

## ***Kwento't Litrato: A Filipino Community's Stories of Migration Through Photographs***

Cynthia Palmaria

Migrante-Alberta's members from the Jasper Place community were excited to release their coffee table book called *Kwento't Litrato* (or, *Stories and Photographs*). It is a photo-documentary project that portrays different stories of migration through the lens of amateur photographers from Edmonton and Calgary. The 200-page book features 24 participants and compiles images that portray powerful stories of migration, challenges, and successes. While the beautiful photographs depict the daily reality of migrants in Alberta, they convey the emotions of dealing with family separation as a temporary worker, the search for one's identity, starting a new life, issues faced by seniors, and dynamic communities.

This project was conceptualized through the partnership of Migrante-Alberta and professional photographer Nwel Saturay. A dinner conversation sparked the idea of integrating Nwel's photography skills and stories of migration depicted by the migrants themselves. The process of this creative collaboration was a series of five workshops conducted both in Edmonton and Calgary by Nwel with a total of 24 participants. They examined their camera's functions, explored their neighbourhoods through photowalks, and connected with their subjects for a more compelling story. The product weaves the stories of youth, the elderly, families, temporary workers, communities, and advocates and was exhibited in Calgary's cSPACE King Edward, Arts Commons, and Edmonton's City Hall and Mill Woods Senior and Multicultural Centre. The book was the project's last phase and will continue to raise awareness on the plight of this vibrant and growing community.



Nellie Alcaraz, a Migrante-Alberta member from Calgary, at the exhibit at Edmonton City Hall.

Photo: Marco Luciano

Migrante-Alberta is a not-for-profit community organization that was founded in 2013 in Edmonton and advocates for the rights and welfare of Filipino workers and works in solidarity with different community organizations, women and workers groups, unions, and service providers. Migrante now has bases in Edmonton, Calgary, Red Deer, and Fort McMurray. The organization's mandate is to organize the community through education and skills development to address their issues and concerns. Find out more about them at their Facebook page (@MigranteAlberta) or their website ([www.migrantealberta.ca](http://www.migrantealberta.ca)). They can be reached at [migrantealberta@gmail.com](mailto:migrantealberta@gmail.com).

Cynthia is an organizer with Migrante-Alberta.



Participants at a workshop in Calgary show how we are all interconnected.

Photo: Marco Luciano

Migrante-Alberta is currently working on a mural at the Orange Hub. You can learn more about Migrante-Alberta

by visiting [migrantealberta.ca](http://migrantealberta.ca) and following them on Facebook, Twitter, and Instagram @migrantealberta.

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# Stony Plain Road and Area Business Association Update

Todd Janes

Some positive sides of the pandemic are: the opportunities to spend more time outside enjoying nature; time, if we choose, to read more, to take online courses, to work from home; and perhaps have deeper conversations with our close friends and family. The

pandemic has also brought things into focus and taught us to cherish life. As we are forced to slow down and rethink our choices, it has also raised our awareness of our power and our values around what is most important. Now, in month ten of the pandemic, I wanted to talk with you about shopping local.

In the fall, we did a small

awareness campaign called SHOP SPR which focused on raising awareness around shopping at the businesses along and connected to Stony Plain Road - SPR. We ran this campaign over ten days around the mega internet shopping event Amazon Prime Days. We concentrated on safer ways that you could support local businesses.

All of our businesses are suffering, and like many of you they are doing what they can to be safe with their families, staff, and their customers. This involves implementing extra cleaning precautions, utilizing personal protective equipment (PPE), and limiting hours of operation with reduced staff. I am so very proud of the resilience of our merchants along SPR, along with their innovation and tenacity. While we have lost some because of COVID-19, many are fighting within a new normal to save their businesses. If you are concerned, call ahead to a business and ask how they can support you to stay safe. Many offer delivery services for free or a low charge. Many can do phone orders, contactless pick-up, and more are also enhancing their online services. We have also partnered with the University of Alberta through the School of Retailing and the City of Edmonton to offer a program called Digital Mainstreet to provide up to ten hours of free support to create and improve businesses online services and platforms. If you are a business

within our BA and you want to take advantage of this service, contact us soon.

Shopping local is a powerful tool you can use to help cultivate the type of neighbourhood you live in and nearby. By patronizing business in SPR you support them, and it affords you power to spend your hard-earned money with businesses you care about. For us, Shop Local or SHOP SPR means that we support businesses in our community, from very small local businesses to our chain stores that have also chosen to set up a business location within SPR and provide jobs and services in our community.

December is the month that can ensure many businesses will survive, despite this very tough year. I personally have made a commitment to purchase all of my gifts within my community this year because it is vital. Internet shopping can be easier, but I ask you to reach out to our businesses and shop from home via phone and internet. If you give gift cards from local restaurants, retailers, and services, your ability to spread holiday cheer will triple! Support your community by spending money within your community. Stay safe and enjoy the festive season.

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

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# Editor's Notes

## *Looking At the Horizon*



**Paula E. Kirman, Editor**

Editing a community newspaper that launched in the midst of a pandemic is probably one of the most ambitious projects I have ever accepted. SPANN is now completing its first year of publishing.

It has become a recognizable brand in the Stony Plain Road area. Due to the wonders of modern technology, we have been able to get the word

out there through our social media, website, and e-newsletter in between our four print issues.

Community media is more important than ever. It is a way of giving voice to the concerns, events, and stories specific to an area, connecting the people who live and work there. Larger media outlets often overlook hyperlocal stories, and this precarious economy has seen many newspapers and magazines shrink or disappear altogether. Smaller papers like SPANN help fill the gap, and provide important community coverage.

This is the final print edition of SPANN for 2020. SPANN will continue for Volume Two. We are working on what format the publication

will look like at the time of publishing this issue. If you use social media and do not yet follow us online, I highly recommend that you connect with us at @spannjasperplace on Facebook and Instagram, and @thespannJP on Twitter. You can also sign up for our free e-newsletter at our website (thespann.ca) for updates and website exclusives.

As always, if you have any feedback, ideas, or would like to get involved, you can reach me at spanneditor@gmail.com. Thank you for supporting SPANN during this unusual and challenging year. Stay safe and healthy, and have a wonderful holiday season.

## The Jasper Place Wellness Centre Has Moved

The Jasper Place Wellness Centre (JPWC) has moved! We are now located at 15608 Stony Plain Road. Due to COVID-19, services are currently limited. Please contact Tony for more information on what is available, at 780-481-4001.

We are open: Monday, Wednesday, Friday from 9 to 11 a.m.

Our Winter Warming program runs seven nights per week, from 6 to 9 p.m. from now until April of 2021. This program provides a safe place for community members experiencing homelessness to warm up, enjoy a coffee, access various services, and obtain transportation to overnight shelters.

Food4Good, our food security division, is now selling low-cost food boxes and meal assembly kits in place of our previous low-cost markets. Our goal is to increase access to good food for those living with low-income or experiencing other barriers. You can learn more at food4good.ca, or call Ashley

at 780-906-4971.

The JPWC Medical Clinic has also moved and is now located at 15606 Stony Plain Road. Our doctors are accepting new patients with both male and female physicians available. For more information, visit jpwc.ca/health or call 780-757-5115.

*Information provided by the JPWC.*

**Stony Plain Road and Area News Network** **FREE**

# SPANN

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

Volume 1, Number 4 December 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 BA. Any submissions may be subject to editing for length and suitability.

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Season's Greetings

from all of us at

# SPANN



# Cumming's Corner: Update From Edmonton Centre



**James Cumming, MP  
Edmonton Centre**

As a kid growing up in Edmonton, I quickly learned the importance of local business in creating a vibrant community, and it was cemented through my commutes to work. Stony Plain Road was the transit hub for the city.

I used to take the J7 bus, transfer to the number 1 bus, and make my way to the Edmonton Exhibition where I worked.

The best part of my commute was feeling a part of the action and witnessing the impact of local businesses along Stony Plain Road.

The area was a major thoroughfare bustling with commercial activity. There were hundreds of people walking in and out of local shops, families gathering to enjoy a beautiful day, and people walking down the streets and stopping to say hello to their neighbour.

But the memories I have are vastly different from today.

Today, hundreds of local businesses in our community are struggling to keep their doors open, they need our support now more than ever. I am asking all of you to please support your local businesses.

Nearly 70% of Canadians work for a small business and every dollar they earn keeps Canadians employed. It's critical for our economic recovery from COVID-19.

Not only do we need to buy local, but Government needs to provide businesses the support they deserve.

In November, a motion put forth by the Conservatives passed in the House of Commons. The Government must pause their audits on small and medium sized businesses until June 2021.

We will continue to advocate for additional flexibility in the Canada Emergency Rent Subsidy, the Canada Emergency Wage Subsidy, and other support programs.

The Government needs to continue to support small business and hard-working Canadians by increasing access to affordable internet.

Seemingly overnight our entire lives transitioned into a new digital world. Millions are working from home, loved ones connect through video chat, students are learning through virtual classrooms, and our everyday essentials are one click away.

Thousands across Canada are pleading for help to be able to participate in the new digital economy. Canada has some of the highest internet prices in the world which is highlighting inequalities in our country.

A student should not be left behind because they can't afford the internet to attend virtual classes. A senior should not be left behind because they

can't afford to connect to the online resources they need. No Canadian should be left behind.

I have been meeting with various network and telecommunications technology providers to discuss private sector led, innovative solutions to address this issue as quickly as possible. To support our communities, we must ensure all Canadians have access to affordable high-speed internet.

Canada is the strongest and most capable country in the World. I know that if we put our heads together and work hard we can overcome any challenge. I will continue to fight for you in Ottawa and make sure your voice is heard.

As your representative in Edmonton Centre, I am here to assist you in navigating through various supports to help you through this pandemic.

If you have any questions or concerns regarding any of these programs, or if you need assistance with federal programs and programs such as EI, CRA, Veterans Affairs, CPP/OAS, or Immigration Canada, please reach out to my office or visit my website at [www.jamescumming.ca](http://www.jamescumming.ca)

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*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**

My riding of Edmonton West – including the Jasper Place and Stony Plain Road areas – is home to many charitable organizations. I've found great comfort and inspiration in the

passion and commitment of the countless charities and not-for-profits that bless this community.

I want to take this opportunity to highlight one of my favourite organizations: Kids On Track. They are a community not-for-profit with a passion to deliver hope, direction, and support to disadvantaged youth and parents. I have had the pleasure of volunteering with them for the several special events they hold for the community every

year, from their Mother's Day Afternoon Tea event, to their annual Thanksgiving dinner where they serve up to over four hundred struggling individuals each year.

One of my favourite memories as a Member of Parliament took place in the Stony Plain Road area during Christmas many years ago. Kids On Track organized a youth dance contest with a small toy prize for the winners. Among the participants were two young children: a young man around five years old, and his three-year-old baby sister.

His sister did her very best, but could not make it to the final round. It was all up to her brother, who made it to the end and eventually won. After receiving his prize, he immediately turned to his sister and handed it to her.

Many kids that attend the events held by Kids On Track are clearly disadvantaged. They know that during the holidays they see very little, if anything, under the Christmas tree. This stand-up

young man selflessly gave her what little he had just to make his little sister happy.

It's these values that Kids On Track teaches less fortunate youth that make this organization so great.

Experiences like these are a real wake-up call. They make you realize how fortunate so many of us are, and they help us understand that there are a lot of struggling people who could use our help.

This group, and many, many others are what make Edmonton West the true heart of our city. I sincerely thank them and all their many volunteers and supporters for all that they do, day after day, and of course for the love and care they provide for our community.

*Kelly McCauley is the Member of Parliament for Edmonton West, which includes the neighbourhoods of Britannia-Youngstown and Glenwood. His office can be reached at 780-392-2515 or [Kelly.McCauley.c1@parl.gc.ca](mailto:Kelly.McCauley.c1@parl.gc.ca).*

## SPANN Wants to See Your Photos



SPANN is creating opportunities for you to contribute to our community newspaper! Submit your photos to: [spanneditor@gmail.com](mailto:spanneditor@gmail.com)





# Canora Park Watch

Deckla Lindgren  
Canora Park Watch Coordinator

The summer of 2020 is officially over. As we move into the fall and winter, we approach the ending of what has been an unusual year. Nothing felt normal or appeared to be the same as in previous years. As a result, Canora Park

Watch was unable to host any of our annual community events. During this past year we have missed the opportunity to connect with old friends and neighbours. We also missed meeting the new residents of Canora and getting to know them. With everyone staying healthy and following health protocols - keep your fingers crossed -

starting in the spring of 2021 we will again be able to host our community events, starting with our Annual Easter Egg Hunt. Canora Park Watch would like to wish everyone a healthy holiday season. Stay positive, keep calm, and, most of all, be kind. Looking forward to seeing you in 2021. *Deckla is the Canora Park Watch Coordinator.*

## City selects Marigold Infrastructure Partners to build the Valley Line West LRT

City of Edmonton

The City of Edmonton is all set to begin construction on the Valley Line West LRT next year! In late October, the City announced that Marigold Infrastructure Partners will design, build, and partially finance the Valley Line West LRT. Procurement for the project began in January and we released our shortlist of three teams in March. When the COVID-19 pandemic hit, we quickly shifted to a virtual procurement process. We spent many months helping the shortlisted teams prepare their technical and financial submissions for the project, which were carefully evaluated by a project team committee. We selected Marigold Infrastructure Partners because they submitted the lowest financial bid and passed all of the technical requirements for the project. We'll work with Marigold Infrastructure Partners to finalize

the contract for the project by the end of the year. Construction is anticipated to begin sometime in 2021. We'll have more details to share on construction timelines and impacts once schedules are finalized. **Did you know?** The project will bring a much-needed boost to our economy and an influx of jobs to our city and region. It's estimated that the project will generate 8,800 jobs in Alberta and 2,700 jobs in Canada, and a total of \$760 million in wages. **Looking for More?** To learn more about the Valley Line West LRT project visit [edmonton.ca/valleylinewest](http://edmonton.ca/valleylinewest). The City is always available to help with any questions or concerns that you may have about the project. Contact the LRT projects information centre by email ([LRTprojects@edmonton.ca](mailto:LRTprojects@edmonton.ca)) or by leaving a voicemail at 780-496-4874.

## Five Things To Do On SPR!

Although it may seem like there's not much fun to be had on Stony Plain Road since the pandemic, we're here to let you know that there are plenty of businesses that would love to have community members stop by and experience what they have to offer! Here is a list of five things you can do on SPR while still adhering to the AHS (Alberta Health Services) guidelines! Share your favourite thing to do on SPR with us on social media (@stonyplainroad on Facebook, Twitter, and Instagram) with the hashtag #SupportSPR



The interior of the Blue Jar Antique Mall. Photo: Megan Lala

1. Go Antiquing at Blue Jar Antique Mall! - Throw on your mask and browse through the hundreds of unique items and trinkets. If you're shopping for someone who is tough to buy for this holiday season, this is a business that you definitely want to check out! (Blue Jar Antique Mall - 15230 Stony Plain Road)
2. Treat your Canine to a Gourmet Meal! - At Doggy Style Deli, your pup will be in for a treat! Order your dog a specialized birthday cake or just pick up a special meal for a Friday night! (Doggy Style Deli - 15131 Stony Plain Road)
3. Grab a Warm Beverage at Square One, Cafe Neo, or Cafe Rista! - Stay warm this winter by supporting a local cafe, and maybe you'll find your new favourite coffee shop! (Square One Coffee - Unit 140 - 14055 West Block Drive; Cafe Neo - 10051 152 Street; Cafe Rista - 14213 103 Avenue)
4. Book a Chocolate Tasting at Ch.Cafeteria - One of SPR's newest businesses is Ch.Cafeteria. Book a 'Full Ch. Experience' chocolate tasting on their website for \$79 at <https://www.ch-cafeteria.com/ch-tasting> (Ch. Cafeteria - 14802 Stony Plain Road)
5. Get Creative with The Gilded Rabbit - Many people picked up a new, creative hobby during the pandemic, but if you haven't, now is your chance! Stop by the Gilded Rabbit and let them help you find your next project! (The Gilded Rabbit - 10104 149 Street)

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# A Second Chance on Stony Plain Road: **The Olive Nook**

Megan Lala

## The Olive Nook

15230 Stony Plain Road  
780-244-0695

An exciting new vendor has moved into SPR’s very own Blue Jar Antique Mall. The Olive Nook is a delightful local shop that imports delicious olive oil and balsamic vinegar. Owner Elisa Pierson was born and raised in the west end of Edmonton, together with her husband, Jason Parker, and three children.

Pierson began her career 21 years ago in the Stony Plain Road area at a small family-run tobacco import company, Global Cigars (known then as More Than Cigars) at 10118 149 Street. Pierson’s part-time job selling specialty tobacco and cigars from around the world out of Global Cigar’s humidor quickly turned into a full-time position of 15 years, and a lifetime of friendship. It was there where she had the opportunity to learn everything there is to know about managing a small business, importing quality goods and regional luxuries, and the importance of quality customer service.

“I knew one day I wanted to own my own quaint little retail space, but I didn’t really know what my primary product would be until a few years ago,” states Pierson.

While in BC one summer, Pierson and her family spotted a little olive oil and vinegar tasting room and decided to take a look. “It was like the heavens parted and I immediately knew this was what I wanted to do,” says Pierson. She started reading and researching about what makes good olive oil and good balsamic vinegar. Her background in tobacco came in handy since specialty tobacco, fine wines, bourbon, and olive oil and vinegar all fit into a category called regional luxuries. When selecting these items, growing conditions, soil conditions,



Bottles of balsamic vinegar and olive oil on the shelves at The Olive Nook.

Photo: Megan Lala

aging processes or freshness and chemical composition are all taken into account. Each region has different qualities which will in turn offer different sensory experiences, such as flavour and texture.

Pierson sampled hundreds of oils and vinegars from Italy and South Africa, but in the end she fell in love with their Californian Olive Oil. Their vinegars are imported from Italy and are infused in California, and are aged using the Ancient Solara Method which leaves it thick and syrupy.

With their oils and vinegars sourced, The Olive Nook set-up a spot just off Whyte Avenue. The idea was to create a welcoming space where people would be invited to try something new. They wanted to offer an experience based on old school customer service, and they did. In the 10 months that they were operational, they made a ton of friends in the neighbourhood and loved every part of running a

retail space. “Everything seemed to be going in the right direction, after making it through the winter, we were excited to see what the spring and summer seasons would bring, and then the world stopped,” states Pierson.

They, like everyone else, had to close their doors. When they reopened they had some great support from customers, yet there were too many factors going against them. They lost their foot traffic from the festivals during the summer months. And, in addition to economics, there was also an uncertainty of if they would have to shut down again.

In order to continue bringing their oils and vinegars to the table, The Olive Nook needed to simplify. They decided to head home to Stony Plain Road. “I’m so happy to be part of the Blue Jar Antique Mall,” says Pierson. “It has given me the ability to continue offering olive oils

and vinegars in a unique, friendly atmosphere!”

Shoppers can find The Olive Nook’s full line up of 20 different infused olive oils and vinegars among the 7000sq of unique antiques and vintage items at the Blue Jar Antique Mall. With the holiday season near The Olive Nook is excited to introduce some new flavours to their full-time lineup.

Pierson says, “We were heartbroken to leave our labour of love behind in Old Strathcona, but the SPR Business Association, along with the businesses in the neighbourhood are doing a fabulous job breathing new life into this historic area. I’m so excited to be a part of it!”

Follow The Olive Nook on Facebook (@theolivenook) and Instagram (@theolivenook.ca), and visit their website: theolivenook.ca

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

VARIANT EDITION

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# West End Staple Serves Up Traditional Comfort Favourites

Heather Gunn

## Astros Restaurant

10038 167 Street  
780-484-6707  
astrosrestaurant.com

With the chilly weather arriving in full force here in Edmonton, many people turn to delicious comfort food to warm up. Astros Restaurant is a staple on the west end for their wide array of homestyle comfort food.

Established in 1970, Astros is tucked away in a small strip mall near Mayfield Common. Their menu has something for everyone – pizza, pasta, salad, steak, and more. It was hard deciding what to get as everything sounded delicious after a long day at work.

My friend and I decided to each get something different to see what the quality and taste was like from item to item. I opted for the baked lasagna with meat sauce and the Greek salad, while my friend went with the New York Cut striploin (8 oz) that was served with sliced tomato, a baked potato, and a garden salad.

My first impression was that everything was presented very well; The food came piping hot, the lasagna was generously topped with golden-brown cheese, and the salads looked fresh. Going in for the first bite of lasagna, I was slightly underwhelmed with the meat sauce as it wasn't evenly coating the pasta – but this was just a minor qualm. Those who enjoy a mild sauce where the meat is front and centre will be fans of this recipe. The dish overall tasted hearty and familiar, the way a great lasagna should.

Next up I sampled the Greek salad. The lettuce and vegetables were crisp, and the dressing had a great tangy flavour. This salad only comes in a large size, which was a bit too big for



Lasagna and Greek salad.

Photo: Heather Gunn

one person. It would work great as a full meal, or for sharing between two or three people. My friend enjoyed her garden salad and noted that it was fresh, and a great side portion paired with her steak.

The striploin came properly cooked to my friend's request of medium rare, and she really enjoyed the baked potato (and its toppings) that came with it. We each had a side of garlic bread as well, which was delicious, as all garlic bread typically is. We unfortunately didn't try any of their pizza, but next visit I will make sure to order one as they come quite highly regarded.

As a lifelong resident of Edmonton's west end, I don't know why it's taken me so long to try this local gem. I'm so glad I finally did! When you want food that is simple and comforting, Astros is the place to go.

Astros is currently open for take-out and dine-in from Monday to Saturday 11 a.m. to 9 p.m.m and Sundays from 4 p.m. to 8 p.m.

Heather is a former freelance writer for Vue Weekly and a current copywriter with S.O.S. Media Corp. You can follow her on Instagram: @yeg\_flavours.



Striploin steak and salad.

Photo: Heather Gunn

## THE FLAG SHOP HAS BEEN PART OF THE STONY PLAIN ROAD COMMUNITY FOR 30 YEARS!

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 **The Flag Shop**



# Westend Seniors Activity Centre Offers a Meal Program

The Westend Seniors Activity Centre (WSAC - located in Terra Rosa) is now offering a Meal Program that features homemade meals, frozen soups, and baked goods.

"We know that this is a much-needed service", advised Dr. Haidong Liang, Executive Director of WSAC. "As a Gerontologist, my ultimate goal of serving seniors is to help them achieve healthy aging in their communities. Also, being actively involved in a national task force tackling malnutrition for seniors, I have a very clear understanding of the importance of nutrition. For example, **did you know that 65% of seniors admitted into hospital emergency wards are suffering from malnutrition and as a result, their average length of stay is three days longer than other patients?**"

"We understand many seniors are unable to have access to nutritious and affordable meals from reliable

food providers and with the recent closures due to COVID-19, we know older adults are going to be reluctant to go shopping. That is why our centre is taking the initiative in creating our Meal Program for seniors in the greater Edmonton area."

Made weekly using the freshest ingredients, these meals are frozen and simply need to be reheated. Nutritious AND affordable, the centre also is providing free delivery for seniors who do not drive or are unable to go to the centre to pick up their orders.

WSAC's frozen entree menu has included meals such as lasagna, chicken pot pie, beef stew, chili with cornmeal muffins, as well as a wide range of frozen soups. "We are really proud of the quality of food prepared by our kitchen staff. Our chicken soups are made with homemade stock, fresh vegetables, and chicken breast. Our beef barley is made with AAA beef. We used only fresh beets in the borscht soup

and fresh mushrooms in the cream of mushroom. All of the soups are then frozen in containers for easy storage," advised Liang.

If you have a sweet tooth, you will enjoy the baked goods too. "All of our baked goods and muffins are homemade with some of our Kitchen Coordinator's favourite recipes. Our members have always enjoyed coming to our cafe for coffee and some baking. We wanted to make sure we included something sweet for people to order. We change the baked goods every two weeks as well. Some of our members' favourites are blueberry, rhubarb crumble, cranberry orange, and honey raisin bran," said Liang.

## WHAT PEOPLE ARE SAYING ABOUT THE MEAL PROGRAM

*We have ordered meals and soups from the Meal Plan several times and never been disappointed. The entrees are delicious with quality ingredients! The soups are very tasty with lots of good beef, chicken, or beans, and fresh herbs. Quantities are more than adequate for two meals and given the quality of the product, the prices are very reasonable. Highly recommend giving it a try!*

~ Jaqueline S.

Westend Seniors has made it very

simple to order something from their menu. You can place your order for pick up/delivery by:

- Using the online ordering system on their website: [www.weseniors.ca](http://www.weseniors.ca)
- Emailing their centre: [foodorders@weseniors.ca](mailto:foodorders@weseniors.ca)
- Calling their centre: 780-483-1209 ext. #225

The centre's team of volunteer drivers are also ready to deliver to seniors who do not drive or who are unable to visit their centre. "People can place their orders and our staff will get their payment over the phone and then set up a time for our volunteers to deliver their orders," advised Liang, adding that the volunteer drivers enjoy the opportunity to help their peers.

Liang advised that readers visit the Westend Seniors Activity Centre's website a [www.weseniors.ca](http://www.weseniors.ca) to see photos of the meals, soups, baked goods, and learn about pricing. "This program is open to everyone. You do not have to be a member of our centre to order meals. As I said before, our ultimate goal is to serve seniors and to help them achieve healthy aging in their communities. Our Meal Program is one way we are doing that."

Article submitted by the Westend Seniors Activity Centre.

## SPR Festive Light-Up Your Storefront Contest

Have you heard about our SPR Festive Light-Up Contest?

We're encouraging our Stony Plain Road businesses to help light-up the area this winter!

### Here's how the contest works:

- Contact us at the SPR Business Association and let us know that you are interested in participating and if you have social media, so we can promote your business.
- Take a picture with your storefront lit up, send it to us, and we will send you \$50 to help with the cost and time of making our area brighter! We do not need copies of your receipts, just a picture when your decorating is done.
- We will share these pictures on

social media to create some buzz and award some prizes!

**Prizes:** People's Choice Prize (\$300 - Voted on through social media), Most Creative Prize (\$500), and You Light Up My Life Prize (\$200)

The Storefront Light-Up Contest will run from November 27, 2020 to January 2, 2021. If you wish to leave your lights up earlier or later than these dates, that's fine!

If you would like to participate in the contest, or if you have any questions, please reach out to [communications.spr@gmail.com](mailto:communications.spr@gmail.com). You can also reach out to this email if your business is not receiving the Stony Plain Road BA E-Newsletter! Stay informed with monthly news and updates!



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# ***News From the Ledge:*** **An update from the area's MLAs.**

*Alberta's Future: Engaging all Albertans to build an economy for the future*



**MLA Lori Sigurdson**  
 Alberta's NDP Official  
 Opposition  
 780 414 0719  
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 – 149 Street  
 Edmonton, T5M 0H3

Our province is in the midst of a generational economic shift. We need a new economic strategy, and we need it now. It's time for Alberta to forge a new path. That is why the NDP Official Opposition launched AlbertasFuture.ca.

We must act now to build a diversified economy that doesn't just benefit the wealthiest. We need one that benefits all Albertans.

Our province is in the midst of a historic economic recession

and we know that COVID-19 and the crash in the price of oil hit us hard. But, what the UCP government fails to admit is that our economy was crashing well before COVID-19 even hit Alberta.

Premier Jason Kenney's failed strategy will not bring Alberta out of this recession. The UCP claimed that giving over \$4.7-billion dollars to big corporations would create jobs and flood the province with investment. It did not. This corporate handout did nothing but make

wealthy corporations wealthier and double the deficit. The economy shrank and 50,000 people lost their jobs. This all happened before COVID-19 hit our province.

That is why the Alberta NDP is creating a brand-new economic strategy that focuses on developing a plan that is built with Albertans from across the province.

We are looking for input from Albertans across the political spectrum. Together, we will develop ideas regarding how we can build a future that includes renewable and non-renewable energy sources.

At AlbertasFuture.ca, we will be releasing economic proposals that are open to comments and criticism. Through your feedback, we will develop a strategy that will get unemployed Albertans back to work and create careers that will be in demand well into the future. These proposals will cover a large range of topics, from exploring strategies regarding geothermal and hydrogen industries, to post-secondary and childcare strategies.

Lori, as Official Opposition Critic for Seniors and Housing, will be putting forward a proposal for affordable housing and holding consultations to hear your feedback. It is critical for us to get this right, because not having access to a safe home is a barrier for many to participate in Alberta's economy. Alberta has the capability to create affordable housing so we can have full participation in our economy,

but we need to develop a strategy with all Albertans, including you.

Sarah continues to propose ways to make our schools safer and more supportive for students, staff and families. We launched a 15-point plan and urge the government to take steps to increase physical distancing for students, enhance cleaning and mental health supports, and reduce pressures on school staff. We want our schools to remain open safely. For that to happen, Jason Kenney and the UCP need to address the spread of COVID-19 seriously and support our schools properly.

Collectively, we have published our hydrogen and childcare proposals, which are available on our website. Also, we have opened registration for consultation on many different topics. Please visit [www.AlbertasFuture.ca](http://www.AlbertasFuture.ca). Read the proposals and participate in the discussion regarding Alberta's economic future. As always, we appreciate hearing from you.



**MLA Sarah Hoffman**  
 Alberta's NDP Official  
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 Avenue  
 Edmonton, T5R 1C3

## **Shop Local**



**Councillor Andrew Knack**

As we get closer and closer to the holiday season, I would like to encourage you all to support local businesses! We are so fortunate to have so many talented local creatives, artisans, chefs, and many

more who have dedicated their time to serving our community by starting up businesses here. Through local businesses we have been able to discover new cultures that make up the tapestry of our community.

Every \$100 dollars spent at a local business

equates to \$68 dollars circulated back to Edmonton, contrary to just the \$16 dollars that circulates locally when we shop at a chain. Shopping locally needs to become a viable option to help promote the attraction and retention of talent in our region in all sectors. In addition to being great for our local economy, local businesses contribute to a more colourful and unique city-based identity.

Many businesses have learned to adapt to the new realities we are facing by utilizing their online platforms and creating pick-up and take-out options to tailor to everyone's levels of comfort. Small ways to support mean the world to our local businesses and community which could include buying gift cards or grabbing meals to freeze.

Just on Stony Plain Road alone there is a wide variety of stores and businesses that could cover

everyone on your shopping list. A few I would like to highlight are Variant Edition (Comics), Revolution Cycle, Aachy's Restaurant (excellent samosas), Cafe Neo, Namaste India, Island Grill, and Celebrate Gluten Free. There is also a wide range of thrift and antique stores where you could find some unique treasures.

Andrew Knack  
 City Councillor – Ward 1

Website: [AndrewKnack.com](http://AndrewKnack.com)  
 Email: [Andrew.Knack@edmonton.ca](mailto:Andrew.Knack@edmonton.ca)  
 Phone: 780-496-8122  
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# 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

The days of COVID-19 continue, and things have not been improving much. The hall board would like to thank some of our younger volunteers who have helped out at the hall: Neil, Rhona and Savanna, Colton, Vincent, Dana and Jillian. They did cleaning up and other jobs in and around the hall. The rink is opening with AHS and EFCL rules and guidelines. Watch for signage for entering and use of the rinks. We would like to thank all the bingo workers for volunteering to help support the League. You can reach us at [info@mycanora.com](mailto:info@mycanora.com). You can also visit our website at [mycanora.com](http://mycanora.com) for updates. Have a safe and happy holiday season!

## Glenwood

### Glenwood Christmas Scavenger Hunt

Details and prize information coming soon! Watch our Facebook page ([facebook.com/glenwoodcommunity](https://www.facebook.com/glenwoodcommunity)) and website ([glenwoodcommunityleague.com/christmas](https://glenwoodcommunityleague.com/christmas)) for info.

### The Glenwood Griswold's Christmas Contest



### Winter Activities at the Glenwood Hall

It's been a difficult year. As the seasons pass, our need to protect ourselves, friends, and family by limiting our activities and potential COVID-19 exposure continues. As caretakers of the Glenwood Hall and surrounding facilities, we've made the difficult decision not to offer skating at the Glenwood outdoor rink this winter. While we're proud of our rink, and have offered skating year after year without interruption, the situation this season creates many liabilities and additional administrative burdens that would be necessary to organize and provide safe community skate times. Furthermore the cost of rink installation,

maintenance, and ongoing supervision isn't feasible given the postponement of our charitable casino for 2020. If you are a community league member, your skate tags are valid at any community league rink, and we will support and advertise skating opportunities at any area league that chooses to offer ice time this year. Thank you for your understanding, and please stay safe.



**GLENWOOD COMMUNITY LEAGUE**

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

16430 - 97 Avenue - Edmonton, AB T5P 0E8

### To connect with the Glenwood Community League:

[glenwoodcommunityleague.com](https://glenwoodcommunityleague.com)  
[facebook.com/glenwoodcommunity](https://facebook.com/glenwoodcommunity)  
[twitter.com/glenwoodcl](https://twitter.com/glenwoodcl)  
[glenwoodcommunity@hotmail.com](mailto:glenwoodcommunity@hotmail.com)  
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## 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](http://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](http://westjaspersherwood.ca)

# Kids On Track

## HomeBuilders: Help for Hurting Kids

"It is easier to build strong children than to repair broken men." Frederick Douglass

Families trying to cope with grief, adjustments, and recovery following divorce, separation, or bereavement need support to navigate their new normal. HomeBuilders is a unique 12-week program giving children the tools to process their emotions and giving the parents the reinforcement needed to support their children through the transition. It uses experiential learning activities to help participants learn and apply healthy coping strategies. There is a long-term benefit to the entire community when children are helped to positively resolve significant grief in their lives.

### Community Classifieds

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](mailto:spanneditor@gmail.com).

It enables them to build their own families in the future. Strong families build strong communities.

Last year, HomeBuilders was launched at two community sites. The feedback from these sites was encouraging. As expected, some of the children were having a hard time getting engaged with the program. They were pushing boundaries and had big emotions that were unresolved. But something shifted in the later weeks: the children were all fully engaged, they wanted to be there, and they made new friends. The parents opened up and built connections with one another and the facilitators. They loved it so much that they were asking when the next semester was going to start. The facilitators really saw the difference it was making in the families, and the families were applying what they were learning in their everyday lives. Parents would get reports from teachers that something was different in their kids. They said, "Whatever is different, it's working!"

Not only was it impactful for the parents and children, it was also impactful to the facilitators who were leading the classes. They found that they were building strong connections with the families and that they were being stretched in ways they had never been stretched before. Though the program could be intense at times, the facilitators came out of it full of compassion

for these families and ready to do the program again. The facilitators have expressed what a blessing it is to be able to play a part in these families in bringing them hope, love, and care! These facilitators are community volunteers, wanting to empower and walk hand-in-hand with families who are going through a difficult season. Their love and kindness towards the next generation will see long-lasting effects as children learn coping strategies for their emotions instead of burying them and seeing them erupt, unresolved at a later date.

HomeBuilders isn't magic, though sometimes it may seem that way. It gives children space to process their emotions, and the support needed through a difficult season in life. With lesson titles like "All My Feelings Matter" and "Mad Isn't Bad" we know that these kids are getting the support needed to acknowledge and process their emotions.

If you or someone you know might be interested in this program, or you know of a host organization that may be interested in becoming a HomeBuilders partner, give Kids On Track a call at 780-481-2942.

*Written by Maria Karesa, Child and Family Coordinator, Kids On Track, and Kristy Chaisson, Program Director, Kids On Track.*



# Jasper Place Music Venues Through the Times

Brooke Leifso

Jasper Place has always featured live entertainment and music. The late shopping hours and local hotels created an atmosphere conducive to attracting touring bands after the rules around bars and live music eased in the '60s.

In the booming early '60s, the Jasper Place Sports Centre became THE gathering spot for youth and the favourite place for dances with live bands. The Muk-Luk Mardi Gras Festival hosted large teen dances there. In 1963, it hosted a live-televised Beatles concert to screaming teens.

In the 1960s through the early 1980s The Klondiker established its primacy for band performances. In the '70s its main floor was known for Country and Western, while the basement "Gold Room" catered to

rock, attracting bikers as regulars. Touring bands could play multiple nights in a row, earning a week's worth of pay and staying at the hotel. When the '70s began, The Klondiker had eight bouncers on each floor during busy nights. Local bands like The Mustangs got their start there. The Klondiker switched hands and was last known as the Jasper Place Hotel. The Saxony Motor Inn, which is now the Howard Johnson, also hosted regular and touring acts.

In the '90s, Ritz Diner rocked with live alt-rock music. It closed in 1997 after a Halloween gig: Skalloween with the Mad City Bombers. Maria Dunn played her first gig at Ritz Diner: "It was a cool vintage diner that welcomed local musicians to try their hand at performing in a live venue: my first live gig

playing folk music for fun."

Then, in 2009, The Haven Social Club appeared to host emerging bands and touring acts. It closed in 2013, leaving a gap in the Jasper Place neighbourhood and music scene. Their former building is slated for demolition for the LRT.

New West Hotel has always been part of the country music circuit. It has hosted acts for over 50 years, 6 nights a week, with open stages Saturday. Jasper Place residents and local country legends Joyce Smith and George Myren played regularly from the get-go. "Thing about the New West, [it] always had good country music," says George. "It was the greatest social gathering place for musicians to visit and listen to the music and catch up to the latest gossip. Everyone went there to BS and just visit with each other. It's really



**Indoor 'Heat' Beats Outdoor 'Ice'** *Mukluk*  
Outside the temperature was slipping Friday night as Muk-Luk Mardi Gras got off to a swinging start. But inside, the Jasper Place Sports Centre, a thermometer could be blown its top. This was part of the frantic scene as junior Muk-Lukers jammed the dance floor for some muscle flexing. Outside, at various parts of the city and at Polar Park, the outdoor types participated in their form of sport. FEB 12 1966

Teen dance at the Jasper Place Sports Arena during the Muk-Luk Mardi Gras, February 1966.  
Photo courtesy of City of Edmonton Archives clippings files.

being missed."

While we know the venues, we want your stories. In early December, we are hosting an experimental Zoom event to gather your stories. For more info, connect with us on FB or at [jasperplacehistory.org](http://jasperplacehistory.org)

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

## Do Local Good: Join the Community Response to Poverty

When the COVID-19 crisis hit our region, it did more than just force us to change the way we do things. Everyday activities like grocery shopping, doctor visits, school, childcare, visits with grandparents, travel, work, and social gatherings all had to be done differently. But it also forced us to change the way we see things.

There is an increased need for services as local people are being pulled into the rising tide of poverty as a result of the pandemic. More than ever, people need supports to stay afloat. These challenging times have revealed how truly important it is to take action against the unignorable issue of poverty.

Local seniors and families who were already struggling to make ends meet, now have to choose between buying groceries or paying rent. People who have lost their jobs and income, individuals struggling with mental health challenges, and survivors who have fled domestic violence are all more vulnerable to being pulled into the rising tide of poverty.

Thankfully, like so many other times before, when our community sees the need, they come together to do local good in ways that are truly inspiring. Neighbours helping neighbours. Families helping families. And strangers helping

strangers. That's what makes us stronger. And that's what keeps us united.

It's more important than ever before that we galvanize our collective strength to tackle the growing need with urgency. We need caring community members like you to help individuals and families navigate through this crisis and avoid becoming locked in poverty.

United Way will continue its work to respond to evolving needs as we move towards recovery. As a trusted leader, United Way is able to identify emerging needs and invest in the most effective solutions to address them through its extensive network of partners, collaborators, and community volunteers. We are committed now more than ever to mobilizing collective action and uniting our community to be there for those who are struggling.

By joining the community response to poverty, you can make a tremendous impact on the lives of local people who are struggling. Greater Edmonton, thank you so much for all of your support of these past few months. Let's continue to work together to do local good for the most vulnerable in our community.

Article submitted by United Way of the Alberta Capital Region.

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# Family Violence Prevention: What You Can Do To Help

Megan Lala

November was Family Violence Prevention Month. Did you know that according to alberta.ca, Alberta has the third highest rate of self-reported spousal violence among Canadian provinces? Yet most people do not have knowledge of its impacts, nor the sector of agencies and organizations that are available to provide these supports.

I spoke with Monique Methot, Family Violence Education Specialist with The Today Centre, an organization that supports people experiencing family violence, regardless of gender, ethnicity, country of origin, or type of relationship.

“Family Violence Prevention Month is important,” states Methot, “it highlights the need for awareness of this important issue.”

There is a lot of stigma around family violence, and many barriers to accessing support.

Learning about family violence helps people recognize the signs and gives them an understanding of what makes it difficult to reach out. It also gives people empathy and understanding to be able to respond in a non-judgemental and supportive way.

People often ask how they can spot someone who is

## Positive Responses to Family Violence

Remember that people are the experts on their own lives. The best social response you can have to an instance of domestic violence is to offer your support by listening and asking the person what they want and need.

Instead of this:	Say this:
"Why don't you just leave?"	"Take your time to make the best decision you can." or "What do you think your options are?"
"Why don't you call the cops?"	"Do you have anyone close to you who can help you right now?" or "Have you thought about involving the police?"
"You can deal with this. You're strong."	"What is it I can help you with? What do you need to happen right now?" or "I am here for you. Call me anytime"
"Maybe you should go to counselling."	"If you want to talk to me, I'm here for you, but you may want to find someone who can help you in ways I can't."



www.thetodaycentre.ca

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experiencing family violence and what they can do to help. Spotting the signs of someone facing family violence is not as simple as one may think. It can also look the same as a lot of other things impacting families. People facing family violence may not show any signs, or may not be ready to talk about it if there are signs.

“One thing that is very important is learning how to respond if someone discloses they are in an abusive relationship, and how to open up conversations with friends or loved ones to create safe spaces to share

they might need help,” says Methot.

As a person on the outside, we should always respect the person experiencing family violence, their decisions, and thoughts as family violence is very complicated. Well-meaning actions can sometimes make things more dangerous instead of helping.

The best way to help is to educate yourself about family violence. You can take workshops offered through places like The Today Centre or other organizations. You can also be knowledgeable about resources available to share so

the person can connect when ready.

If you are worried about someone, a good way to start a conversation is:

“I’ve noticed [x behaviour, or something that was said] and I’m concerned about you. Would you like to talk?”

An invitation to talk shows that you are open to hearing if there’s anything they want to share. If they don’t want to share, we need to remember there may be many reasons for this, and not to judge. Messages such as, “I believe you,” “thank you for telling me,” and, it “wasn’t your fault,”

also go a long way to support a person’s journey.

COVID-19 has certainly had an impact on family violence, as our physical distancing to keep ourselves safe from the virus is also isolating, and family violence thrives in isolation. This isolation makes it harder for people to reach out and access needed supports. Being a part of the solution means checking in on our families and friends in ways that respect public health guidelines.

If someone is experiencing family violence and is ready to reach out for help, there are many places they can turn.

- The Today Centre (Monday-Friday, 9-5 p.m.) 780-455-6880
- Family Violence Centre with John Howard Society 780-423-1635
- 211 - 24 Hour Community Resources Support
- The Family Violence Info Line (310-1818) is available toll-free to Albertans 24/7 in over 170 languages.

Emergency shelters throughout the province will provide a safe location to stay for people fleeing violent or abusive situations.

Thank you to Monique Methot and The Today Centre team for providing the information for this article.

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



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