cities
people
plants
inspire

G

Shop Local Year 'Round!

This season's dates:
Nov 10 & 24
Dec 8 & 22
Jan 12 & 26
Feb 9 & 23
March 8 & 22
April 12 & 26

Winter Farmers Market
Wise Hall, 1882 Adanac Street @ Victoria Dr
Second & Fourth Saturdays of the Month
November to April
10am - 2pm

eatlocal.org

Brought to you by
Your Local
Farmers Market Society
604-879-3276



Cedar Cottage

Neighbourhood Pub/Liquor Store/Coffee House

3728 Clark Drive, Vancouver

Eat Relax Enjoy

come try the new selections in our liquor store and coffeehouse

F

PETER KLETAS Realtor

604-512-7763
www.peterkletas.com

Choose a realtor who
lives and works in
Kensington /
Cedar Cottage



**Wishing you continued success with
your community newspaper!**

Jenny Kwan, MLA
Vancouver - Mount Pleasant
1070 - 1641 Commercial Dr. 604-775-0790

jenny.kwan.office@leg.bc.ca www.opposition.bc.ca



- Long-time resident, and supporter of Kensington / Cedar Cottage Neighbourhoods
- Good, efficient, reliable service in English, Chinese, and Spanish
- Free Market Evaluation of Your Properties



Pedro (Peter) Su 蘇沛強

Realtor, Associate Broker
Residential, Commercial & Investments



Contact Direct: **604.328.0880**

E-mail: pedros@remax.net or amigo88@hotmail.com



Selina Jansen... Building community one yard at a time

Long-term resident of this vibrant and emerging community. Selina truly is the **KCC Neighbourhood Real Estate Specialist**.

For insightful and up to date Real Estate information call Selina Jansen

www.SelinaJansen.com
Call Selina direct at 604-789-6995



Mobina S.B. Jaffer, Q.C.
Azool Jaffer-Jeraj

Personal Injury Lawyers

DOHM, JAFFER & JERAJ

202 - 1437 Kingsway
(corner of Kingsway & Knight)
604-871-3550

Drop by to receive a free Accident Reporting KIT

Canadian Accident Reporting KIT

Your checklist to gathering important accident information.
Be prepared... keep this KIT in your glove box.



Park Georgia Realty

19 Years experience as your Neighbourhood Realtor

The market is moving quickly. Call today for your evaluation.

Mary Sutherland
Associate Broker

Cel: 604.880.0148
Email: mary.sutherland@telus.net

we're here for you!
and have been for 25 years!



Pastor & Mrs Gordon Conner

Greater Vancouver Baptist Church is a thriving community of people who are committed to our faith in Jesus Christ. Each week, people of every age, race, nationality, and cultural background are finding spiritual help and genuine friendships in a caring church family. Our church services provide relevant, helpful messages from the Bible, uplifting music, and a spirit of caring for others. We work hard to provide an environment that is welcoming, encouraging and that remains faithful to the truth of God's Word. Please accept our invitation to visit us at any of our service times.

celebrating 25 years of God's goodness!

greater VANCOUVER baptist church

4440 Victoria Drive (at Kingsway) Vancouver BC
gvbc.ca

SCHEDULE OF SERVICES

Sunday
Sunday School 9:45 am
Morning Service 11:00 am
Evening Service 6:30 pm
Wednesday
Evening Service 7:00 pm
RADIO
Standing On The Promises! K.A.R.I. AM 550
Sundays at 9:00 am

同慶餅家
Tung Hing Bakery
Tiem Bánh Đồng Khánh

Spend over \$6 and get one free bun*
*with this coupon

1198 Kingsway Tel: 604.875.0043

CANADIAN BIBLE SOCIETY

Canadian Bible Society
700 Kingsway, Vancouver, BC
Tel: 604-872-6691

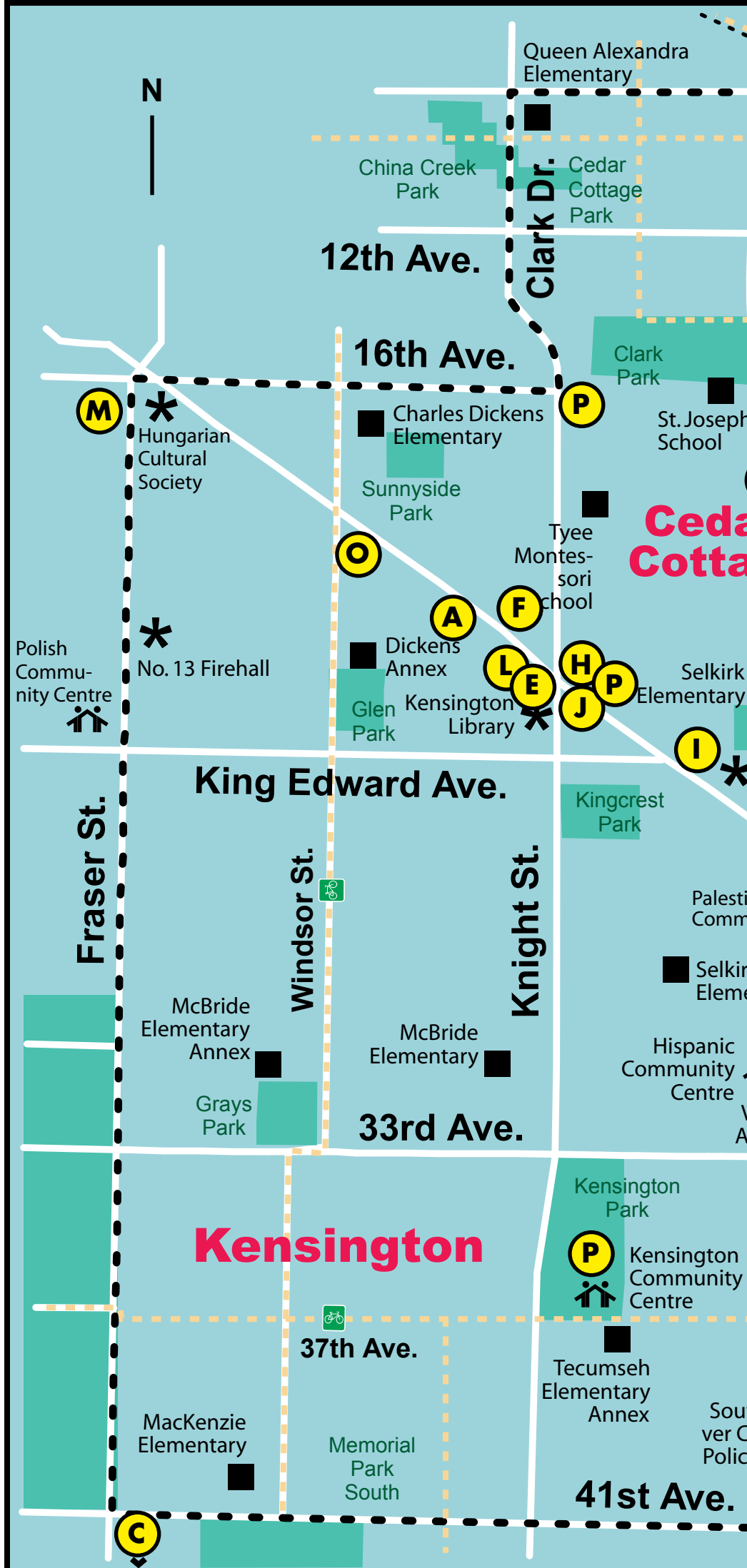
Great Selections of Bibles and Music!

Canadian Bible Society has bibles in many languages, specialty Bibles and CD's in English and foreign languages.

SUBWAY

Buy one Sandwich and receive the second at 1/2 price.

1773 Kingsway
between Victoria Drive & King Edward Ave



GERRY LEE-KWEN

KINGSWAY DENTURE CLINIC

We specialize:
Complete/Partial Dentures
Dentures over Implants
Softliners/Rebases/Relines/Repairs

We accept Visa and Mastercard for your convenience



NOW ACCEPTING NEW PATIENTS
Please call Gerry for your complimentary consultation

#103-1435 Kingsway (at Knight St)
Office hours M-F 9am-5pm, Sat by appt
www.kingswaydentures.com

604.874.6671



FAMOUS FOODS, located at Kingsway & King Edward, is where you will find a great selection of dried fruits, vegetables, nuts, trail mixes, grains, assorted rices and beans, plus herbs and spices. We stock regular produce and organic produce, a fresh meat counter, plus organic meats and organic poultry.

1595 KINGSWAY, VANCOUVER
phone: 604-872-3019

OPEN: MONDAY-FRIDAY 8 A.M. - 9 P.M.
SATURDAYS & SUNDAYS 8 A.M. - 7 P.M.

Come in and check us out, as we are the original, affordable, Natural food store.

For your convenience we take Interac, Visa and Mastercard.



Norm Flockhart
"The King of Kensington"



- * Over 18 years of service in the Kensington area
- * Resides in your neighbourhood
- * Call for a complimentary market evaluation of your home

Cell: 604.328.2111
Office: 604.261.7275

www.normflockhart.com

VANCOUVER FIRST CHURCH OF THE NAZARENE



Ongoing Events in the neighbourhood...

- Free ESL Classes: Tuesday & Thursday, 10 am to 12 noon (beginning Sept. 11th)
- ESL Conversation Club: Wednesdays from 7pm - 9pm
- Vancouver East Scouts: Thursday nights at 7pm
- Sunday Schedule: Worship Service at 11 am; Christian Education at 10 am
- Upcoming Seasonal Events: Pumpkin Patch Party; Windsor Caroling

998 East 19th Avenue, Vancouver BC V5V 1K7 (corner of Kingsway & Windsor)
Tel 604-874-2022 E-mail: vfcnaz@telus.net

Pastor Grant Zweigle; Pastor Kadee Smedley; Pastor Matt Smedley
Pastor Willy Choriego (Primera Iglesia); Pastor Tekeste Genzebu (Holy Trinity - East African)

Nuralla Jeraj, F.C.C.A
ACCOUNTANT

'for all your personal and small business accounting needs'



202 - 1437 Kingsway
(corner of Kingsway & Knight)

604-871-3559



Dhalco
Learning Centre Inc.
5124 Victoria Drive Vancouver, BC, V5P 3V2
Tel: 604.322.3263

Fun Learning concepts with academic success...only at Dhalco

Early Learning Academic Program

- ✓ E.C.E. Teachers with First Aid
- ✓ Flexibility in the days, times and the number of times per week
- ✓ Ongoing monthly registrations on a first come, first serve basis
- ✓ Offered 7 days a week
- ✓ Affordable Rates
- ✓ Small Class sizes allows more one on one time
- ✓ Mix of both ages 3 & 4 in each class

Tutoring:

- ✓ For Math, Reading & Writing (Kindergarten to Grade 5)
- ✓ Small Class sizes for more one on one time
- ✓ Monthly Registration
- ✓ Affordable Rates
- ✓ Consists of coaching, instruction, homework help and worksheets for extra practice

The Kensington - Cedar Cottage

Neighbour**Committee Members:**

Penelope Bacsfalvi
John Buckberrough
Donna Chang
Tanya Fink
Paul Reid
Kelly Read
Peter Wohlwend
Lilli Wong
Kelly Woods

Editing:

Donna Chang
Paul Lepage
Penelope Bacsfalvi
Amy Lam
Edward Walton

Graphic Design:

Lilli Wong
Kelly Woods
Penelope Bacsfalvi
Ray Morgan
Jennifer White

Mailing Address and**Article Submissions:**

Cedar Cottage
Neighbourhood House
4065 Victoria Drive
Vancouver, BC
V5N 4M9
ccnh@cedarcottage.org

Ph. 604.874.4231

Fx. 604.874.7169

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.

Movie Night In The Park

by Norman Wong

"Movie Night In The Park," initiated by Constable Heather Brown and the Collingwood Community Policing Centre, is a new program aimed at bringing neighbours closer together in an effort to prevent crime. This program is a fun and simple way for neighbours to meet and get to know each other while enjoying a free movie with complimentary popcorn in their local park. The festivities of these fun-filled nights provide residents the opportunity to talk with one another about what's happening in their neighbourhood, which in turn develops friendships and stronger communities.

When we stage a movie night all amenities, such as the movie screen, projector, sound system, movie, and popcorn, are provided by the Collingwood Community Policing Centre. The only things residents have to bring are themselves, their families and friends.



On July 27th we had our largest turnout yet. With the sponsorship of the Vancouver Courier we were able to attract over 300 participants to Brewers Park. The early festivities filled the park with a constant buzz. Free hot dogs, refreshments and popcorn were handed out until none were left. The kids were kept busy as they enjoyed gumballs, face painting, a mini POPAT (a police obstacle course), and a special appearance by Constable Chip the Chipmunk, the official mascot of the Collingwood Community Policing Centre, who is "nuts about safety." And if that wasn't enough, prizes were given away to lucky winners before ending the night with the feature presentation.

This wonderful program owes its success to the volunteers of the Collingwood Community Policing Centre that take time out of their busy schedules to help make it happen. They share in our goal of building strong communities so that its residents can rely on and help each other to report and deter crime. We believe that is one of the best strategies in crime prevention. For more information, please call the Collingwood Community Policing Centre at 604-717-2935.



Review: The Rio on Broadway

■ by Dylan St. Aubin

A cheap, simple movie-going experience worth checking out...

When someone mentions movie theatres today, most people will immediately think of the big, five story, and ultra-modern colossi that always has dozens of showings for several first-run showing. When a new movie comes out that you would want to bring your family to, or just a friend, you suddenly remember the hassle of lining up with a crowd of others, taking a chance with getting tickets for the show-time most convenient, and then having to wade through the noise of fellow movie-goers to get to you're seat. This prospect can turn people off, driving them into the "Wait for the DVD" course of action. This method is completely valid, and, in time, you'll get to see what you want to see, but for those that really do want to see it in theatres, enter the Rio on Broadway.

The Rio is such a magnificent theatre for so many reasons, from its friendly, little-and-local staff to its one-theatre layout that brings back memories for the parents and old-timers to its ability to get first-run movies on its screen when they're still hot, something that will appeal to the recent generation of independent youngsters as well as families looking for a pleasant experience. It has become something of a hidden treasure in the city, offering services of good value. The Rio is an excellent experience amid the growing number of large locations that seem to be appearing across Greater Vancouver, and it should not be missed by those looking for a great movie-going experience in our own community.

"Discover it for yourself."

Hellven Bar'N'Grill

■ by Paul Reid



The name of the restaurant is "Hellven", a word that a friend had thought up - a 'yin-yang' type of word that is a combination of both Heaven and Hell. "The word sat on the shelf of our minds for quite some time until we finally found a use for it," says Arlo, chef and co-partner at Hellven.

Arlo, who grew up in Campbell River, moved to Vancouver approximately 7 years ago. Having spent three years working his way up the kitchen ladder at the Prospect Point Cafe in Stanley Park,

Arlo learned what it took to produce quality cuisine. Subsequent cooking jobs re-affirmed this to Arlo as he was frustrated with all of the 'cutting corner' methods used: un-attention to detail, the lack of consistency, the use of low quality ingredients. This frustration compelled Arlo to want to open an establishment of his own - one that served high quality foods, but at prices reasonable enough that the average person could afford. So, when Arlo saw the lease sign on what was previously called

'The Candy Bar' (and before that, the E&B Restaurant), he quickly set into motion and acquired the place that would become 'Hellven'. I had Hellven's Salmon Fettucini in Creamy Rose Sauce with garlic bread and a Caesar salad. (\$12.50) The pasta arrived piping hot - prompting me to dive into my salad and bread for awhile. Both were quite fine - the Caesar salad was delicious. Returning back to my Salmon Fettucini, I was again quite impressed with the quality of this dish. Other items that I have tried

in previous visits to Hellven have included their pizza (12.50), nachos (\$6.50 or \$9.50) (don't forget to add the spicy beef dip for \$2.50), and their onion rings. May I also recommend the featured beers by R&B (Rick and Berry) Beer on Tap, an award-winning brewery located in Vancouver. Arlo insisted on having good quality beer. Try the 'Red Devil' pale ale or the 'Bohemian Lager'.

Oh yes, I almost forgot the dessert. I had a piece of Chocolate Cheesecake (\$3.75) and coffee. The cheesecake,

swimming in chocolate sauce, rated right at the top of the old cheesecake scale - I would say 9-9.5 out of 10 (and no cheesecake ever scores a ten). The coffee was good too.

So there you have it folks, next time you find yourself along Kingsway, just East of Victoria Drive, treat yourself and your loved ones to fine meals and beers at Hellven. I recommend it.

It is located at 2066 Kingsway (between Victoria & Sidney).

Phone: 604 873-1010.

Food Security Project

■ by Charito Gailling

Everyone enjoys a good, hearty and nutritious meal when they are hungry. We all take comfort in our favourite foods, and many times the kitchen is the busiest spot in the house- the place where families come together. But unfortunately for too many low-income families in Vancouver, being able to afford healthy food choices on a daily basis is often beyond reach.

The "Take a Break" programme is over 8 years old. After they have shopped at the food bank, participants are invited to "Take-a-Break", have a healthy snack and learn more about how to cook on a budget using food items commonly distributed at food bank depots. Health professionals are on hand to demonstrate healthy low-cost food preparation and recipes and answer health and nutrition related questions. They can also help food bank participants to access community kitchens, dental programs, neighbourhood houses, ESL services, mental health, addictions services, and other community resources.

Take-a-Break is a great place to socialise, have a snack, and learn more about healthy cooking ideas – but there is so much more we can do together to address hunger in our community! With funding support from the Community Food Action Initiative, a new Trout Lake/Cedar Cottage Food Security Network is being developed and we are looking for interested residents and/or community agencies who would like to support or get involved.

The Trout Lake/Cedar Cottage Food Security Network (TLCC FSN) is a new project, which brings together local residents and service providers to create action around food security needs in the northeast Vancouver area. Our goal is to increase community awareness of food security and available resources by coordinating educational workshops on food security issues (i.e. cooking on a limited budget, creative lunchbox ideas, etc). We are also working on developing a local community kitchen where residents will be invited to learn more about low cost healthy meals, take part in cooking together, and share community meals.

Steps towards the creation of a sustainable food system may also include food growing initiatives such as developing a community garden, food sharing projects, etc. This new food security initiative is modelled after the highly successful "Renfrew-Collingwood Food Security Institute" which operates out of Collingwood Neighbourhood House. We very much appreciate their support as we develop a similar community based initiative in Trout Lake/Cedar Cottage!

The TLCC FSN is a partnership project supported by Trout Lake Community Centre, Cedar Cottage Neighbourhood House, Evergreen Community Health Centre, the Take a Break Program, Vancouver Community Agriculture Program, Vancouver Community Kitchens Project, and the Greater Vancouver Food Bank Society.

If you would like more info on the Trout Lake/Cedar Cottage Food Security Network or are interested in participating on the steering committee, please call Charito Gailling at Evergreen Community Health Centre at 604-877-4689 or email charito.gailling@vch.ca



Chinese Traditional Medicine Food Therapy

Compiled by Verna Mar

Two recipes for common cold with chills and sore muscles:

Fresh Ginger and Sugar Tea

Take 5 pieces of fresh ginger and 2 tbsps. dark brown sugar. Infuse the above ingredients in 2 cups of boiling water. Strain and drink the remaining tea while it is warm.

Ginger Rice Soup

Take 10 g (5 slices) fresh ginger, 100 g (3 1/2 oz) polished round grain rice or glutinous rice and 30 g (2 pieces) green onion. Cook the fresh ginger and rice in 4 cups of water for 30 mins. Then add green onion and simmer for 30 mins. Drink entire amount while still hot. After drinking, lie in bed under a warm blanket to sweat out the cold.

Recipes for common cold with high fever & sore throat:

Chrysanthemum Flower Tea

Take 8 g (1/3 oz.) dried chrysanthemum flowers. Add 2 cups of boiling water to the chrys. flowers. Cover and allow to steep for 10 mins. Strain and drink the remaining liquid once or twice a day until cold symptoms subside. Note: This flower tea looks attractive when served in a clear cup or glass and even fine to drink whether or not you have a cold.

Chinese Green Onion Recipe

For plugged ears or a stuffy nose, wrap a piece of green onion in a thin tissue and insert it gently into the ear or nose.

Ingredients for the above recipes are available in Chinese grocery stores or herbal stores like **Wing Shing Enterprises Ltd. at 5729 Victoria Drive near 42nd Avenue, phone (604) 683-4881**. This interesting store has an experienced person there who dispenses herbal prescriptions and answers questions in English.

YOGA CONFUSION

■ By Sharon Babu

My original intention in writing this article was to shed some light on all those different yoga schools that have popped up over the last few years. For anyone thinking of taking up the practice of yoga these days the options seem endless- but are they really?

I started my yoga practice many years ago and it seemed at the time a fairly simple process as there were few options out there. Today you can go on-line and Google the word yoga and thousands of entries will pop up. I certainly don't want to have my little article end up a research paper so I really had to put some thought into what would work here. I also didn't want to come across as some type of expert (which I am not) so have decided to keep to the basics and leave the rest to the reader if they wish to pursue the practice of yoga.

Yoga is considered to be a science of life that originated many thousands of years ago in India and is also thought to be one of the oldest systems of personal development in the world. Yoga takes into account the interrelationship between body and mind and is a unique method for maintaining a balance between the two. It can be practiced by anyone. At this point I am not going to attempt to delve much into the whole philosophy but rather an explanation of the types of yoga.

There is a general consensus that there are four main paths of yoga – Karma yoga, Bhakti yoga, Jnana yoga and Raja yoga. Each are suited to a different temperament or approach to life. Karma yoga is the yoga of action, Bhakti yoga is the path of devotion, Jnana yoga the yoga of knowledge or wisdom and Raja yoga is the science of physical and mental control. Some schools of yoga, such as Integral Yoga or Sivananda Yoga integrate all the paths into their practice. Most of the yoga that is being taught here in Vancouver falls under Raja yoga. Hatha yoga is a form of yoga that is found within the Raja yoga path and typically includes yoga postures or asanas, breathing exercises and kriyas or cleansing exercises. It also may include meditation and concentration. Almost all the yoga schools here in Vancouver offer a type of hatha yoga with the primary focus being on the postures and breathing. This is where it gets confusing as the novice is bombarded with Hot yoga, Astanga yoga, Kundalini yoga, Integral yoga, Kriya yoga, Sivananda yoga, Iyengar yoga, Flow yoga, Power yoga, Nada yoga and even laughter yoga. So within hatha yoga there is now a very wide range of approaches. I think the important question that needs answering at this point is, "what do you want from your yoga



practice?" When I have asked students what attracted them to yoga the answers are typically "to relax", "to lose weight", "to get flexible", and the list goes on. At this point I could go on with a detailed explanation of what each of the different yoga class would look like but it would be far easier for the reader to just go on-line and do their own research.

The great thing about living in Vancouver is that you can find most of the different schools of yoga right here. Here in our neighbourhood of Cedar Cottage/Kensington you can find classes at the community centres but there are also stand alone yoga centres that are dedicated to the teaching of yoga. Unity Yoga is a fairly new centre on 10th and Commercial, Bikram Yoga and Open Door Yoga are a little further north on the Drive and the Sivananda Vedanta Yoga Centre is on 48th and Victoria. Gladstone Secondary will be offering a yoga class for Grade 11 and 12's this year as an alternative to the traditional gym class. Most of these stand-alone centres have a drop-in class so you can come and give one class a try without making a commitment to on-going classes. This way you can try a number of different approaches before finding the one that you feel suits you. I encourage you to go on line and do some research, find a centre near you and check it out.



OUR VERSION OF WONDERLAND

■ By Nicole Read (aka the Carpenter)

I must say that it was a great pleasure to work with the Walrus that said those crazy words! July 15th was the 14th Annual "Alice in Wonderland Festival at Trout Lake", with Dan Vie as the producer and director. It was the only day of the year where you could see a dormouse in a teapot, a white rabbit wearing clothes, and a zoned caterpillar on a mushroom that could make anyone grow smaller or bigger.

Every looking-glass and wonderland adventurer was dressed up for this creative

event. I remember seeing quite a few playing cards, Mad Hatters and caucus racers. Families were always on their feet for these original performances that were presented along the east side of the lake. There was also music provided by "Tootalute".

The cast was an amazing group of fun and talented actors: Jack Garton as the humorous Mad Hatter, Martin Reisle as the depressed and teary Mock Turtle, Chris Ross as the classic always-late White Rabbit, and Rowan Lipkowitz as my flipped

partner, the Walrus. There were two Alice's, Queen Victoria and Lewis Carroll, too!

At the end of the festivities, when we all took our bows, I was as happy as the Cheshire Cat, sadder than the Mock Turtle, and as tired as the Dormouse. Children, teens, mothers and fathers all highly enjoyed this topsyturvy event. (To see photos and learn more about this event, please visit www.communityartsworkshop.com)

Now, if you'll excuse me, I need a clean cup!

"The time has come", the Walrus said,
"To talk of many things: Of shoes – and
ships – and sealing wax – Of cabbages
– and kings – And why the sea is boiling
hot – And whether pigs have wings."
"Through The Looking Glass" by Lewis Carroll



A passion for performing – Local folk musician Andy Vine

■ by Martin Mullan



Local folk singer and KCC resident Andy Vine and wife Danielle Arcand have made creativity and performance a part of their lives for more than 30 years together.

Since growing up in England where his family enjoyed songs around the piano, Andy loved to share live music with an audience. Performing folk music is his great passion because it is about our deepest values – hope, love, loss, social change, and survival.

Andy's favourite musical venues tend to be "smaller, more intimate – with enough people to generate an energy". Current favourites include The Jericho Folk Club and the Silk Purse in West Vancouver – a small arts centre and performance space where people "really come to listen, to pay attention to the music".

A great example of Andy connecting with a larger audience is through his song,

"Woman of Labrador". The song, which is well known in the Maritimes, was recently included in the Great Canadian Songbook, a collection of 50 songs regarded as important in Canadian culture. When he heard that his song would be part of the Songbook, Andy was "a bit flabbergasted to tell you the truth! There are very high profile song writers in the book – the thought of being in that company was amazing".

Danielle's creativity includes lending her voice to some of Andy's performances, as well as to the theatre and her Quebecois culture. Their mutual love of the arts was part of what drew them together in the first place and continues to inspire them today. They also enjoy performing music with their two sons, Elgin and Simon – both accomplished songwriters and performers.

In addition to performing and sailing, Andy and Danielle are dedicated to the issue of climate change. They have started a group called "Families for the Future" (<http://www.families-forthefuture.org/>) to help families that want to do something to reduce their ecological footprint but don't know where to start.

When asked how we can best support music and art in our city, Andy quickly suggests going to live performances as

often as possible – "I'm a big fan of live music and theatre". And how would he support the arts if he were mayor of our City? "I would encourage street performers and street festivals wherever possible – I would try to foster a lively street culture in Vancouver." In fact, Andy does his best to share his music in the community, including performing at the Dickens Multicultural festival and similar local events.

Andy and Danielle have many favourite local places, including Bean Around the World, Nyala and a new sushi restaurant on the 1100-block of Kingsway. Danielle adds that they love seeing how people express their own creativity with their homes and gardens – "creating a better environment for their families and building a sense of community with people."

Looking forward, Andy plans to combine his love for performing folk music with his passion for positive social and environmental change. This trend is clear from his most recent song called "Excuse Me Your Planet is Burning".

For Andy's next musical performance people can get in touch with Andy or purchase his album ("Making Waves") via his website www.andyvine.com or by email (andyvine@telus.net).

by Kalindi Chatterton

POETRY

Veils

The boundaries dividing us from ourselves.

Stare deep into the heart of the ocean
Seeing our souls reflected in the deep waves.
Weep, for the tickle of the wave against the boat
ferries us beyond the distance we sought to travel.
Moist fishy scents tingle our pores salt licked stung
Life prime number style has led full-circle into the beginning
of this unfolding game.
Ponder the patterns, ponder the mirrors, ponder with sadness
With joy triumphant, as we seek to change all that we have seen.
If through this search we were to find the groove that fits,
Would we stumble within this rhythm,
Wind's movement etching the expression of earth.

Seek scent in the steel wires that conduct
Movement of dancing electrons, polarized
Sorted by their desire, their attraction for this twist to their being.

This slight of hand that Creates their soul,
That Creates their relations to all other beings.
Cascades Eureka to a thousand flashing morsels of incandescent glass.

Seek purpose in the crystal systems that fuse chemical symphonies
From the yin-yang of hot-tempered chaos and cold precise timing.
Spectacular spontaneity, blooming into the motion we know as self.

Seek truth in the wandering paths that cross
Between human choices, whirlwinds of information
Within which we struggle to achieve security, safety,
The confirmation that warms from within our buried lives
The heady scent of certainty.

A snowflake dissolving
On car warmed tarmac,
Concrete oblivion.

Chinese Moon Festival

■ by Steve Chan

September 25 is the Chinese Moon Festival or Mid-Autumn Festival. Let me share the stories of the Moon Festival.

Chinese Moon Festival is usually celebrated on the 15th day of the eighth month of each Chinese Lunar year. In the "old days" it was a festival to celebrate the harvest. Through the years, the meaning of the festival grew to be a time for family reunions. Members of each family try their best to return home before the festival. Have you ever thought that the Moon Festival reminds you of Thanksgiving in the Western Culture? Yes, there are similarities—it is because the Moon Festival always falls between September 10 to October 10 which is close to the time for Thanksgiving.

The special food for Moon Festival is the Moon Cake. Traditionally, Moon Cake should be round in shape and sweet in taste. It varies with the ingredient inside according to different provinces in China. The most common ones we find in Vancouver belonged to the Southern part of China. A legend about Moon Cake is that it has been used in the old days by some revolution army to pass their secret messages during the war.

A special feature for Moon Festival are the lanterns. In the "old days" people had to celebrate the Festival at night, but they had no electricity. So families relied on lanterns. This tradition has continued and for fun and happiness, parents usually make some colourful lanterns for their kids to use each year.

Moon Festival has a special meaning to the lovers in the old days of China. Since girls were

forbidden to walk out their house except the in the New Year and the Moon Festival, it was the best time for the teenagers to meet and arrange a special date. Also, many people choose this day to get married because they believe it would give them a good and harmonious marriage.

It is believed that the newly married worship the moon on that day because they hope the goddess "Sheung Ngor" can bless their marriage for all time. The story of this goddess is based on ancient legends told more than 4000 years ago. The story is about how Sheung Ngor flew to the sky after she had swallowed her husband's everlasting life pills and from that time onwards she was assigned to stay and serve on the moon.



Try something new

RECIPES

Making Chinese Moon cakes

Before making the moon cake, prepare the flour and mix the oil, syrup and the flour to make the dough and leave the dough covered with a wet cloth ready for use after 30 minutes.

For ten small mooncakes

3 cups of flour, 1 cup of syrup, 1 cup of veg. oil
1/2 loaf of lotus seed paste

1 egg yolk

1 moon cake mold

*lotus seed paste can be found at T & T (moon cake mold can be found in a Chinese Grocery Store)

Making procedure

1. cut the dough into ten small portions
2. take one and press it flat
3. put one tea spoon lotus seed paste into the centre
4. wrap it and scroll into a ball
5. sprinkle some dry flour on the mold
6. gently put the flour ball into the mold, try as possible as you can to fit into the shape
7. slightly hit the mold on the table, the well shaped cake will come out. Put it on the baking sheet.

Baking procedure

1. spray water on the surface of the cake before putting it into the oven
2. pre-heat the oven at 350F for 5 minutes
3. bake the cakes for 15 minutes and take them out to brush with stirred egg yolk.
4. Bake another 10 to 15 minutes at 300F until the cakes are golden brown colour

Reclaiming Our Spirit

■ By Rhonda Alvarez Licon

Helping Spirit Lodge Society (HSLs) has been operational for in excess of seventeen years, delivering much needed programs and services to the community. RECLAIMING OUR SPIRIT located at 3985 Dumfries Street Vancouver, is part of Helping Spirit Lodge Society. Helping Spirit Lodge Society is dedicated to alleviating family violence which aims at working together in building a safer healthier community for all. With this just said, this would not be possible without the astonishing caring staff that treat each and every person that walks into the door with dignity and respect.

Throughout the year RECLAIMING OUR SPIRIT provides a Drop In center for the public. As part of the

drop in is a public computer lab and an onsite Community Resource worker who can advocate and assist members with any questions or concerns they may have. Most important, the drop in centre gives community members a great opportunity to meet other community members, and discover the wide range of resources the city has to provide.

Reconnecting people to their community and caring for each other is an important part of our programs. Here are some of the activities to date:

- Each Wednesday the office at RECLAIMING OUR SPIRIT can be found busy preparing Outreach for homeless people and people living at risk of homelessness. The staff and volunteers prepare

food, which then is brought to the downtown eastside of Vancouver, for many this will be their only meal for the day. Clothes, socks, umbrellas, and hygiene kits are handed out each week and feed to those in need.

Approximately 200 homeless people every Wednesday receive support, unfortunately the food disappears quickly, it is quite evident that the homelessness issue is still highly prevalent and support is very much needed.

- Labour Of Love Event, RECLAIMING OUR SPIRIT held the first annual festival this year. The event was aimed at dramatizing and publicizing the plight of Vancouver's more than 2000 homeless peoples many of whom are aboriginal also it was a fundraiser to raise

funds to allow the outreach support program to continue. In attendance and support were Bill Saunders, President of Vancouver and District Labour Council, David Chudnovsky MLA Vancouver Kensington, and City Councilman George

Chow.

RECLAIMING OUR SPIRIT is currently in need of socks for the homeless, if you would like to donate some or would like to know how you can help call 604-874-6649 or drop in at our office located at 3985 Dumfries Street.



Volunteer Profiles

Collingwood Community Policing Centre

■ By Norm Wong

Every Friday morning and evening two individuals from the Collingwood Community Policing Centre dedicate their time to lead a team of patrol members in the Cedar Cottage area, specifically the Commercial Drive strip between Broadway and E. 12th Ave and its surrounding areas. As many of the residents know, suspicious and drug-related activities are ever-present. So in response, these two Field Trainers took the initiative to provide a consistent presence in Cedar Cottage's problem areas.



Rob Bertelli, an aspiring police officer, is a full-time student enrolled in the Criminology program at Kwantlen University College. Wanting to give back to the community and gain valuable police-related experience, he began volunteering in May of 2006 and became the Field Trainer for the Friday morning foot patrol in January of 2007. "Community policing means acting as partners in helping build a relationship between the citizens of the community and the local police department to make a positive impact within the community," Rob explains. "I chose to dedicate my patrol to Cedar Cottage for several reasons: The residents appreciate our presence, I enjoy interacting with the people and giving them advice, and to make a difference in the community by helping it move in a positive direction."



Anthony Palmer, currently in the application process with the Royal Canadian Mounted Police, is heavily involved with soccer when he's not working. He plays men's soccer, has coached a Vancouver women's team for the past five years and refereed youth soccer in Maple Ridge for the past three. Having been a volunteer since May of 2004, he has become one of our most experienced and knowledgeable members. When asked about what community policing means to him, he responded, "It provides a chance to make a difference in the community by being proactive, getting involved, and getting to know a great group of people who also volunteer at Collingwood CPC."

As the Field Trainer for the Friday evening bike patrol, he admits having had little to no exposure of the Cedar Cottage area until the opportunity to patrol there on a regular basis arose. "The opportunity to patrol there was a good one because it gave us a chance to spend time in a different area. At the same time it provided an opportunity for us to raise awareness of the bike patrols with local residents in the area."

Be Aware of Con-Artists

Working In your Neighborhood

Be on your guard if someone comes to your door asking:

A few safety tips:

- For money to buy fuel for the jerry can they are carrying.
- For money to pay for a taxi or bus to help them get back to Surrey or the North Shore because their car has broken down and the wife or sister is in the hospital to giving birth.
- For money to pay the school fee because the person just arrived to Vancouver, got robbed and will miss a school year unless the fee gets paid by tomorrow and the person promises to pay you back as soon as their parents have sent them money.
- To come into your home to use the phone because their car has just broken down, or to call someone to come and pick them up or if they could use your wash-room.

- Do not open your door to strangers, only talk through a closed door/window. Do not let a stranger into your house for any reason. Keep an eye on the visitor peep-hole or a window.
- Do not give money or anything else to these individuals. If they want to use the phone or use the wash-room, get a drink or get gas, direct them to a convenience store or gas station.
- If the person is demanding and/or acting suspiciously, call 911
- Or else: you could be out of your money, your jewelry, your medication or you could get hurt!
- Consider joining the VPD block watch program and invaluable crime prevention program. Contact us for more info or go to www.vpd.ca

There are more examples and the stories can vary.

Constable Mark Jarvie, Neighbourhood Police

Think Twice!
Act Wise!
Stay Safe!

OfficerPhone: 604 717-2940
Fax: 604 327-2902
South Vancouver Policing
5657 Victoria Drive, Vancouver

Police Emergency Help 911 Non emergency (604) 717-3321

The John Howard Society of the Lower Mainland ANNUAL GENERAL MEETING

September 20, 2007

The John Howard Society of the Lower Mainland's Annual General Meeting will be held, September 20, 2007, 5:30 pm – 8:30 pm, at the University of British Columbia's Faculty of Medicine - Medical Student & Alumni Centre, 2750 Heather Street (corner of Heather and 12th Avenue, Vancouver).



Guest Speaker:
Lesra Martin

This year's guest speaker will be Lesra Martin. Lesra Martin's story of hope and courage was featured in the award winning motion picture, 'The Hurricane', starring Denzel Washington, and is the subject of a best-selling book entitled, 'Lazarus and the Hurricane'. Lesra Martin will speak from, 6:00 pm – 7:00 pm, and all are welcome to attend.

The John Howard Society operates at a local, provincial and national level within Canada, providing services to any person in need of support at all levels of social justice including; those incarcerated or within the community, those with developmental disabilities, mental health disorders, in need of assistance or impacted by criminal events.

For more information visit
www.jhslmbc.ca



WANT TO MAKE IT BIG?

The Mountain View Neighbours are looking for local murals artists to help create some eye catching art on Fraser Street. In conjunction with the City of Vancouver Graffiti program, artists can work with local neighbours and businesses to paint out graffiti and build community spirit. We need your talent, energy and experience to keep this city looking great!

Contact Lilli to participate in this great project at 604-838-9198 or email lilli@blastradius.com
For more information on the City Graffiti program
<http://city.vancouver.bc.ca/engsvcs/streets/graffiti/murals.htm>



Volunteer now!
Dickens Community Group wants you!

The Dickens Community Group is always looking for new volunteers for our various activities, such as garden projects, clean ups, multicultural events and especially our foot, pooch and/or bike patrols.

People living in the area (Fraser to Knight & East 12th Ave. to East King Edward) are welcome to contact:

Peter at prrabbit@telus.net or

the South Vancouver Community Policing Centre
(contact Adrien Balazs, Coordinator)
svpc@telus.net
Tel.: 604-717-2940



What's happenin'...

CEDAR COTTAGE NEIGHBOURHOOD HOUSE

4065 Victoria Drive, 604-874-4231

November

5

Diwali Celebration
Monday, 6:30 - 8:00pm

October

3

SMILE TO SMILE
Dental Screening Day for
Young Children - in partner-
ship with Evergreen Health
Centre. Book a free visit
with a dentist. 604-874-4231

MISCELLANEOUS COMMUNITY EVENTS

Trout Lake

EAST VANCOUVER FARMER'S MARKET

Shop fresh fruits, vegeta-
bles, and more in this open
air market. For more info,
call 604.879.3276

Saturdays until October
9am - 2pm

MOUNTAIN VIEW NEIGHBOURHOOD ASSOCIATION

<http://www.mountain-view.ca>

DICKENS COMMUNITY GROUP

<http://dickensgroup.hp.infoseek.co.jp>

The  Queen

Hot Fashions from LA
Unique, Not Trendy
Plus sizes for the
Vivacious Vixens
Insanely affordable
Jewellery

Wacky Winter Sale:
Ladies lo-rise
jeans \$5



604-215-7833

2277 Commercial Drive, Vancouver, BC
1/2 Block from Broadway SkyTrain

Restoration and Discovery at a Cedar Cottage Landmark

■ By Jennifer White

In a neighbourhood where development application notices have been sprouting up like dandelions and densification is the rule, husband and wife team Jerry Prussin and Norah Johnson are just a little extraordinary. Last year, the owners of Prussin Music on West Broadway purchased the old building at the corner of 20th Avenue and Commercial Street. Locals know the building as the corner store, "Ernie's," run by Maria and Manuel Diaz, but as old-timers can tell you, it is a building with a long and rich history.

Thanks to its proximity to the Cedar Cottage interurban stop near what is now 18th Avenue, this stretch of Commercial Street experienced a building boom beginning in the mid-1890s. A realty office was there from the outset and the street soon had all the necessary amenities, including a hardware store, post-office, pool hall and, briefly, a rollercoaster ride. In time cars became more commonplace and the business core gradually migrated away from Commercial Street and toward Kingsway.

The building that Jerry and Norah bought housed the Bank of Hamilton and post-office in the first few years of the 1900s. A newspaper report tells that this bank was the scene of a full-fledged bank robbery where numerous shots were fired. The robbers made their escape down 20th Avenue, notably, in a "motor-car".

Even for Jerry and Norah, who have experience renovating their own 1924 house, the project has been a test of stamina and commitment. For starters there was stucco to be removed, woodwork restored, foundation built up, new double hung windows, and a myriad of plumbing and electrical work. And the civic strike didn't help. Would it have been easier to demolish and rebuild? Absolutely, and likely more profitable too.

But this project has also had all of the intrigue of an archaeological dig. While excavating around the foundation the work crew found the old wood boardwalk, still preserved far below the current street grade. Some rummaging below the main floor revealed a stash of one-hundred whiskey bottles, all embossed with the names of companies long-gone (Is whiskey what fueled the original building crew?). The shell of an old bank vault also remains - a concrete bunker with walls two feet thick.



On the old metal coal chutes you can still read the date "1898".

When the scaffolding was first erected, some neighbours expressed concern; were they going to lose their corner store and one of the rare reminders of Commercial Street's heyday? But, as work progressed, just as many neighbours stopped by to compliment the crew on the tasteful nature of the renovation and restoration work.

Old photos of the building from the City of Vancouver Archives and the Vancouver Public Library have been a great help in planning the project and Jerry and Norah credit the design skills and cabinetry work of their friend and Renaissance-man, Chris Jordan-Knox. Maria and Manuel Diaz are looking forward to having

their store and café up and running again soon.

Perhaps it is about being under the spell of old buildings and the stories they tell. "We're committed to restoring this building for the neighbourhood so we can have it for another 100 years," says Jerry. He is also looking at the potential for heritage designation.

Do you have a story to tell, historical or recent, about a favourite spot in the neighbourhood? Let's share it here!

Email: jpfiddle@telus.net or call: 604-733-6298

I am Sam

■ By Samantha Wilson

My name is Samantha Wilson, I am 17 years old. I am in grade 11 and I go to Outreach, Britannia Secondary School.

This summer, through the First Nations Employment Centre, I got the chance to work at Cedar Cottage Neighbourhood House. The First Nations Employment Centre helps First Nations youth get a summer job. The help includes learning about balancing your job, your time, your money, and your personal life and then trying not to get them all mixed up together into a big stressful summer. So far so good, -everything here at Cedar Cottage is great. I'm really glad I was working here all summer because it kept me busy rather than doing nothing all summer.

One thing I loved doing was working at the First Nations Family Night Family Night is every Tuesday from 6:15pm-8:00pm at C.C.N.H. The families that come are always very helpful-they help us with setting up, handing out dinner and cleaning up. After dinner is a family activity such as mad gab, (which the parents seemed to enjoy more than the kids) and bingo for the kids and parents together. For the younger kids there was always colouring and playdough out for them.

Another thing I loved doing was the Family Drop-In in the park. This program was so much fun-never a dull moment with the kids. I've got more experience with kids than working with anything else. The program ran every Tuesday, Wednesday and Thursday at Brewers Park



from 10am-12pm. There were many nice and friendly families. It was great watching the kids interact with other kids, especially the shy kids. Some of the Parents and Kids kept speaking to us in another language, one that I don't speak. It was very challenging but fun. We all need

constantly shopping! I'm very satisfied with what I've completed this summer. It's all thanks to Valerie Monkman, Kelly and Karen Woods, and the First Nations Employment Centre for giving me the chance to work here for the summer.

A little about the First Nations Employment Centre, they have been committed to enhancing the employment rate of First Nations people living in Vancouver. Through Community business partnerships, skills-based enhancement programs and various training opportunities, clients of the First Nations Employment Centre have been working hard to achieve success and independence in the workforce. This program is for First Nations High School or Post Secondary Students for summer 2008.

The First Nations Employment Centre helps First Nations youth get a summer job. The help includes learning about balancing your job, your time, your money, and your personal life and then trying not to get them all mixed up together into a big stressful summer.

a good but fun challenge here and there. It was a great morning of fun with neighbours doing games, crafts, circle time, songs and snacks.

Summer went by way too fast working here at C.C.N.H, one of the best experiences I've had, also a different experience because there was a variety of things to do here. Something I learned this summer was money doesn't last long when you're

For more information please contact Valerie Monkman at (604) 675-8901.

Exciting News!

The StrongStart Program is coming soon to Lord Selkirk Elementary School at 1750 East 22nd Avenue. StrongStart BC Centres provide school-based, quality learning programs designed to support the success of students when they enter Kindergarten.

- Free for parents/caregivers to observe and practice activities that support early learning
- Open 5 days a week for 3 hours per day
- Visits from health and community service agencies
- A chance to connect with other parents/caregivers attending with their children 0-5 years old

The Vancouver School Board and the BC Ministry of Education have awarded the contract to Cedar Cottage Neighbourhood House to implement this new and exciting pilot project beginning in September of 2007.

Call Hydi at 604-874-4231 for more information.



COMMUNITY SERVICE SCHOLARSHIP WINNERS

By David Chudnovsky, MLA, Van-Kensington



By the time you read this, the first six winners of the Vancouver Kensington Community Service Scholarships will be embarking on their post-secondary education. They are:

- Harinder Brar, John Oliver Secondary** - Kensington Community Centre
- Satvir Dhoot, John Oliver Secondary** - South Vancouver Neighbourhood House
- HubertDuan, Tupper Secondary** - Trout Lake Community Centre
- Nidhi Shukla, John Oliver Secondary** - Sunset Community Centre
- Mariana Wang, Tupper Secondary** - Little Mountain Neighbourhood House
- Rebecca Wang, Tupper Secondary** - Riley Park Community Centre

These students were matched up with a Neighbourhood House or Community Centre and assigned various activities to receive community service credit hours, up to a maximum of 50 hours, which then entitled them to a scholarship up to a maximum of \$500.00.

This scholarship program to encourage community involvement will continue this year. If you know of a grade 12 student at either John Oliver or Tupper Secondary who would be interested in applying, please contact our office at (604) 775-1033 or www.davidchudnovsky.bc.ca.

We will be holding another dinner and dance early next year to fund these scholarships – look for more details to follow! Congratulations again to our scholarship winners!

Open a World of Opportunities for Your Child

An International Baccalaureate school where:

- Questions are encouraged
- Thinking is evolved
- Inquisitiveness is empowered
- Learning is enhanced
- Talent is enabled
- Personalities are enriched

We offer:

- Coeducational, university preparation
- Small class sizes
- Weekly Outdoor and Experiential Learning program
- Outstanding music and theatre program
- Excellent facilities
- Extra-curricular activities
- Tuition assistance



Stratford Hall: A Part of Your Community

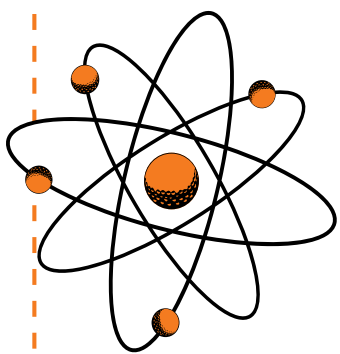
Now accepting applications for September 2008. Please contact Olivia Law at 604-436-0608 for additional information.



3000 Commercial Drive, Vancouver (at 14th Avenue) www.stratfordhall.bc.ca

Curious about the latest and greatest in science and technology?

Discover SCIENCE!



National Science and Technology Week

Come to the Government of Canada's "Party on the Promenade" on Friday, October 19, 2007. It's at the Vancouver Public Library, 350 West Georgia Street, from 10:00 am and 3:00 pm and loaded with hands-on demonstrations, games, models and more.

Still curious? Visit <http://NRCan.gc.ca/nstw>

Acting Out

A great experience in community theatre with Jay Hamburger

■ By Alena Ebeling-Schuld



Last year I received a Neighbourhood Small Grant from Cedar Cottage Neighbourhood House to organize an acting course for youth in the neighbourhood. To promote the class I created posters that were put up at Cedar Cottage and a few schools in the area. The course took place this past spring on Monday afternoons for approximately eight weeks in May and June. There were eight participants including myself,

all between the ages of 13 and 16. While all had some previous acting experience, I made an application form to be filled out by each of the students to ensure they committed to being part of the course.

I then hired Jay Hamburger, with whom I had worked on my school's Grade-7 production of *Charlotte's Web*, to teach the course. After many meetings, Jay and I worked out a rough outline for the class-

es. We brainstormed activities that we could do with the students but didn't set anything in stone until we got input from the other seven participants.

We ended up doing a variety of different acting activities and games throughout the eight classes, ending it all with two performances. The first performance was at Cedar Cottage Neighbourhood House for family, friends and interest-

ed people. The second show was done upon the request of Cedar Cottage, where we performed for the seniors in the neighbourhood. Both shows consisted of three different activities that we had been working on throughout the course: taxi, an improv game; mask skits and ad spoofs. The project required a lot of dedication, and the actors wrote all of the skits.

Overall this was a great experience for me and I hope that all the other people involved can say the same. I am very grateful for having the opportunity to organize this event.



CEDAR COTTAGE GIRLS

■ by Mai Le, Tiffany Tang, Nancy Pham, Daisan Zhou, Alyssa Leung, Aliya Khan



The Girl's Group was born at Cedar Cottage Neighbourhood House in the spring of 2007.

Yee Jim a Social Work student from U.B.C. had a great idea to start a group for grade 7 girls, thinking it would be helpful to do activities that would help them feel ready for grade eight. She introduced us to two youth from Gladstone Secondary School, Mai Le and Jennifer Siu; they were excited to share useful information about high school with us. After spending some quality time getting to know each other better doing fun activities together like watching movies and making sushi, we were given an opportunity to plan a Cake Walk at the Cedar Cottage Community Carnival. We learned how to work together as a group to bake cakes and went around to the neighbourhood bakeries asking for cake donations.

It was a great success and we raised enough money for our Group to spend a playful day at Playland. The trip was fun, even though it rained near the end.

We also organized a bottle drive and raised just enough money for some delicious ice cream. As a

group we applied for a Neighbourhood Small Grant (\$500 to host a community event). We were accepted and decided to have a neighbourhood family picnic. Many family neighbours took part in the event and were impressed by our highly trained face painters, the super bouncy castle and our food filled potluck table.

Besides our achievements, we also had a lot of other memorable times together as a group. We went to Sasamat for an over-night stay and had a great time! However, after almost five memorable months, our Girls' Group is coming to an end. We feel proud of our accomplishments and we learned that if you give of yourself, something strong and positive, you would receive something good in return. Now, we are no longer afraid of High School because we have learned that as long as we have our friends, we can do anything!

We will always remember these memorable months and we will carry this fantastic experience with us to our High School's experience.

EAST VANCOUVER YOUTH CENTRE WINS NATIONAL AWARD!

■ by Robert Wilmot

Broadway Youth Resource Centre (BYRC), located on the corner of East Broadway and Fraser, has been awarded the Child Welfare League of Canada's, Outstanding Achievement Award for Advocacy. The award recognizes an individual or organization that has shown leadership in speaking up for, and on behalf of, children, youth and families to bring about change at the local, provincial or national level. The Child Welfare League of Canada is a national organization dedicated to promoting the protection and well-being of vulnerable young people.

In giving the award to BYRC, the Child Welfare League stated, "The Review Committee was extremely impressed that BYRC was community driven, involving a broad range of agencies and services that came together for a common cause It is a very inclusive service and is focused on enabling youth to advocate for themselves. The program is a model for other sites. Broadway's contributions to the health and well being of children, youth and families is an example for all Canadians."

Broadway Youth Resource Centre (BYRC) is a co-operative working relationship of several social-service agencies, a community college, a University and three levels of government. In operation since 1999, BYRC is the first "One-Stop Approach to Community Based Resources" of its kind in Canada. The Centre is for youth aged 12 to 24, and where they can access many free services and cultural programs. More than 60 youth access BYRC services each day, and for special events or workshops, that figure can rise to 100 youth a day.

For more information:
Broadway Youth
Resource Centre
please call 604-709-5720
<http://www.pcrs.ca>

691 East Broadway
Vancouver V5T 1X7
604 709-5732
Fax 604 709-5721

Summer fun in the community!



1000 Block East 14th Neighbourhood Social

■ By Alec Logan

The 1000 block of East 14th Avenue in Mount Pleasant had a neighbourhood social on Saturday, August 18, between Glen and Windsor Streets. Thankfully, the weather held off and all of the activities scheduled for our day in the sun were actually performed under a warm and gentle sun with a nice, light breeze.

Neighbours from all around dropped by with their kids to enjoy the live eight-piece band, face painting, bouncy castle, and who knows what else? As a special treat for the kids there was a visit from both the Vancouver Police and Vancouver Firefighters who both dropped by with a police cruiser and pump engine fire truck. The tables were over-

flowing with fresh food, BBQ and drinks. The great music, performed by The Hard Rock Miners were "laying down that groove". All combined to create the relaxed atmosphere where everyone who attended just enjoyed the day.

Thanks to all of you who worked so hard to make this a warm and wonderful day for everyone. Thank you to the Neighbourhood Small Grants Committee for the funding for the project. Special thanks too to the Vancouver Police and the Vancouver Firefighters. It meant a lot to all of us to have their kind support for the 'kid' in all of us.



Buffalo Hill Block Party

■ By Kathleen Barilla

On the afternoon of Sunday July 22, the neighbours around 3300-block of Dumfries Street came together for a barbeque and block party. As in previous years, we managed yet again to pick a weekend when the summer drought ends and the downpour begins. In addition, the city strike had begun the day before, and as I write this we still have no garbage pick-up – all factors that aren't the most promising when it comes to holding a neighbourhood event!

In spite of all this, the party was a great success! Because we had tents so the rain wasn't a problem, and in fact it made the street painting more fun as it was more of a watercolour. The weather didn't impede the face-painting, street hockey, or jump-rope. As an added bonus, the tents encouraged everyone to gather in a more limited area, which was very conducive to socializing. Approximately 50 people attended over the course of the 5-hour block party, to enjoy the food and the company.

We are very grateful to the Vancouver Foundation's Neighbourhood Small Grants program, which provided us with a budget which we used in part to rent the tents – otherwise, due to the heavy rain, the party would not have lasted very long at all! The grant allowed us to provide tents for shelter, a sound system for entertainment, and food for the BBQ which was supplemented by a neighbourhood pot-luck. We're also pleased that Fire Hall #9 was able to spare a truck and four firemen for an hour, as their visit (complete with fire truck tour and stickers) was a big hit among both kids and adults.

We'd like to say a big thanks to all the neighbours who chipped in by bringing pot-luck dishes and entertainment, helping with the planning, fliers, transportation, set-up, take-down and storage of everything, and providing the live music – Deborah and Denis before supper, and Ezeadi's band during and after. Thanks also to everyone who attended for being so aware of the garbage strike: by bringing our own plates, glasses and cutlery, and recycling and composting, we only produced one grocery-bag-size bag of garbage!

If you have photos of the block party, please send them to buffalo.hill.block.party@gmail.com - thank you! Finally, if anyone knows why Clark Park used to be called Buffalo Hill Park, we'd like to know!



A Night of Festivities and Celebrating Our Neighbours

Neighbours young and old, big and small joined in the fun. What fun there was on the blocked off street, with a bouncy castle, bubble machine, non-stop chalk drawings, chatter and laughter. All was topped off with the movie, Akeela and the Bee. Everyone participated in different ways whether it be contributing side dishes, desserts or extreme lemonade; blowing big bubbles, flipping burgers or roasting hotdogs. Neighbours were mingling and taking over the street with garden furniture and four BBQs.

Our neighbours rock! The East 19th Christian Fellowship church, our largest neighbour on our block contributed a lot. They rented the bouncy castle, had tables and chairs on the street, hosted the movie complete with a popcorn machine and served up the best coffee in town.

The Neighbourhood Small Grant program funded the hamburgers and hotdogs and some bubbles. Thanks Cedar Cottage Neighbourhood House!

Michele Fung
of E 19th Avenue

7th Annual Latin Summer Fest at Trout Lake Park

www.latinsummerfest.com

The Latinos in Action has been producing this community event for an arduous 7 summers in Vancouver for Families to enjoy a day in the sun Latino style for all groups to enjoy and come together. A small group has persevered to call on partnerships and collaborations in order to offer this grand multicultural display of friendship, music, food and good times. We hope to see the event flourish and continue to grow throughout future Vancouver summers.

Congratulations!