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Serving the communities of Britannia-Youngstown, Canora, Glenwood, and West Jasper/Sherwood

Published on Treaty 6 Territory

Circulation 10,000

www.thespann.ca

September 2020 Volume 1, Number 3

The Vision Behind the *Secrets of Stony Plain Road: Scavenger Challenge*

Megan Lala

Many of you in the area who use Instagram and/or Facebook may have noticed our recent Shop Local campaign from the Stony Plain Road & Area Business Improvement Area (BIA). The *Secrets of Stony Plain Road: Scavenger Challenge* brought together a variety of diverse businesses in the neighbourhood to help the BIA's vision of creating a sense of community by shopping local in the Stony Plain Road area. Through the help of these businesses and the participation of those in the surrounding region, the social media campaign has proven to be quite successful in making people aware of what Stony Plain Road & Area has to offer!

Over the summer, the Stony Plain Road & Area BIA enlisted the skills of our Shop Local Marketing Assistant, Jane Anderson, to create a shop local campaign that would encourage Edmontonians to interact and visit businesses, even during a pandemic. After some brainstorming, the *Secrets of Stony Plain Road: Scavenger Challenge* was born. The campaign was conducted via Facebook and Instagram and promoted the different and unique businesses that the Road has to offer. Many people in the area have lost touch with Stony Plain Road. The goal of our campaign was to reach audiences that we don't typically connect with under normal circumstances and remind them that there are fantastic businesses in the area that need the support of their community, especially right now.

The campaign began on August 5, 2020 with challenge one and continued on every second day until August 25, 2020 with the draw of our Grand Prize: The Ultimate Stony Plain Road (SPR) Prize Pack. Each challenge lasted 48 hours and at the end of that, the next challenge



Stony Plain Road BIA Shop Local Marketing Assistant Jane Anderson (left) and Communications Coordinator Megan Lala (right) pictured with a poster and daily prize for the *Secrets of Stony Plain Road: Scavenger Challenge*.

Photo credit: Todd Janes

question was then posted. Each challenge featured a trivia question about the area that participants would answer and then tag a friend and follow our account to be eligible to win the daily prize. Ten lucky people won daily prizes, including gift cards to a variety of SPR businesses, and other goodies like a basket of treats from Ben's Meats & Deli or a pet basket from Doggy Style Deli! Each person who entered a challenge was eligible to win the SPR Prize Pack at the end of the campaign.

Overall, the *Secrets of Stony Plain Road: Scavenger Challenge* brought together Edmontonians to help support our Stony Plain Road & Area businesses! COVID-19 has brought numerous struggles for businesses

from many areas of the City over the last six months, and we would like to thank everyone who participated in the campaign and supported these SPR businesses. We hope that by bringing awareness to the businesses on Stony Plain Road, people will see the charm that our businesses have and will continue to shop SPR!

The Stony Plain Road & Area BIA would also like to extend a thank you to the following businesses for supporting our shop local initiative:

- Ben's Meats & Deli
- Celebrate Gluten Free
- The Gilded Rabbit
- Variant Edition
- Neo Juicery
- Cafe Neo
- The Flag Shop

- One Stop Biker Shop
- Square One Coffee
- Little Village
- Teachable Moments Daycare & OSC
- London Drugs
- Jasmine Nails & Lash Bar
- Arctic Car Wash
- Hap's Hungry House
- Cafe Rista
- Tasty Tomato
- Guru Restaurant
- Pampa Brazillian Steakhouse West Edmonton

If you have feedback on the *Secrets of Stony Plain Road: Scavenger Challenge*, please email communications.spr@gmail.com

Megan Lala is the Communications Coordinator for the Stony Plain Road & Area BIA.

Valley Line West Update - p 8

Community League Updates - p 10

Kids On Track: Active & Meaningful Programs - p 9

Volunteer at Home with United Way - p 11

Editor's Notes

Resilience: Keeping Our Community Strong



Paula E. Kirman, Editor

If there has ever been a time this century for a community to demonstrate resilience, that time is now.

COVID-19 has changed the way most of us live, work, learn, and shop. The pandemic continues, but the economy is slowly recovering. Here in Stony Plain Road/Jasper Place, new businesses are opening their doors for the first time, while others have already pivoted to accommodate AHS regulations and still be able

to meet the needs of customers.

Some people joke on social media that the last few months have felt like Christmas every day, while posting photos of all of the empty boxes from the deliveries of merchandise to their homes. Many of those boxes are from popular online companies, attractive because of low prices, fast delivery, and the availability of items.

However, as the economy continues to slowly open, there are more opportunities to keep our money where it belongs: in our community. Many Stony Plain Road and area businesses, both independent and bigger chains, offer delivery and/or curbside pick up. If you need something, why not see if there is a store or restaurant nearby that offers what you desire first? Before

you head to that multi-billion dollar website, or order take-in from somewhere across the city, check out the Stony Plain Road BIA's Business Directory: <https://stonyplainroadbia.ca/business-directory/>.

The Stony Plain Road and Jasper Place area is indeed resilient. As someone who grew up in the west end just a few blocks away, I have seen first-hand how the area has grown, improved, and thrived over the decades. If businesses in the area continue to do well, then others will set up shop here, and the area will grow even stronger.

The pandemic is far from over. Our businesses need your support now more than ever. Let's continue to support the area with our hearts – and our wallets.

SPANN Wants to See Your Photos

SPANN is creating opportunities for you to contribute to our community newspaper!

We are inviting residents and visitors to Stony Plain Road and Jasper Place to help make our publication more visual. We want to focus upon the wonderful things

within our community that are sometimes overlooked and to help build pride within our collective community.

If you have an interest in photography and in telling positive stories of the Road, we encourage you to submit your photos to

SPANN.

Please include with your images:

- Your name and email.
- A title of your image and date taken.
- Format should be a TIFF or JPEG of at least 300 DPI and at least 500 KB.
- Make sure the Time/Date stamp is turned off in your phone or camera.
- Avoid using flash whenever possible. Flash can cause red-eye and colour distortions.
- Children's faces should not be visible without permission of a parent/guardian.

All stories/photos that are published in the print edition of the

paper are subject to publication on our website and promoted via our social media. Select submissions that are not published in the print edition due to space may be published on our website and social media. All submissions are subject to editing for length, clarity, and suitability.

Contributors will not be financially compensated for their work, but the copyright will remain with the photographer and we will credit every image published.

For more information, please contact our Editor, Paula Kirman at spanneditor@gmail.com.

Deadline for the next issue is November 12th, 2020.

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SPANN

Serving the communities of Britannia-Youngstown, Canora, Glenwood, and West Jasper/Sherwood

Volume 1, Number 3 September 2020

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SPANN is published by the Stony Plain Road and Area Business Association.

It is a print and online communications platform intended to connect communities and enhance a sense of place. It seeks to engage area stakeholders (residents, business owners, and agency representatives) with news and information about the area in a way that positively presents Stony Plain Road/Jasper Place as a location that is desirable to live, work, attend events, dine, and shop.

The opinions expressed in SPANN are those of the people named as the authors of the articles, and do not necessarily reflect those of the Stony Plain Road BIA. Any submissions may be subject to editing for length and suitability.



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Stony Plain Road and Area Business Association Update

Todd Janes

Looking back on my first year as Executive Director with the Stony Plain Road & Area Business Improvement Area, I can see how my position afforded me opportunities to learn, discover, and struggle under the filter of COVID-19. Edmonton businesses are very aware of the ups and downs of our resource-based economy. However, we have been very blessed during this time, and I would like to thank you for your support of our businesses.

When you support local businesses, for every \$100 spent, \$63 is re-circulated back into their economies (source: BCbuylocal.com). This money stays within our communities to pay staff, and support suppliers and other businesses that accompany the products and services.

This summer we ran several social media campaigns to promote retail, restaurants, and services from businesses on Stony Plain Road. We have also been gathering information to better understand current perceptions of Stony Plain Road & Area. A few illuminations have come forward that I would like to share with you.

- Many people have a very outdated perception of the diversity of businesses within our Business Improvement Area.
- Others are unaware of the services and businesses that are within the 30-plus block radius of our BIA.
- There is a lower level of connectedness and sense of community among business owners.
- There seems to be a lack of collective pride within our area.

This is a good place to start. In order to develop lasting connections and to create a successful Main Street business area, it is vital that we understand what our community assets are. We need to identify where our deficiencies are, and develop strategies to develop our strengths. As well, we need to grow greater community resilience for the times that we are struggling, so that businesses, agencies, and residents all can come together to build a stronger community.

Jasper Place has a significant history as an independent community and as a vital commercial district within the greater Edmonton region. There are numerous businesses that have existed and thrived along Stony Plain Road for many years, and this area is prime for redevelopment and new businesses. In fact, within the last five months we have seen 20 new businesses open in our area. We have also seen some familiar and long-time businesses close. We will continue to monitor this development. Please know that Stony Plain Road offers a wonderful opportunity to start a new business with affordable lease rates and great access. There is free and accessible parking, and over 30,000 residents directly within a few blocks to support businesses.

As buildings are being demolished and roadwork is being done to create space for the upcoming West Valley Line LRT, transformation will continue and our BIA will strive to keep you informed. We will also create opportunities and programs to build loyalty, create habits, and profile our Business Improvement Area as a desirable place to shop, visit, and obtain great services. We are going to create a Main Street in which you can have pride, where it feels even more comfortable and authentic, and where you will want to bring friends over to explore the positive nature of Stony Plain Road.

Todd Janes is the Executive Director of the Stony Plain Road and Area BIA. You can contact him at 780-477-5169 or at stonyplainbrz@gmail.com.

**Catch us online at
thespann.ca**

SOCIAL ENTERPRISE BOOTCAMP RETURNS THIS SEPTEMBER!



**Enrollment is now open for
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Fall 2020.**

Do you have an idea for a business that brings about positive social, cultural, or environmental change?

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EDMONTONCDC.ORG/SOCIALENTERPRISE

If you live or work in any of the 4 Jasper Place Revitalization neighbourhoods and would like to participate in the SE Bootcamp please contact Revitalization Coordinator Serena De Souza for a significant subsidy:
serena.desouza@edmonton.ca

Cumming's Corner: Update From Edmonton Centre



James Cumming, MP
Edmonton Centre

Although it seemed unfathomable a few months ago – we've done it! We have successfully adapted our lives, relationships, jobs, and hobbies to fit into life as we know it: the new normal.

Although the road has been bumpy, I am so proud of all of you for working together to get us where we are today. Whether it has been through volunteering in your community, helping a friend in need, or continuing to follow public health measures, I am confident that we will continue to have a successful journey on the path forward, together.

Like many of you, I have returned to the office to welcome new social distancing measures and explore new ways and technologies to continue to work for you in Ottawa, and even connect with you, screen-to-screen. While my days may look different, physically my job as an MP has been business as usual. We have continued our sittings virtually, with the Standing Committee on Finance where my Conservative colleagues and I have been covering a number topics, which I hope you have all kept up-to-date with through my livestreams on Facebook or by visiting the Parliament of

Canada online.

I have had countless Zoom meetings and conversations with our riding's stakeholders, small businesses, and industry leaders to collect feedback on how they would like to be supported while our country heads towards economic recovery. One of my favourite initiatives that I've taken recently has been connecting with at least one local, small business or operation located in my riding each week. Whether it's grabbing a coffee at a local coffee shop, touring a textile factory in the riding, or just sitting down for a conversation, it's these boots-on-the-ground experiences that allow me to see the real impact that the pandemic has had on our business community. This has allowed me to better advocate federally for those affected by the pandemic; point folks in the right direction for various rent relief, wage subsidy, or emergency fund programs; and better understand how we can achieve full economic recovery once this all behind us. If you're a small business in the area, I would love to hear from you and see how you've managed to cope during this crisis – reach out!

As your representative in Ottawa, I am committed to ensuring that you have the most up-to-date information regarding the various pandemic response programs available to you, which you can find on my website www.jamescumming.ca or by visiting www.canada.ca/COVID-19. These are tough times for us all, and I want you all to know that you can connect with

me any time if you have been experiencing any issues applying for the programs in place, whether as a business or an individual. While I still can't take walk-ins at my constituency office, you can continue to contact me by phone at 780-442-1888, by email at james.cumming@parl.gc.ca, or on Twitter @jamescumming.

To say the least, this will be a summer that we will never forget. The past few months have been an incredibly challenging time for all us, but I am optimistic that we will recover stronger than ever. You might be asking, "Why?" Well for starters, businesses have responded to this crisis with unbelievable creativity, expanding their innovative and entrepreneurial spirits to survive. Healthcare workers have been making enormous sacrifices since day one to keep our communities safe. Our volunteers are dedicating more and more time to help the vulnerable and, of course, our seniors have continued to be strong advocates for future generations going forward.

I know that this hasn't been easy for anyone and I'd be lying if I said I haven't had my own moments of hopelessness, loneliness, and defeat. All we can do is continue to try our best, be kind to one another, take each day in stride, and know that as distant as it may seem some days, this too shall pass.

James Cumming is the Member of Parliament for Edmonton Centre, which includes the neighbourhoods of Canora and West Jasper/Sherwood.

A Message from Kelly: Update from Edmonton West



Kelly McCauley, MP
Edmonton West

The uncertainty of the COVID-19 pandemic has brought many changes to the lives of Edmontonians. Many of us are still struggling to get back on our feet, whether dealing with employment, child-care,

or poor mental health.

Several businesses in our communities have remained open and taken risks to ensure Edmontonians continue to obtain essentials during the government-directed shut down and self-isolation.

Many more local businesses are re-opening their doors after months of being closed or serving their customers online.

Now, more than ever, local businesses need our support. That is why we are promoting a Buy

Local initiative in Edmonton West to support small businesses that are re-establishing their daily operations, bringing back employees and welcoming back customers. You can help make a difference by supporting local stores, restaurants, and services in your area.

In the meantime, I am working hard to help you through these difficult times at our new office located at #104, 10471 178 Street.

Our Conservative Party has worked with the other parties to pressure the government to extend the CERB, and are continuing to present plans that will improve support. Plans such as the Back to Work Bonus, that will improve the CERB so you can go back to earn income without being punished by the arbitrary \$1,000 cutoff. We don't believe returning to work should hurt Canadians, and this will help Albertans get back to their job and earn up to \$5,000 a month before the CERB is completely clawed back.

We have successfully fought to increase and extend the wage subsidy so that employers can afford to re-hire their people.

We are also working to improve the Commercial Rent Subsidy so that our small businesses can survive until business levels improve. We've heard from many small businesses, restaurants, and retailers in west Edmonton that the current program is not working. The Liberal government hasn't addressed these concerns yet, but we will keep fighting for our small businesses until the program is fixed.

As your federal government representative, I am also here to help you navigate through the supports available to you during the COVID-19 pandemic.

If you have any questions about the programs that the government is offering, or if you need help with federal departments and programs such as CRA, EI, Immigration Canada, CPP/OAS, or Veterans Affairs, please do not hesitate to reach out to me or my office at 780-392-2515 or Kelly.McCauley.c1@parl.gc.ca.

Kelly McCauley is the Member of Parliament for Edmonton West, which includes the neighbourhoods of Britannia-Youngstown and Glenwood.

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News From the Ledge:

An update from the area's MLAs.



MLA Lori Sigurdson
Official Opposition
Critic for Seniors and
Housing
780 414 0719
Edmonton.riverview@
assembly.ab.ca 9202B
- 149 Street
Edmonton, T5M 0H3

The spring legislative session has come to an end and September is quickly approaching. As members of Alberta's Official Opposition, MLA Lori Sigurdson and I have been fighting hard against cuts to services and advocating for jobs and programs to grow and diversify our economy. As the NDP Opposition critic for Education, my office has received countless calls and correspondence from concerned families, teachers, and staff about the Government

of Alberta's dangerous decision to reopen schools this fall with no additional support.

Pediatricians and school health specialists are describing the plan put forward by Jason Kenney and the UCP to reopen schools during the COVID-19 pandemic as 'dangerous'. After a series of deep cuts to the education budget, the UCP is now asking schools to implement

safety measures in schools that have fewer resources. While proper cleaning, more hand washing, daily screening and physical distancing are all necessary measures, this government has chosen not to invest in meaningful measures to improve school safety. At the end of July, we released Safe Schools, Successful Students: An Alternative Relaunch Plan for Alberta Schools. Our report includes 15 recommendations, and the first is to cap class size at 15 students like many other jurisdictions that have had a successful reopening. The UCP's reopening plan includes no class size limit, no additional supports to distance on buses, and no new funding for increased cleaning. This plan puts our students, staff, families, and communities at greater risk.

Premier Kenney and the UCP are using this pandemic to ram through American-style health care and American-style labour laws too. They have an extreme agenda of cuts, undermining doctors, cutting public services, privatizing healthcare, eroding public education, privatizing parks, and the attacking the environment. Bill 30 pushes more American-style healthcare on Alberta. The UCP is deliberately weakening the public healthcare system that we rely on by privatizing surgeries, tests, and other procedures. This is not "patient-centred"

or "person-centred" care. This is "profit-centred." We have seen throughout the pandemic that private long-term care prioritized profit, and that seniors and their families often paid the price.

Albertans deserve a government that has their backs, that will invest in people and will build an economic recovery for every Albertan. We need bold, creative solutions to get people back to work and set our economy up for a strong recovery that builds our province by investing in our people. We are fighting for a diversified economy where everyone gets a fair shot, everyone does their fair share, and everyone plays by the same rules.

It's our honour to fight for you in the legislature. Lori and I encourage you to reach out to our offices to discuss these or other issues that are important to you.



MLA Sarah Hoffman
Official Opposition
Critic for Education
780 455 7979
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The Budget: Your Feedback Wanted



Councillor Andrew Knack

We have seen an over \$140 million shortfall in the budget this year due to the pandemic and as such, we've had to make changes to almost every program and service in the City of Edmonton. This is unlike anything

Edmonton has seen before, and unfortunately we could be faced with further reductions in 2021 due to the financial impacts of COVID-19.

Council made a decision early on that we would not pass on the shortfall to property taxes. With businesses and households struggling to pay their existing bills, adding an 8%+ property tax increase

would not have been acceptable. Therefore, a decision was made to make the necessary cuts to address the shortfall. There were 125 areas impacted with many of these changes made because we temporarily laid off thousands of City of Edmonton employees.

Decreasing or cutting services and programming is necessary at times, but we know the impacts this has on Edmontonians. We also know that these budget cuts could impact larger infrastructure projects like recreation centres and road widening construction projects. I'd like your feedback on what you see as priorities for Edmonton in 2021. If we are going to use some funds, especially our emergency fund, to re-introduce some service(s) or projects, what would you like to see funded? What do you feel could be reduced in order to stay within budget?

I know there have been community residents

who have stepped up to help fill the gaps, which does not surprise me as Edmontonians continually show up when help is needed. Thank you for all the ways in which you're helping our community and especially those that have lost employment or their health.

Please send me your thoughts and any other questions or concerns you may have using the following contact methods. I look forward to your feedback.

Andrew Knack
City Councillor – Ward 1

Website: AndrewKnack.com
Email: Andrew.Knack@edmonton.ca
Phone: 780-496-8122
Facebook: @AndrewKnackEdmonton
Twitter: @AndrewKnack
Instagram: @AndrewKnack



SPANN

Wants to See Your Photos

SPANN is creating opportunities for you to contribute to our community newspaper! See page 2 for further details.



One Stop Biker Shop A Stony Plain Road Destination



Paula E. Kirman

One Stop Biker Shop
10007 167 Street
780-443-0543
onestopbikershop.ca

Anyone travelling down 100 Avenue in the west end is sure to have seen the big boot that sits outside of the One Stop Biker Shop. Owner Dan Semaka built that boot – and the building – 40 years ago.

In fact, the store used to be called the Western Boot Factory. While some Western merchandise is still carried, Semaka changed the business to a biker shop about 15 years ago, carrying a variety of helmets, jackets, streetwear, motorcycle boots, and other apparel and gear.

“The west end is where the action is,” says Semaka. “Everyone comes to the west end from out of town. Someone from Grande Prairie is not going to go to the north side or south end to shop.”

Despite COVID-19, business has been booming. Semaka says that over the last few months he



The staff of One Stop Biker Shop with the famous huge boot.

Photo credit: Paula E. Kirman

hasn't been able to get stock in fast enough to replenish the shelves. He credits much of this to changing demographics shopping at One Stop Biker Shop. “A younger generation is coming through. They know what they want, and they

One Stop Biker Shop.

Photo credit: Paula E. Kirman

come here to get it,” he says. “Also, women are taking up biking with a passion and are really enjoying the store,” he adds, saying that sales of women's helmets have dramatically increased.

One Stop Biker Shop is a store where customers keep coming back – and sending their family and friends. “My customer loyalty humbles me,” Semaka says, noting that 50 percent of his customers are referrals, while 40 percent are regulars. The other 10 percent drop in when driving by.

The drive-by customers no doubt notice that big boot, making One Stop Biker Shop a “destination store,” Semaka describes. The boot is 39' 4" - 9' wide at the top and 16' long at the sole. At night, it lights up with over 600 feet of neon tubing. Day or night, the boot is ideal for social media photo-ops.

“We're selling emotion and we're selling products,” says Semaka, noting the consistently high online reviews the store gets. “When customers walk out of my store, they feel like we did them a favour.”

VARIANT EDITION



COMICS & CULTURE

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Spicing Up Stony Plain Road

Aachy's Chettinad Dosa and Curry Palace

Paula E. Kirman

Aachy's Chettinad Dosa and Curry Palace

15525 Stony Plain Road
780-760-4200
www.aachyedmonton.com

The word "Aachy" in southern India means "grandmothers." Aachy's Chettinad Dosa and Curry Palace seeks to present authentic South Indian cuisine to Stony Plain Road and beyond, including a huge selection of vegetarian dishes.

My curiosity about trying the food got the best of me, and I ordered in. Dosa is an Indian crepe made from a fermented rice and lentil batter, served with a variety of fillings and dips. I had the Masala Dosa, which was stuffed with flavourful potato and onions. My accompanying dips were also vegetarian and included flavours of mint, tomato, and coconut. The crepe itself was crispy and chewy, and a lot of fun to eat. The meal was also served with a bowl of sambar, which is a type of lentil soup.

Aachy's also has a variety of vegetarian, chicken, beef, and mutton curries and entrees. I tried the Chettinad Mushrooms. Chettinad refers to the cooking style of a region in South India. I can honestly say I have never tasted anything like this before. The rich, dark sauce was packed with mushrooms, and had a very complex flavour. It was aromatic and spicy, with subtle hints of sweetness.

The menu also has several kinds of rice and bread. I went with the cheese naan, which I thought would be filled with paneer, but instead was more like a thin grilled cheese sandwich. The creaminess complemented the spiciness of the Chettinad Mushrooms.

Prices for most of the dosas and main dishes are in the \$11-\$16 range, which is very reasonable. The size of the dosa in particular was huge. I am already planning which one to have next, and would love to drop by for lunch in person at another time.

Delivery is available via DoorDash and SkipTheDishes.



Dosa and dips.

Photo credit: Paula E. Kirman

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Signs of progress a common sight on Valley Line West LRT route



A contractor removes a building from the Valley Line West LRT route as the City prepares for full construction on the line to begin in 2021.

Photo courtesy City of Edmonton

As we get closer to beginning full construction of the Valley Line West LRT in 2021, you can expect to see the Stony Plain Road

business area bustling with activity this construction season. Most of that work is focused on two key activities: building removals and

underground utility relocations.

Building Removals: Happening now until the end of our construction season in 2020

We're removing vacant buildings from City-owned properties to make way for future construction and incoming LRT infrastructure along the Valley Line West route. This work began at the end of June and will continue until the snow starts flying.

The City is in the process of removing four buildings along Stony Plain Road and 142 Street, and the work will shift to landscaping the vacant lots later this year. We'll be removing four more buildings along Stony Plain Road and 151 Street, and another at 155 Street and Stony Plain Road. These removals will begin in late August and continue into the fall. Before the removals begin, crews will fence off the property and complete assessments and abatement to remove any hazardous materials. After the removals are completed, the sites

are backfilled to ground level and landscaped.

Utility Relocations: Happening now until 2021

EPCOR crews will be working on Stony Plain Road at 156 Street and 143 Street to bury overhead power lines and install new electrical infrastructure. The work is expected to begin in early fall and end in late fall, though timelines may change.

It's a busy time for the Valley Line West LRT and the City is excited to bring this transformational project to Edmontonians. Stay up to date on all the latest project updates by visiting edmonton.ca/valleylinewest.

Questions about LRT expansion?

The City is always available to help with any questions or concerns that you may have about LRT construction. Please contact the LRT projects information centre by email (LRTprojects@edmonton.ca) or by leaving a voicemail at 780-496-4874.

Article submitted by the City of Edmonton.

Westend Seniors Activity Centre's Food Program

- **Homemade Meals**
- **Fresh Ingredients**
- **Nutritious & Affordable**



TIRED OF MAKING MEALS?

- Looking for something that is nutritious and easy to prepare?
- Do you know someone who could benefit from a meal program?

We can help!

HOME MADE MEALS

- Each week our Community Cafe team prepares home made meals that are then frozen and ready for purchase!
- Large servings and affordable pricing make our Food Program an easy option for everyone!
- Reheatable - All meals are cooked so you simply need to reheat in the oven or microwave!

FRESH INGREDIENTS

Our Cafe team purchases fresh meat and vegetables the day before they prepare the meals. This is to ensure only the best ingredients go into every meal!



Westend Seniors Activity Centre
www.weseniors.ca or Email us at foodorders@weseniors.ca

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FREE e-newsletter
at our website:
thespann.ca**

Kids on Track:

Active and Meaningful Programs

Kristy Chaisson

The challenges of COVID-19 have been extensive for families and programs alike. This summer, one of Kids On Track's goals was to equip families to get out and get active together in a safe and fun way. We structured our Active Families program to empower families to learn some great activity skills so they could replicate these activities on their own. What was normally just one Saturday between July and August has transformed into four days a week (Monday- Thursday) and two Saturdays a month. What an amazing way for families to get active together and create some positive memories of this summer.

A favourite event this summer was the Saskatoon berry picking day in Hawrelak Park, where families learned what berries to pick and how to use them in recipes. The families then baked some delicious "bush pies" over a fire with the picked berries. For many families, this was a new skill, one that they can now do with their own families. Sustainability of food and creative utilization of what our own city has to offer were themes that were explored. Global Edmonton made a point to come out and do a small human interest piece on the event. This event inspired one Kids On Track family to go out berry picking on their own. They reported that they were able to pick and then process 12 mini jars of raspberry jam for their family! Way to go!



A Kids On Track family enjoys their berry harvest by learning to cook bush pies over a fire.

Photo courtesy Kids on Track

Kids On Track is looking forward to our fall programming. With creativity and resiliency, we will continue offering active and meaningful programs in west Edmonton for families. Haven't gotten out to an event this summer yet? There's still

time! Contact us at 780-481-2942 or visit www.kidsontrack.org.

You can also keep tabs on what Kids On Track is up to on our various social media platforms: Twitter (@kidsontrack, @SHIFT_YOUTH),

Instagram (@kidsontrackedmonton, @kotshiftyouth), Facebook (@kidsontrackedmonton), Website (www.kidsontrack.org).

Kristy Chaisson is the Program Director, Kids On Track Association of Edmonton.

Turkish Canadian Society Update: Food and Activities

Sim Senol

When an early morning fire broke down and ripped through a local strip mall on Stony Plain Road and 154 Street a little over two years ago, two local businesses were completely destroyed: the Moon Palace Restaurant and the Anatolia Food Market/Restaurant.

For the Turkish Canadian Community in Edmonton, Anatolia Food Market/Restaurant was a major gathering place. Only a few blocks away from the Turkish Community Centre, you could often find community members stopping by for groceries and, of course, authentic Turkish food. Reviews on Google still serve as a somber reminder as to why this was considered the best Turkish restaurant in the city. The prices were reasonable and the food was amazing. This leaves a huge hole in finding Turkish food in the west end. Turkish Canadian Society is currently working on a printed guide with details of home-based caterers.

Before COVID-19 closures there were regular cultural gatherings at the Turkish Community Centre, often with lots of delicious Turkish food



A picture from a past Turkish Canadian Society event, featuring lots of delicious Turkish food.

Photo credit: Sim Senol

and always open to all area residents. Although most of these events are currently on hold, you can still get on a mailing list so you can be informed about our next public event. Residents interested in subscribing to the TCS email list

or looking for food recommendations can send an email to turkishcanadians.edmonton@gmail.com.

Sim Senol is the Treasurer/External Relations Coordinator with TCS.

Community League Updates

Britannia-Youngstown

The Britannia-Youngstown Community League has a website at <https://www.bycl.ca/>, and a Facebook page: <https://www.facebook.com/BYCL.EDMONTON>

There are also Facebook groups for:

Soccer: <https://www.facebook.com/groups/429001993903470/>

Skating Rink: <https://www.facebook.com/groups/327497630613180/>

Canora

How can you become a member of the Canora Community League? You can join us on our Community League Day on September 19th from 1 p.m. to 4 p.m. and purchase a membership. The regular cost is \$30, but on Community League Day the cost is reduced to \$15. Depending on AHS guidelines, we may have some entertainment and maybe coffee and other refreshments. If you have access to a computer or electronic device you can also join via the EFCL website: efcl.org

On June 28, we held our AGM with a quorum and all AHS protocols. It certainly looked different with everyone spaced out 6 feet apart and masked. We got a full executive and almost a full slate of directors. We have openings for an Events and Sports Director. The Board is tasked with finding individuals to fill those vacant positions. If you are a member, live in the Canora community, and are interested in these positions, email info@mycanora.com.

On July 4 we had a parade through our community put on by the Edmonton Arts Council. It was about a 2-hour tour through our community with jugglers, bands, dancers, and community youth following along and enjoying the parade.



A stilt walker in the Festival in a Box parade.

Photo credit: Tony Lovell

The EFCL hosted a park and play program at the old Green Shack area. It was well attended and we sincerely thank them for this program. Other possible programs for the fall and winter may be, depending on interest: Cultural Nights, Addiction Programs, Family and Adult Paint Nights, Pottery,

Crafts, Family Yoga, Learn to Play Cribbage and Whist, Ladies' Evening Out, and other programs you would like to see at the hall. Send ideas to info@mycanora.com and in the subject line put "Programs."

At this time when school is beginning, we ask all citizens to be careful and watch out for our children. Also, the hall was broken into on July 23 and several items were stolen. A Little Tykes red kid's wagon, stroller, bottles, hockey gear, DeWalt 18 volt drill, and possibly other items were taken. We have the guy and the girl on video and the police have a file on them. Please lock your doors and make sure all possible access points to your sheds and garages are well secured. Make sure all windows are secure. Please watch out for your neighbours. Be safe and report all unusual activities to the police.

Glenwood



GLENWOOD COMMUNITY LEAGUE

glenwoodcommunityleague.com -
[facebook.com/glenwoodcommunity](https://www.facebook.com/glenwoodcommunity)
twitter.com/glenwoodcl - 780-489-7571 -
glenwoodcommunity@hotmail.com

16430 - 97 Avenue - Edmonton, AB T5P 0E8

The Glenwood Community Hall (16430 - 97 Ave.) is now open for limited rentals:

- Hall capacity is limited to 38 people.
 - All City of Edmonton and AHS safety measures must be followed. Masks must be worn, and a list of attendees must be provided for contact tracing (if necessary).
 - An extra cleaning fee of \$20 will be applied.
- You can book your rental by calling 780-489-7571, or emailing hallmanager@glenwoodcommunityleague.com.

Big Bin Event

When: September 26, 2020 - 9:00 a.m. to 2:00 p.m.

Where: Jasper Place Jubilee Park (92nd Ave. & 160 St.)

Accepting: Furniture, electronics, appliances, yard waste, renovation waste, and scrap metal.

Not accepting: Paint, mattresses, tires, hazardous waste, fridges, freezers (please take these to an Eco Station).

- Please wear a mask and be prepared to unload your own items.
- We will also be having a drive-through style membership drive at this event and hope to see you there.
- With every membership purchased, you get a free ice cream!
- E-transfer is preferred for membership payment. Cash or cheque will be accepted if you cannot accommodate e-transfer.

Use your Glenwood or Meadowlark community league membership card for access!

Party in the Park

We are saddened to announce that there will be no Party in the Park this year, the first year since 2009 that we have been unable to hold our annual community gathering. PiP brings over 500 residents of Glenwood and Meadowlark Park together for a wonderful afternoon of food and fun, which unfortunately will not be possible in 2020. We hope for a better year for community get-togethers and fireworks in 2021.

Since we won't be having this annual membership drive, you can continue to support the community league by renewing your membership online at <https://efcl.org/membership-purchase/>

Community Swim Times

Our community swim time at Jasper Place pool is once again available to community league members.

- You must register at movelearnplay.edmonton.ca
- Click on "visit a recreational facility"
- Choose "Jasper Place Pool", then click on "Community League Swim" and choose the times you want to swim.
- No one will be allowed in the pool unless they have reserved a spot. Remember to bring your league membership card and view the pre-visit checklist.

To connect with the Glenwood Community League:

glenwoodcommunityleague.com
[facebook.com/glenwoodcommunity](https://www.facebook.com/glenwoodcommunity)
twitter.com/glenwoodcl
glenwoodcommunity@hotmail.com
780-489-7571

West Jasper/Sherwood

Currently, any resident living inside the borders of Stony Plain Road and 92nd Avenue, between 149th and 156th Streets may purchase a membership for the West Jasper/Sherwood Community League online through the EFCL (efcl.org). Memberships fees are: Family (2 Adults & Children under 18 years) - \$30; Adult (18 years or older) - \$15; Senior (55 years or older) - \$5.

For news, events, and programs, please visit our website: westjaspersherwood.ca

Community Classifieds

Are you a resident of Britannia-Youngstown, Canora, Glenwood, or West Jasper/Sherwood? Do you have an event coming up you would like to promote? A service to provide to the community?

Community Classifieds are **FREE** to area residents. Length limit: five lines or less. We reserve the right to edit classifieds based on clarity and suitability. We also reserve the right to refuse classifieds that are not appropriate for the paper.

Classifieds may also appear on our website. Email your classified ad to spanneditor@gmail.com.

Shirley Romany:

“I was the first Black business owner in Jasper Place.”

Brooke Leifso

Shirley Romany has been a pioneering Jasper Place business owner since the late 1960s. At that time, the Canadian government was opening up its immigration policy, which had previously set severe barriers to entry for racialized people from the Caribbean.

In the 1950s and 60s, that began to shift as the Canadian government actively recruited immigrants to work in the oil industry, or as teachers and nurses. British-trained nurses could come directly from the Caribbean to work. Others, like Romany, came here to train. Shirley notes that to this day, Caribbean people are loyal to Pierre Trudeau for his equal opportunity measures of immigration. She saw, however, a greater opportunity than nursing.

“They sent me on a Nursing scholarship, but I was born a hairdresser.”

She apprenticed with Delores Barker (known as Dell), and then bought a 2-chair salon in 1968 just west of 155th Street on Stony Plain Road and called it Shirley’s House of Beauty. In her 50+ years of having a salon, most of her businesses have been located in Jasper Place. When she first arrived, she lived in a walk-up close to the shop and charged \$2.50 for a hairdo. On Sundays, Shirley and her young son would go to church, for a bite to eat, and then to the Jasper Place Cinema. They would pay a quarter for her and 10 or 15 cents for him to see a western. She then bought two large lots just south of the Orange Hub on 156th Street for \$30,000.

At first, her clients were local women that worked in downtown department stores

and women from the Enoch Cree Nation. Shirley built close relationships with local Indigenous people who came into the city from Enoch and other Reserves. Many of her early clients were Indigenous and she cared for their families. She is known as “Auntie Shirley” by many people in Enoch.

There have always been Black people in Canada, both immigrants and native-born. But the dominant culture has generally been unwelcoming. So, despite themselves being a mixture of cultures and having arrived from different places at different times, Black people in Edmonton have created a community marked by solidarity demonstrated in social events and in places of gathering like Shirley’s shop. For years, Shirley’s House of Beauty was one of the few places in Edmonton that specialized in Black hair. Though Shirley initially was unable to acquire Trinidadian food in Edmonton, Jasper Place allowed her to connect to a variety of cultures, from the Asian grocers, to Ukrainian-owned restaurants, and the Indigenous communities. “In those days, everything was old. Across from me were wooden buildings, and they had shoemakers and dressmakers and garages on Stony Plain Road. People came in from Enoch and other reserves close to the city on bikes, or walking because it was close and there were trails.”

Since her first shop in Jasper Place in the 1960s, she has established many shops. Her signature establishment, Ebony and Ivory, was an industry standard for many decades. Shirley Romany sold Ebony and Ivory, and currently owns Bronze and Cream Hair and Wig Centre with her husband.

Brooke Leifso is a community-based artist working on the Jasper Place Community History Project (jasperplacehistory.org).



Shirley Romany circa 1965.

Photo credit: Delores Barker



Bronze and Cream Hair and Wig Centre on 157 Street and 101 Avenue.

Photo credit: Paula E. Kirman

Do Local Good this Fall with United Way’s Volunteer at Home Campaign

As the COVID-19 pandemic stretches into the autumn months, it is more important than ever to come together as a community, even though we need to stay apart to help flatten the curve and keep each other safe and healthy.

Everyone in our region has been affected by the pandemic, but those already facing barriers caused by poverty, isolation, or mental health struggles have been hit the hardest. And while the urge to help is strong, many don’t know how to do it safely, in light of new health guidelines. To unite those who want to help with a way to help, United Way of the Alberta Capital Region has launched the Volunteer At Home campaign, encouraging Edmontonians to create kits for those hit hardest by the pandemic and its ripple effects, including students, seniors, and low-income families. Volunteering at home by creating DIY kits are a great way to help vulnerable people in your community as you practice social distancing.

“We have seen an outpouring of support from

members of our community to help those most impacted by the COVID-19 pandemic,” said Rob Yager, President and CEO of United Way of the Alberta Capital Region. “Many people want to help, not only with their dollars, but with their time and talent. That’s where the DIY kits come in.”

This is an easy, accessible, and flexible way you and your colleagues, family, or friends can contribute to the community. Simply purchase the materials for the kit, assemble it, and drop it off at United Way’s office on Stony Plain Road at 151 Street during business hours. All materials should be new, unused, or unopened and not bear any corporate or promotional branding.

“These kits will be distributed to the agencies we partner with to ensure they are getting to the people who need them the most. The pandemic is going to have ongoing ripple effects for quite some time, and it’s important that we continue to support those in need,” said Yager.

Options for kits include Homemade Masks, Activities for Kids, Hygiene, Seniors’ Activities, Literacy for Kids, PPE Protection, Baby Essentials, and more. You can build the kits on your own, but why not get your friends, family, or co-workers involved with an online get-together or a little friendly competition?

Founded during WWII, United Way of the Alberta Capital Region has a long history of bringing people together during tough times to lift up the community. With a focus on tackling poverty in Edmonton and the surrounding region, they support more than 100 programs through a network of social service organizations to collaborate and address the root causes of poverty.

To learn more about how you can Volunteer At Home and help your community in this time of crisis, visit www.volunteerathome.ca and show off your DIY kits with the hashtag #DoLocalGood.

Article submitted by United Way of the Alberta Capital Region.

Canora Park Watch: *Festival in a Box*

Deckla Lindgren
Canora Park Watch Coordinator

It is September of 2020 and children will be returning to school in a changed environment due to COVID-19.

The pandemic has also affected our ability to sponsor the majority of our annual events this summer. Our last event of the year is “Meet the Police” night, scheduled for September 15th. We are hoping to present this event, pending the Alberta Health Services protocols. If we are able to host this event, flyers will be delivered in the Canora neighbourhood confirming the time and location.

Canora Park Watch would like to send a huge “Thank You” to the Edmonton Arts Council for their “Festival in a Box” Parade on July 4th that made its way through the streets and avenues in our neighbourhood. It was such a joy to see the great energy of this group. The response from the community was extremely positive, for both young and old, bringing smiles to all. It was a very bright spot in this summer of COVID-19 fatigue.



The “Festival in a Box” makes its way through Canora.

Photo credit: Jack Lindgren

We are already planning our events for 2021 with the focus on creating a strong and diverse

community through people, programs, and parks. *Deckla is the Canora Park Watch Coordinator.*

St. Anne Park Pop-Up Community Garden

A pop-up community garden at St. Anne Park launched on June 5.

Jasper Place Wellness Centre/ Food4Good oversaw the garden at 153 Street and 102 Avenue. Anyone from the community who wanted to take part in the garden helped on Wednesdays from June until September to tend the plants and share the harvest.

The harvest will be split evenly between anyone who comes on Wednesdays. If somebody walks by the garden and wants to take some veggies, that’s okay too. This

garden is meant for everyone. There are no individual plots at this garden. Everyone worked together (while staying two metres apart). The goal was to meet neighbours, enjoy the sunshine, and grow some tasty food.

COVID-19 safety precautions were taken. JPWC/Food4Good and the Stony Plain Road BIA provided the plants and seeds. The City watered the garden twice per week. Because this is a “pop-up,” the City will remove all the beds in late September.



Gardeners on the first day of the pop-up garden in St. Anne Park.

Photo credit: Paula E. Kirman

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