

# SPANN

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 @thespannjp

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

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## United Way of the Alberta Capital Region

United Way of the Alberta Capital Region has run the Coats for Kids & Families initiative since 1992. But this year is different, with many in our community continuing to feel the impacts of the COVID-19 pandemic. Because of this, United Way is seeing an increased need from local agencies for warm winter coats, boots, and accessories for families in need in the Edmonton region.

“Many people lost their job because of COVID, and they can’t afford winter clothing,” shared Cherif Diallo of the *FRAP Society* (Francophonie Albertaine Plurielle).

Sadly, his many clients are in greater need due to the pandemic. Cherif shares how many people come to Canada in search of a better life, but it is often harder than they

anticipated. They can need a helping hand to be successful. Yet, there aren’t enough resources to go around.

This year, FRAP has supported 75 families immigrating from poverty-stricken African countries to our community. “These families are very high needs,” says Diallo. “The winter clothing that we have to offer right now is not enough for everyone.”

### Canadians Being Kind

Many local families don’t have the means to purchase the clothing needed for Alberta’s harsh winters. For almost 30 years, United Way’s Coats for Kids & Families program has been there to keep our community warm. The FRAP Society is just one of 32 partner Donation Depots that help us distribute donated winter items.

Last year, Coats for Kids and

Families provided 5,020 donated coats to people living in low-income throughout our region.

That level of impact would not be possible without many people coming together to do local good every winter - people like Pranav Jha, a student at the University of Alberta.

“Being locked up during the pandemic gave me time to reflect on what kind of life I wanted to manifest for myself. I realized that I wanted to make service an integral component of my daily life. Fortunately, I had a lot of like-minded friends who were keen to join me in the project,” reflected Pranav.

As a result of this reflection, he collected over 120 warm winter items for families in need. Pranav is just one of the hundreds of contributors who make this

program possible every year.

And those contributions are making a big difference.

“When families receive winter clothing, it builds more trust and is very symbolic for them,” said Cherif. “They say that people in Canada are very kind and helpful.”

This spirit of helping each other is demonstrated by no one more than our long-term partner, Page The Cleaner. Page was established in Edmonton in 1935, and this family-run business has supported Coats for Kids and Families since its inception. Over the years, Page has cleaned over one hundred thousand coats that deserving local kids and families have received through participating United Way community service agencies.

For a full list of partner drop-off locations and to learn more, visit [coatsforkidsandfamilies.ca](http://coatsforkidsandfamilies.ca).

**A Message  
from Your  
MP (p.4)**

**Spiced to Perfection:  
Guru Restaurant  
& Bar (p.6)**

**Proudly Constructing  
the Valley Line West  
LRT (p.7)**

**Stony Plain  
Road Shuttle  
Service (p.10)**

# Editor's Notes

## 2021 Recap and Looking Forward

Megan Lala

Hello and happy holidays, SPANN readers! As the cold weather finally sets in, I hope you have all been staying safe with the chilly and icy conditions. I can't believe that we're already here putting out the Winter issue of SPANN, which is the last issue of our second Volume! Over the last year, while life didn't completely go back to normal, we were able to get out as a community and enjoy the things that we couldn't in 2020. I was so thrilled to be able to attend masked events, dine in restaurants with my vaccine records, and see my family and friends in person. What were you thankful for in 2021?

I also want to take the time to thank our readers for shopping and supporting local businesses this year. These past two years have proven difficult for our local businesses and by actively making a choice to shop for your holiday gifts locally, you can make a huge difference this holiday season! The Stony Plain Road Business Association is doing a holiday campaign this year that features 12 different, unique gift guides for the different people in your life. You can read more about this campaign on page 12. They are also putting on a giveaway if you spend \$50+ on any business in

their Business Improvement Area and send your receipt to [communications.spr@gmail.com](mailto:communications.spr@gmail.com), you will be entered to win one of 3 prize packs featuring items from their local businesses! Shopping local is the gift that gives back to our small business owners.

In this issue, you will read about some transit updates in the area regarding both ETS and the LRT construction, a few restaurants that are worth visiting, some winter programming for the kids from Kids on Track, and more! As we wrap up our second Volume of SPANN, I would love to get the community's feedback on what west Edmonton would like to see more or less of in SPANN Volume 3. More business profiles and restaurant reviews? An increase in community updates? We want to hear from you! Additionally, we would like to have a more diverse voice in SPANN, and would welcome our community members to send in pitches for articles. You can send in your questions, comments, pitches, pictures, and more to [spanneditor@gmail.com](mailto:spanneditor@gmail.com).

From the SPANN team, we wish you a wonderful holiday season and we will see you in 2022!

*Megan Lala is the Editor of SPANN and the Communications Coordinator for the Stony Plain Road Business Association. She can be reached at [spanneditor@gmail.com](mailto:spanneditor@gmail.com).*

Stony Plain Road and Area News Network

FREE

SPANN

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

Volume 2, Number 4 Winter 2021

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SPANN is published by the Stony Plain Road 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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# Stony Plain Road Business Association Update

Todd Janes

I felt we had a great autumn in Edmonton as we survived without much snow staying down until after Halloween and now, in December, we are starting to get some lower temperatures. As we start hibernating in the winter months, I hope that you plan to enjoy the fresh, crisp air and take in some winter activities. SPR is so close to several walking routes, our river valley, and the ravine access. After living with this pandemic for some time, getting out and letting the wind blow through you is a great mental and physical release. For us to best enjoy the outside we need safe access to sidewalks and pathways, so please do what you can to keep sidewalks clear of ice and snow as residents and businesses of our community. With so many communities intersecting Stony Plain Road, we really want to support and promote walking and rolling – depending on your abilities.

I am sure that many of you have also noticed some work being done along Stony Plain Road and I want to let you know that the SPR Business Association is doing what we can to communicate and support the best possible transition over the next five years with the West Valley Line LRT development. In this issue there is information for you to keep track of the construction and on-going developments with both

the City of Edmonton and Marigold Infrastructures in terms of updates as well as email and phone lines for both entities. As you may have noticed, the lit-up trees along SPR are being removed to make way for road and sidewalk construction. This work will begin this spring between 156 Street to the bridge over Groat Road on SPR. This work will be done by Marigold and will start along 156 Street and move east-ward. This will result with all street parking along SPR ending by late winter and a reduction in sections along SPR to one-lane of traffic in each direction for at least three years. We will be working with Marigold and The City of Edmonton regarding signs and wayfinding strategies to ensure that customers and visitors coming to SPR have clear access on where best to park and navigate services and business visits. You will also read in this issue that there will be a new daily ETS bus service added to SPR that will travel from Jasper Place Transit Station to Unity Square in a low barrier shuttle bus.

I would also like to take this opportunity to share with you that SPR BIA is doing work to plan some new tree lighting in areas around Stony Plain Road including some side streets and west of 156 Street, in the next two years to enhance decorative lighting, placemaking and beautification. We are excited about these initiatives as it will ensure all people have places to

visit and to enjoy the positive assets of our communities with enhanced security.

As your Business Improvement Area we are here to help with community and business development and we are open to partnerships that help to promote and enhance engagement

within our area and with our businesses, residents and agencies. Please reach out if you want to have a conversation regarding our community.

*Todd Janes is the Executive Director of the Stony Plain Road Business Association and can be reached at [stonyplainbrz@gmail.com](mailto:stonyplainbrz@gmail.com).*

## Advertise with SPANN



and reach thousands of households in the Jasper Place/Stony Plain Road area.

Contact [spanneditor@gmail.com](mailto:spanneditor@gmail.com) for more information.

## The Jasper Place Wellness Centre (JPWC) Winter Warming program has begun!

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. We are open seven nights a week, from 6–8:30 PM from now until April 2022. Located at 15308 Stony Plain Road, Edmonton.

Questions call: 780-481-4001

## WE NEED YOUR HELP!

We are extremely low on personal hygiene & winter clothing items at our community drop-in. Personal hygiene supplies are a vital part of our drop-in services and help us connect with Edmontonians sleeping rough in the West End.

### MOST NEEDED ITEMS:

- Toothbrushes
- Toothpaste
- Dental Floss
- Body Wash
- Shampoo
- Conditioner
- Mini Hand Sanitizer
- Gloves / Mitts
- Winter Coats
- Long Underwear
- Toques
- Hand Warmers

### Donation Drop-Off

15308 Stony Plain Road

Monday - Friday

9 AM - 11 AM

OR

Afternoons by appointment.

### Financial Donations

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

For more information please contact Tony at 780-481-4001 or [Tonyh@jpwc.ca](mailto:Tonyh@jpwc.ca)

# News From the Ledge:

## An update from the area’s MLAs

**MLA Lori Sigurdson**  
780 414 0719  
Edmonton.riverview@assembly.ab.ca  
9202B – 149 St., Edmonton, T5R 1C3



MLA Sarah Hoffman and MLA Lori Sigurdson at Variant Edition Graphic Novels & Comics (15129 Stony Plain Road NW)

It’s no secret that many Alberta families have had a rough last two years. But, when we come together and support each other, tough times are a little less tough. We have been working together to stand up for you in the Legislature.

We know shelter is a basic human need and that there is a lack of supportive and affordable housing. The UCP recently released their housing strategy but it will do nothing to address the growing need for affordable and supportive homes. We have renewed our call for the UCP

**MLA Sarah Hoffman**  
780 455 7979  
Edmonton.glenora@assembly.ab.ca  
#201, 12408 - 108 Ave., Edmonton, T5M 0H3

to reverse their cruel changes to the shelter allowance which has resulted in thousands of Albertans on income support losing \$307 a month that helped them make rent.

Everyone deserves a safe place to live. When we all have a safe home, we have safer communities, and we are all better off. I know there are several organizations in our community who are doing this work through the non-profit sector and they deserve true partners in the Province to help deliver these services to all in need.

Small businesses help our neighbourhoods feel vibrant. We’ve loved seeing new businesses open along Stony Plain Road and there are of course many long-time favourites. Local businesses are the lifelines of our communities. They have a personal connection to our lives and home, they employ many, and keep money in the local economy. Their uniqueness highlights our community values and culture. We will continue to fight for small businesses and push the UCP Government to finally deliver the support they deserve.

The Small and Medium Enterprise Relaunch Grant (SMERG) saw businesses waiting months for money that they desperately needed now.



MLA Sarah Hoffman and MLA Lori Sigurdson at Cafe Neo (10051 152 St NW)

SMERG was intended to get critical funding into the hands of small business owners affected by the third wave of COVID-19, yet, there are still some businesses waiting for funding.

The Alberta Jobs Now program originally turned new businesses away if they had not been operating for one year. We lobbied for this to be changed and it eventually was during the second installment. However, we can’t help but wonder how many struggling businesses could have survived the last two years if this was in place earlier.

We are so lucky to have many great local businesses in and around the Stony Plain Road area. During the holiday season, we hope to run into many of you at places like Kunitz Shoes, Variant Edition Graphic Novels and Comics, Neo Juicery, Apache Seeds, or Ben’s Meats and Deli just to name a few of our favourites. We’re sure you have your favourites too.

We encourage you to keep local businesses in mind as you shop this holiday season (and every other day of the year!)

## ETS to Provide Bus Service Along Stony Plain Road



Councillor Andrew Knack

To supplement service along Stony Plain Road during Valley Line West construction, ETS will be providing bus service along Stony Plain Road starting November 29th between Jasper Place Transit Centre and Unity Square at 116 Street and 104 Avenue.

To accommodate a wide, diverse range of users, a DATS bus with a DATS Operator (with DATS markings removed) will be used for the shuttle. To start, the shuttle will run every 60 minutes, seven days a week to provide reliable and consistent temporary service. Riders are encouraged to still use routes on 102 Avenue,

107 Avenue, 116 Street and 142 Street to accommodate seniors and those with mobility needs to access the shuttle.

After hearing from residents about the previous gap in service, I am happy to see this solution be brought forward. This shuttle is a working improvement supported by the feedback of transit riders and residents who are being directly impacted by this service change.

To share thoughts on potential improvements and general feedback please head to [edmonton.ca/BusNetworkFeedback](https://edmonton.ca/BusNetworkFeedback). Andrew Knack, City Councillor – Ward 1  
Website: [AndrewKnack.com](https://AndrewKnack.com)  
Email: [Andrew.Knack@edmonton.ca](mailto:Andrew.Knack@edmonton.ca)  
Phone: 780-496-8122  
Facebook: [@AndrewKnackEdmonton](https://www.facebook.com/AndrewKnackEdmonton)  
Twitter / Instagram: [@AndrewKnack](https://www.instagram.com/AndrewKnack)



## A Message from Your MP



Randy Boissonnault, MP

Dear Neighbours,  
I want to say thank you for putting your trust in me to be your Member of Parliament once again. Being your MP is the single greatest honour of my life, and I look forward to working with you all.

From 2015 to 2019, we were able to secure billions of dollars in funding for the Winspear Centre, the

Roxy Theatre, and the TELUS World of Science. We were able to end all boil-water advisories on Indigenous reserves in Alberta. And the monthly, tax-free, Canada Child Benefit continues to provide families with support. These were just a few of the accomplishments we made from 2015-2019.

As we look towards the future, I know we have a lot of hurdles ahead of us. We must continue to tackle climate change, the housing and opioid crises, as well as work to fight systemic racism, sexism, and discrimination in our communities. We must continue down the shared path of reconciliation.

And we must finish the fight against COVID-19 while rebuilding an economy that works for everyone.

Already, our government has been able to secure, as promised, \$10-a-day childcare in Alberta. Most recently, the House of Commons voted unanimously to pass Bill C-4, which would criminalize conversion therapy.

We have a lot of work ahead of us, and as your MP, I will do my best to work with all my colleagues, on both sides of the House, and with all of you.

*Happy Holidays!*  
Randy

# People in Your Neighbourhood:

## Meet Michael Goth!



My name is Michael Goth, and I am the Neighbourhood Resource Coordinator for the north half of the former Ward 1, now split between Wards Nakota Isga and Sipiwiyniwak. I serve the neighbourhoods of Canora, High Park, Mayfield, Britannia-Youngstown, Glenwood, West Jasper Sherwood, Jasper Park, Meadowlark Park, West Meadowlark, Crestwood, and Parkview. I bring with me over 10 years serving communities in this role, all of them in the former Ward 10 in the southwest. Over the past year, I have enjoyed meeting and forming relationships with a variety of individuals and groups, learning about the

area and its history, and working on a number of projects and initiatives in your neighbourhoods. Neighbourhood Resource Coordinators work closely

with Community Leagues, schools, community organizations, not-for-profits, and individuals in a variety of ways. This could mean helping a community league build a playground, rink, or other infrastructure projects; helping find funding for an initiative or program, or licensing and assisting with event planning. Whatever your idea is, NRC's are here to help you realize them.

In my time working with communities around the Stony Plain Road area, my highlights have included helping some local art therapists partner with the Canora Community League to deliver the free Art Hive projects over the summer; working with Crestwood Community League on its rink and tennis court refurbishment project; and working with the St. Anne Park Watch group to deliver a Meet the Police Night in the fall.

I want to take this time to wish the readers of SPANN a Happy Holiday season, and would encourage anyone with an idea, project, or initiative that they feel could use some City of Edmonton assistance to get in touch with me at [michael.goth@edmonton.ca](mailto:michael.goth@edmonton.ca) - I look forward to working with you to make your neighbourhoods more liveable, animated, and fun!

# Westend Seniors Activity Centre Offers Classes to Keep Seniors Busy All Winter Long!

Lorena Smalley

With the arrival of winter, many of us picture Alberta's seniors, hunkering down for a long cold winter but that simply isn't the case. "Last week's rainfall showed us once again how resilient our members are," said Dr. Haidong Liang, Executive Director of the Westend Seniors Activity Centre (WSAC). "Many of our staff were caught in traffic but two of our wonderful volunteers showed up for their regular shift, ready to greet our members as they arrived for their classes!"

This is just another example of how members of the Westend Seniors Activity Centre and seniors across Alberta have dispelled stereotypes often associated with Alberta's aging population. "When the pandemic arrived in March 2020, we had to start offering our classes online. To date, we have taught over 800 seniors how to use Zoom. This has been fantastic because some of our members are not comfortable with returning to our centre, so they are continuing to do their weekly classes online," said Cherisse Macayan, Assistant Manager of Programs at WSAC. We are very excited about our Winter Program schedule for 2022 because we are continuing to offer both in person classes at our centre and online classes to seniors across Edmonton.

"Many older adults find that our classes are

very affordable. Our annual membership is \$30.00 and a 7-week chair yoga class is \$56.00," said Macayan. "We are currently offering over 100 classes and drop-in activities for our Winter session and we have fitness and yoga classes for all fitness levels. All of our instructors have many years of experience teaching older adults so they are easily able to adapt their classes to provide different levels of instruction," added Macayan.

"When we created our fitness and yoga class schedule, it was important that we offered classes for those older adults who have mobility issues," added Liang. "Many adults are able to do fitness classes but they may feel more comfortable doing their exercises from a chair. Also, some seniors are unable to get down on the ground. By offering gentle and chair fitness classes, these seniors are able to stay fit and strong" said Liang.

When asked about other programs being offered by his centre, Liang pointed out that they offer more than just fitness classes. "We have partnered with the Y.M.C.A. to offer a free tech series at our centre to help seniors be safe online and teach them other things like how to buy a computer or a cell phone. We also have our Toonie Talk series that we host each week. These are educational sessions open to the public and you don't have to be a member of our centre to attend. We have some fantastic guest speakers who talk on a

variety of topics such as wills, downsizing, seniors benefits, and other topics that seniors and their families want help with. The guest speakers are local businesses that are helping seniors on a daily basis so they are a wealth of information."

When asked what the first step should be for someone interested in learning more about the classes and programs being offered at his centre, Liang suggested a visit to their website [www.weseniors.ca](http://www.weseniors.ca). "Our website shows all of the in-person and online classes we will be offering this winter. Each class has a very detailed description so seniors can read about the class, see the fitness level it is geared toward and find something that interests them. If they are not sure, they can contact our centre and our Programs Team will work with them to find a class they can attend".

Liang even had a suggestion as we get closer to the holidays. "Christmas is right around the corner. If your readers are looking for a fun Christmas gift for the older adult in their life we can help. For \$85.00 they can buy a gift certificate that includes a membership for 2022 and a credit towards one of our classes!"

Questions about WSAC programs, their free classes or gift ideas? You can reach Liang and his team at 780-483-1209 ext. 228 or visit their website [www.weseniors.ca](http://www.weseniors.ca)



## Visit the New SPR Website!

• Business Directory • Blog Posts • Community Calendar • Members Only Resources and More!  
[stonyplainroad.com](http://stonyplainroad.com)

# Spiced to Perfection: *Guru Restaurant & Bar* Brings Modern Dining to Traditional Cuisine



Heather Gunn

*Guru Restaurant & Bar*  
17021 100 Ave NW  
<http://gururestaurant.com/>

Indian cuisine is a staple for many when comfort food comes to mind, especially as a go-to take out option. Guru Restaurant & Bar on Stony Plain Road is taking it up a notch and has transformed Indian cuisine to an incredible standard of modern fine dining.

With two locations in Edmonton (one on the West end and the other in Downtown's ICE District – each featuring a different menu), this contemporary restaurant concept features elevated versions of beloved Indian dishes. The West end location, featured in this review, is a welcome escape from the cold Edmonton winter. As soon as you pass through the entrance underneath their glowing orange sign, you are immersed into a welcoming environment that looks and feels incredibly upscale.

The décor, especially the warm oranges and brown tones throughout (featuring incredibly

comfortable seating) set the tone for the delectable flavours you're about to experience. As a party of three, none of us had been to Guru before, so we were excited to try multiple menu options to get a taste of their offerings.

To kick off the meal, we opted for some refreshing drinks (I went with the Fire & Ice), and two orders of the Butter Chicken Samosas to share; these are more than enough for 2-4 people! They are large samosas bursting with Guru's signature butter chicken recipe. For those

concerned about spice level, these are very mild (and very filling!).

Going into the main course, our waitress was very helpful with recommendations and let us know that

almost all of their main dishes are designed for sharing (but can easily be eaten for one if that is more your style). Because we already had a taste of the Butter Chicken, we were all ready to sample more of the menu!

All entrée dishes are served alone, and rice or naan bread can be ordered separately if you wish. I opted for the Mango Chicken, which was creamy and delicious. The mango sauce (that also has coconut) isn't overpowering, it just adds a rich depth of flavour to the chicken. Our group also ordered a basket of naan bread to share, which was the ideal size for 2-4 people.

My friends each ordered an entrée



also – one opted for the “Dhaba” Lamb Curry, and the other opted for the Fish Moilee. To top it all off, we also ordered the Coastal Aloo Gobi (a vegetarian cauliflower dish). We gave everything a taste and it was all absolutely great. The authentic flavours and bold spices really come through in each dish, and everything was cooked perfectly.

We had plenty left to take home – and it tasted just as delicious the next day! Whether you visit Guru for dine-in or take out, you won't be disappointed with their top-tier service, flavours, drinks, and authenticity. If Indian food is familiar to you, or if you're new to this cuisine, you will find something here that pleases your taste buds.

*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*



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# Proudly Constructing the Valley Line West LRT

*Marigold Infrastructure Partners selected by City of Edmonton to build rail line*

The City of Edmonton selected Marigold Infrastructure Partners (Marigold) to design and build the 14-kilometre Valley Line West LRT project from downtown to Lewis Farms. Construction began earlier this year and will take five to six years to complete.

Marigold is committed to be a good neighbour and to working with Edmontonians through the process to build a rail line that will better connect the city for generations to come. Expansions in Edmonton's LRT network improve livability and change how we move and grow into a city of two-million people in the coming decades.

Some of our work you may have seen in your neighbourhood includes the mobilization of laydown areas which are secure storage areas for construction materials, equipment, work trailers and crew vehicles. These areas will remain laydown areas for the remainder of the project. The other scope of work visible in the neighbourhood was tree removals.

While construction in the Stony Plain Road

(SPR) Business Association area was limited in 2021, we've been working closely with the association to address current questions and mitigate future concerns. This was done through:

- The SPR Business Association Annual General Meeting
- An onsite meeting with representatives from the SPR Business Association and City of Edmonton
- Citizen Working Group meetings

While you may not be familiar with Marigold just yet, we're working hard behind the scenes. Over the last year, our team focused on:

- completing detailed design work
- setting the stage for upcoming construction work
- introducing ourselves to residents and businesses
- completing renderings for stops and stations
- launching Marigold's website and social media channels

- supporting a site monitoring program with Indigenous communities at Lewis Farms

While construction will ramp up in 2022, you may have noticed some construction work related to the LRT which includes:

- drilling and preliminary construction work on the elevated guideway along 87 Avenue near West Edmonton Mall and the Misericordia Hospital
- construction preparatory work including stripping and grading, utility relocations and tree removals
- demolition of the West Edmonton Mall Transit Centre

We understand the work we are undertaking can be disruptive and cause inconvenience and we appreciate your patience. We are committed sharing project updates and invite you to follow our progress and connect with our team related to construction activities via our project website, our social media channels, or by reaching out to us via telephone or email.



**MARIGOLD**  
Infrastructure Partners



public@marigoldinfra.ca



780-412-2183



@marigoldtransit



@MIPValleyLineWest



@marigoldtransit

marigoldinfra.ca

## We've Moved!

Re-opening Jan. 4, 2022!

**15802 – 100 Avenue**  
**Unit 103**  
Entrance is on 158 Street

*We have been on  
Stony Plain road since 1990.  
We are happy to be staying in the SPR BIA area  
as we feel this is a great area to shop and live in.*

*We look forward to  
lots of visits from the neighbourhood!*



**The Flag Shop**  
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# West Edmonton Community League Updates

## Canora Community League

Seasons greeting from the Canora Community League Board of Directors. We wish the residents of our community a Merry Christmas and a Happy New Year. Another year has passed and we are still under COVID protocols, but with a little more freedom to associate with others. At the present time, our hall is open for rentals to members in good standing as a prelude to opening the hall to all folks for rentals. All renters must be fully vaccinated and masked. That includes all the guests of the renter. It is the

responsibility of the renter to adhere to the AHS rules. The ice surfaces are now open with the same rules. Please check the outside board for the times the rinks are open. This year we may have an open rink for free skating in the basketball court area. It will be a USE AT YOUR OWN RISK area. We had a successful Craft and Bake sale on November 13 where many vendors and buyers were very happy with the turnout and our use of Restrictions Exemption Program (REP)



Photos submitted by Canora Community League.

protocols. It was a test run for us opening the hall for future rentals. On December 11, our community league will not be having a kids Christmas party due to COVID-19, but we will be delivering gifts to all the kids of the league’s members and the kids of the community whose parents provided us with their names. So, remember to be home on December 11 from 1pm to 4pm. Someone must be home. **If no one is home, no gifts will be left.**



We received a grant from the Edmonton Oilers Community Foundation and it was a great help in keeping our rinks open and safe last year. Pictured here is our rink attendant and the installed sign which they provided us to place on the arena boards. A HUGE thank you to the Oilers Foundation, it was much appreciated by the youth and young skaters of the Canora Community.



**GLENWOOD COMMUNITY LEAGUE**  
glenwoodcommunityleague.com -  
facebook.com/glenwoodcommunity  
twitter.com/glenwoodd - 780-489-7571 -  
glenwoodcommunity@hotmail.com  
16430 - 97 Avenue - Edmonton, AB T5P 0E8

**Skating in Glenwood**

After taking a break last winter, the rink at the Glenwood hall (16430 – 97 Ave) will be open for skating this season. Our rink team will be out in December building up the ice surface and getting it ready for the community. Stay safe and enjoy some time outdoors!

**Follow us on Facebook:** The first place to find news and updates from the Community League:  
<https://www.facebook.com/glenwoodcommunity>


### Canora Park Watch

**Deckla Lindgren**

Here we are at the end of 2021 and the start of another year. Canora Park Watch is a volunteer based community organization that hosts family friendly events in the parks of Canora, St. Anne Park and the Green Space along 149 St. A special Thank you to all of our volunteers who give so freely of their time to ensure the success of our events and to the residents who come out and participate. Thank you to those who came out to the annual “Meet the Police Night” in September. Special thanks to the following speakers who helped answer the community’s questions and helped explain their roles in making the Canora neighbourhood a better place to live:

- City of Edmonton Police SGT Murray Burke and the “Stony Plain Road Beats”
- Marius Matei, City of Edmonton Park Ranger
- Jordana Hoblak, City of Edmonton Community Standards
- Michael Goth, City of Edmonton NRC (Neighbourhood Resource Coordinator)
- Andrew Knack, City of Edmonton Councillor for Nakota Isga.

Over the past year, we have seen many new faces in our community and we would like to invite them to come out to our events in 2022. We are looking forward to hosting the following events: Easter Egg Hunt in April, the ever popular Mini Carnival in May, Fitness in the Park and Seniors Tea in June. The last 2 events will be the fall Scavenger Hunt and “Meet the Police” in September. Have a wonderful Holiday Season and a Happy New Year. Looking forward to seeing you in 2022.




### Do you have questions about vaccines?


**Meet with Laura, our Elder and Vaccine Community Connector.**

**Drop-in Monday, Wednesday, and Friday Mornings.**

Financial contribution from  
Avec le financement de




Public Health  
Agency of Canada



Agence de la santé  
publique du Canada

15308 STONY PLAIN ROAD 780-481-4001

Have you been feeling nervous about the Covid-19 vaccine? Drop in and meet with our Jasper Place Wellness Centre (JPWC) Vaccine Community Connector, Laura.



### 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).

# Identifying Scam Emails

Dami Osunro

This doesn't happen every day so it was natural to be shocked when the news broke some days ago about the fake emails coming from a verified FBI email address (<https://www.cnn.com/2021/11/13/politics/fbi-fake-emails-cyber-threat/index.html>). Yes, as in the United States Federal Bureau of Investigation. It was a classic case of the hunter becoming hunted. Perhaps that's not so uncommon nowadays though with many scam schemes going around, scammers will only keep



Dami Osunro

getting smarter and perhaps bolder. This is not the first time this has happened, but this time, it was much cleaner and much more difficult to identify that it was a fake email. If the bureau had not issued a statement denying the emails, it could have passed for a well-intended email from the FBI. With the spate of these scam emails (arguably the highest scam avenue these days), the most important protection tool is to know how to identify scam emails and avoid falling prey. If we can't stop them, we can at least protect

ourselves from falling victim. Below are some indications that an email is most likely a scam email:

- i. **Email comes from an unfamiliar mailing address:** Be careful when you just get an email from an email address you have not had interactions with in the past. For example, an email from a vendor saying you have won some gifts without first transacting business with them to qualify for the gift.
  - ii. **Mailing address is different from the body of the email:** This is like getting an email from shoe.com talking about bag.com.
  - iii. **Error in mailing address and email body:** This is always a star indicator. It's either one letter is missing from the supposed vendor's name or some letters are juxtaposed to make it look like the real vendor.
  - iv. **There's a request to click on a link:** While this is not always an indication of a scam email, you need to be careful about clicking on any links at all these days.
  - v. **There is an urgency in the email tone:** Scammers usually want to play on your ability to act quickly without much thinking. So, beware when an email is given unreasonable timelines such as within 24 hours to act on an email.
- While the list is not exhaustive, this will definitely save you some trouble with scam emails.

## The Childcare Network

Jonathan Cruz

Good News Alberta. Albertans will now finally be able to enjoy the benefits of initiatives to make childcare be affordable to everyone. Too many families in Canada lack access to affordable, inclusive, and high-quality child care. This is an economic issue as much as it is a social one. Without access to child care, parents – especially women – cannot fully participate in the economy, and the global COVID-19 pandemic has brought these issues to the forefront. As part of our commitment to support a recovery that brings all Canadians along, the Government of Canada wants to ensure that quality and affordable regulated child care spaces are available to all families who need it. Locally, International Center of Early Learners and Development Inc. spearheaded and campaigned heavily on making this goal a

reality. Minister of Tourism and Deputy Finance Minister Hon. Randy Boissonnault together with Deputy Minister and Finance Minister Chrystia Freeland advocated on this matter during their last visit in Edmonton. The Prime Minister, Justin Trudeau, highlighted that Budget 2022 sets a goal of on average \$10 a day child care within the next five years. By building an early learning and child care system, we will make life more affordable for Canadian families, create new jobs, grow the middle class, increase women's participation in the workforce, and drive strong economic growth across the country. The federal government will work with provincial, territorial, and Indigenous partners to build this Canada-wide, community-based early learning and child care system. The government will invest \$30 billion over the next five years, with a minimum of \$9.2 billion per year ongoing. By the end of 2022, this new

system would reduce fees for parents with children in regulated child care by 50 per cent on average, everywhere outside of Quebec. The Government of Canada will also work with provinces and territories to help ensure that early childhood educators are provided with the training and development opportunities needed to support their growth and the growth of a child care system that works for all Canadians. This investment builds on the work the government has been doing to make life more affordable for families and give children the best start in life. Programs like the Canada Child Benefit, which puts money directly in the pockets of parents to help with the added expenses of raising a family, have already been supporting those who need it the most. However, with child care expenses running nearly as high as rent or mortgage payments in some cities across the country, we know that more needs to be done.

## The Return of Storefront Cinema

The Stony Plain Road Business Association

From October 7 to 12, 2021, the Stony Plain Road Business Association held their Storefront Cinema event! Storefront Cinema promotes the idea of walkability in the area and encourages guests to get out in the community while supporting local art. During this week-long event, short videos provided by FAVA - the Film & Video Arts Society of Alberta, for the Got a Minute Film Festival, were shown at three locations around the Stony Plain Road area. These locations included 110B 300 West Block Drive NW, 15501 Stony Plain Road NW, and 10025 167 Street NW. The event used the windows of these vacant spaces as areas to project the silent one-minute films, which looped every 30 minutes. This project brought together the community of West Edmonton, safely, for a unique viewing experience. It also allowed residents an opportunity to explore and become reacquainted with Stony Plain Road. In the past,

the event was more of a social activity, however with COVID-19 protocols in place, 2021's Storefront Cinema was a more laid-back activity where viewers visited on their own time in their

own cohorts. The Stony Plain Road Business Association looks forward to continuing to hold Storefront Cinema and can't wait to start the planning for 2022!



Photo of Storefront Cinema set up at 110B 300 West Block Drive NW.

# Jasper Place Community History Project

Remember... what your first winter in Jasper Place was like? When the trees were seedlings? When Jasper Place was its own town? The muddy streets, taking the Diamond Bus line to Edmonton? The lumber mills? Going to the teen dances at the Jasper Place Sports Centre during Muk Luk Mardi Gras? Planting a vegetable garden? Working in a community organization or business in Jasper Place? The corner stores where you went to get pop and candy after school?

Throughout the pandemic, Ground Zero Productions has been quietly gathering information for this community history project,

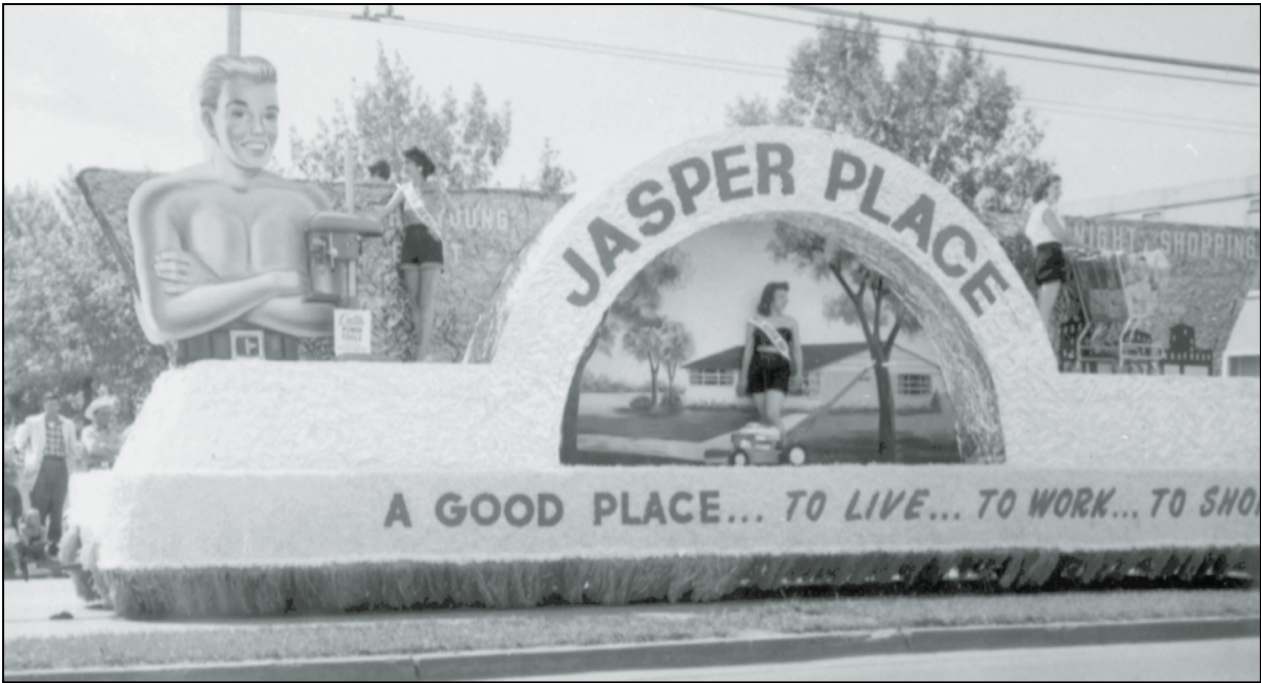
and we have discovered that Jasper Place is rich in history. From the beginning, the neighbourhoods that make up the area have welcomed all kinds of people. We've heard about a time when Jasper Place felt like a "town-camp" with many Metis and First Nations people, how a young Edmonton-trained hairdresser who had immigrated from Trinidad-Tobago was able to set up her first business in Jasper Place, and how the 70s and 80s rock bars and the Country bars on Stony Plain Road were the last places in Edmonton where a live band could work six nights a week. We want to hear your stories too.

We are creating a Community Collection of oral history interviews, videos and photos of the people who have lived in Jasper Place. We will be gathering the Indigenous stories, the stories of the descendants of the first settlers, and of people who have more recently arrived. We also want the stories of people who made their livelihoods and homes in JP. These parts of our history will be documented, archived and shared back with the community via our website.

Ground Zero is based in the Orange Hub. We hope this project will help to connect people in the neighbourhood to the building that used to house the MacEwan School for the Arts. The Collection will be displayed in part at the Hub and we will have events to show the Collection to the community. The full collection will be on our website. Finally, the Collection will be donated to the Provincial Archives of Alberta, so people all around Alberta can know more about Jasper Place.

We want the community to have access to its own stories and have pride in the neighbourhood. We think a big part of revitalization is knowing what came before and sharing our history. What bridges us all together? What can we learn from each other?

We are hoping to start video interviews again in January 2022. If you're interested in sharing your memories of the Jasper Place, or if you have old photos and memorabilia, please visit [jasperplacehistory.org](http://jasperplacehistory.org) or contact us at [jasperplacehistory@outlook.com](mailto:jasperplacehistory@outlook.com).



City of Edmonton Archives EA-275-2012, no date.

## Stony Plain Road Shuttle Service

### City of Edmonton

Starting November 29, ETS will provide bus service on Stony Plain Road between Jasper Place Transit Centre and Unity Square at 116 Street and 104 Avenue. To start, a shuttle (a DATS vehicle with DATS markings removed) will run every 60 minutes, seven days a week and provide consistent, reliable temporary service for riders during Valley Line West construction. Due to limited seating on the shuttle, transit riders, who are able, are asked to use routes on 102 Avenue, 107 Avenue, 116 Street and 142 Street so that seniors and those with mobility needs can access the shuttle.

Transit riders are appreciated for their patience and understanding, and can share their thoughts about what is working and what can be improved at [edmonton.ca/BusNetworkFeedback](http://edmonton.ca/BusNetworkFeedback).

#### Return to Full Service

As part of the regular winter service changes this year, ETS will resume full service on all routes starting on Sunday, November 29. ETS is thankful for transit riders' patience as bus schedules were temporarily adjusted in early November due to workforce availability and vaccine policy requirements. The health and safety of staff and riders are a top priority and ETS continues to take the steps necessary to keep riders safe and the services they rely on running as smoothly and safely as possible.

#### Notable Route Adjustments

Several routes and schedules are adjusted to meet typical ridership changes throughout the year, as well as feedback gathered from transit riders since the implementation of the bus network redesign

in April. A portion of Route 519 is being adjusted to better serve residents in communities adjacent to Ellerslie Road and 66 Street. This change will provide better coverage and reduce walking distances for those accessing neighbourhoods along these roads. Route 111 is also being adjusted to provide improved access to the Kingsway Mall entrance from both directions.

Riders can expect a return to regular routings

for several bus routes traveling on Jasper Avenue now that construction detours have ended. Route 701, which connects the Kingsway/Royal Alex and Southgate transit centres, also returns to its regular routing with work on the Duggan Bridge on Saskatchewan Drive completed.

Transit riders plan their trips using the third-party Transit app, Google Maps, [edmonton.ca/transit](http://edmonton.ca/transit) or by calling 311.



# Kids On Track Winter Programming!



Kristy Joy Chaisson

It’s beginning to look a lot like Christmas at Kids On Track. We just celebrated our 29th birthday of creating community in the West Edmonton area, a true celebration considering the struggles and challenges of the last two years. While we have had to pivot and shift our programming, the resiliency of our staff and families is inspiring. So, what’s happening at Kids On Track? Here are some winter highlights:

**Blacklight Christmas Show**

We are bringing the glow-show back this year! Families must book their spot with us as we are navigating current restrictions, but the experience is worth it! Our Leaders In Training Experience youth have been practicing since September with determination and drive to bring their best to bless the community families. Mayhem In Bethlehem brings the audience into the world of a zany news crew as they investigate the Nativity story. Glowing stars, singing trees, and a runaway camel are just a few things you can expect from this production. There is still room to register for the December 11, 2021 show being held at Saint’s Church in Glastonbury. Kids On Track will be providing transportation from their office on the West End as well.

**HomeBuilders: Help for Hurting Kids**

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. It enables them to build their own families in the future. Strong families build strong communities. The next course will begin on January 10, 2022 and registration is currently open.

**Family Connect: A New Look!**

Family Connect is taking on a new look in response to the “new normal” we are all experiencing. Beginning in January, Family Connect will be hosted once a month but instead of a drama show children watch, we are creating an experiential learning time for children. Kids will rotate through several activity stations all around a central theme like “Worries and Fears,” “Attitude,” or “Problem Solving.” Parent Café will also be open but is also taking on a new look. Parents will be able to enjoy an unstructured café time to meet other parents in the community and strengthen their parenting through peer mentors.

**Character Clubs**

Character Clubs are a unique 1.5 hour after school club that pairs physical literacy with character education. No bored kids here-we are learning and moving! Affirming leaders create an atmosphere of learning and support. The club’s focus is on building resiliency for kids coping with various life challenges. As new clubs are being added all the time, check our website for current club locations and times.

There are so many ways for your family to get involved and begin to create community. At a time when social isolation is running rampant through our society, take the step to reach out to Kids On Track. We have a place for you here.

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

# A Taste of Ethiopia in West Edmonton

Megan Lala

*Olympia Ethiopian Restaurant & Market*  
15608 103 Avenue NW  
780-466-0197

Located at 15608 103 Avenue NW, is Olympia Ethiopian Restaurant & Market. I spoke with owner, Kedi Endale about the business and what it has to offer the community of west Edmonton. Olympia Ethiopian Restaurant & Market offers food services as well as a market for groceries.

“We offer healthy options, such as gluten-free, vegan and vegetarian foods, in addition to meat dishes,” states Kedi, “Some of my products include organic and GMO-free flours, organic spices, and organic Ethiopian coffee and tea.”

Kedi’s inspiration for opening a restaurant came as she was volunteering at the West End Seniors Activity Centre, where she cooked Ethiopian food. Upon receiving overwhelming positive feedback, she decided to go for it and pursue her own restaurant. The location opened in 2014, and while the spot was temporarily closed in 2020 due to COVID-19, they are now open again and ready to serve the community of West Edmonton.



Interior of Olympia Ethiopian Restaurant & Market.

# SPR for the Holidays: *Navigate Shopping with Gift Guides!*

**Stony Plain Road Business Association**

Do you like to shop local but have no idea where to start to find the perfect gift for the person on your list this year? Have no fear! This year for the

holidays we have put together 12 gift guides to help you get through your holiday shopping list in a painless way. Stay tuned to our social media accounts (@stonyplainroad) on **Twitter**, **Facebook** and **Instagram**, and our website

([stonyplainroad.com](https://www.stonyplainroad.com)) to stay up to date with our gift guides. This holiday season we've got guides for the Outdoors Lover, Pet Parent, Auto Buff, Fitness Fanatic, Beauty Guru, Relaxation Seeker, Foodie and more! You can find a list of already posted gift guides online at: <https://www.stonyplainroad.com/spr-for-the-holidays-2021/>

**SPR Giveaway**

To make shopping local even more worth it, the Stony Plain Road Business Association is also giving you the chance to win one of 3 prize packs filled with local goodies from various Stony Plain Road businesses! All participants have to do is spend \$50+ at any SPR business and send a photo of the receipt to [communications.spr@gmail.com](mailto:communications.spr@gmail.com) to be entered! Contest closes on Thursday, January 6, 2022. Good luck!

Special thanks to Paul Twa ([paultwa.com](https://paultwa.com)) for designing the illustrations for the SPR for the Holidays campaign.



## Snapshots of SPR!

*Send in photos to [spanneditor@gmail.com](mailto:spanneditor@gmail.com).  
All ages and skill levels are welcome!  
Have your snapshots featured in the  
next issue of **SPANN**!*



*Above:* Photo of signage on the side of Cafe Neo located at 10051 152 St NW.

*Top right:* Photo of a new mural by Vignettes YEGI on the side of Power Lounge and Afro Grill located at 15135 Stony Plain Road NW.

*Center right:* Photo of desserts found at Halawa Lebanese Bakery located at 9951 170St NW.

*Bottom right:* Photo of Stony Plain Road at night.

