

SPANN

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

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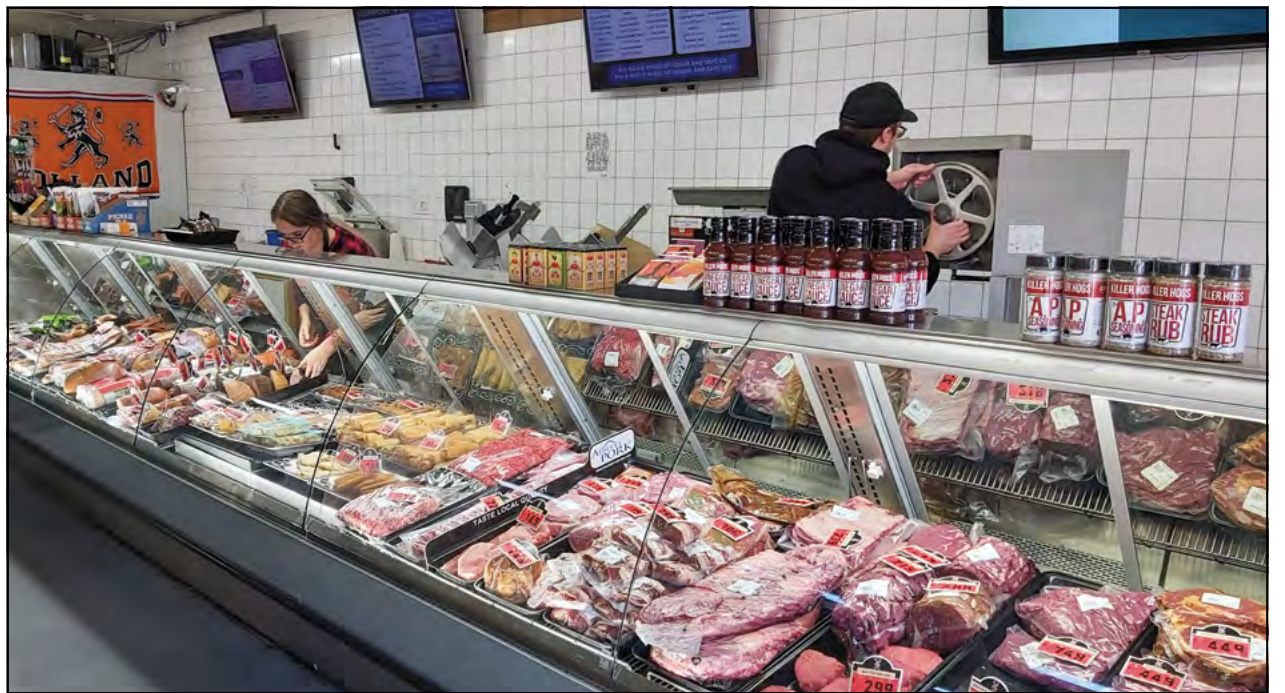
Ben's Meats & Deli - 69 Years & Counting!

David van Leeuwen

My Opa and Oma (grandparents), Ben and Leni van Soest, came to Canada in 1950 with their two children, Erica (my mother), and Ernest. Nick and Jeff, two more sons, were born later here in Alberta.

Ben was a full slager (butcher), having graduated from a course in Utrecht, Netherlands. He worked at Canada Packers in Edmonton and started his own meat shop in the Town of Jasper Place on Oct 13, 1953. It was quite literally a house, located at 15726 Stony Plain Road, with the living room serving as the store area while the living quarters took up the remaining home. In 1956 the house was torn down and work began on constructing a new building, built in three stages, that still stands today. The new structure was forty feet by ninety feet, or 3600 square feet total. Ben's Meats occupied the west side of the building, taking up 1400 square feet, while the other side was rented out.

In 1968 my dad started working for his father-in-law and on Nov 1, 1976, my parent's Erica and Pieter van Leeuwen bought the business from my Oma and Opa! In 1986 I started working part time on Saturdays, mostly keeping the shop clean and tidy. By 1989 I was also working summers and holidays. Shortly after graduating high school, in 1991, I worked full time while attending



NAIT to get my Retail Meat Cutting Certificate.

I worked eight years for my parent's and eventually, on Nov.1, 1999, my wife Brenda and I bought the business from them. In 2007 I was able to purchase the building as well, expanding the store to the full 3600 square feet of the building, which we opened on our 54th anniversary sale.

On Oct 29, 2022 we will be celebrating our 69th

anniversary. This has a particularly special meaning to me, as both my parents and grandparents had owned the store for 23 years each,

and soon my wife and I will also pass this 23 year milestone! As of November 1, 2023, we will have beat them both!

I am fortunate to have my family working with me, my daughter Kayla, my son Ben, and my son-in-law Mike. With such a history of family participation and pride of ownership, I am certain they will keep this a family business for future years

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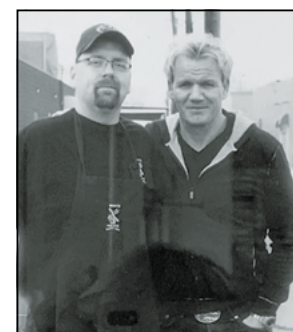
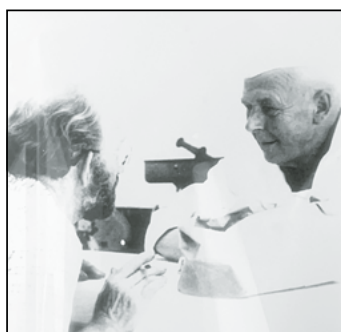
and future generations.

A memory that local residents have shared over the years include when the business started in the 1950's there were dirt roads and wooden side walks out front along Stony Plain Road. A bus stop was right outside our shop, so on many a Sunday morning you would see rubber boots lined up in front of the store as people put their Sunday shoes on to get onto the bus. I also have many fond memories of helping my dad in the store, but especially remember the store having sawdust on the floor in the 70s and 80s. In 2010

I was fortunate enough to have Gordon Ramsey himself in the store; it was fantastic to meet him and a wonderful opportunity to show him around our store which our family holds so much pride in.

I have always loved my job - working five years part time, and thirty one years full time. But the best thing I have gotten out of my job is the friendships that I have made with our customers and staff. I believe we actually have the best customers you can hope for! With subsequent milestones of 23 years between my grandparents, parents, and myself, I must admit this 69th anniversary of the store will most likely be my

favourite. I would like to thank all of the customers over our last 69 years of business. As without your support we would not still be here. Here's to 69 more!



From left to right: Ben vanSoest and customer, Pieter van Leeuwen, David and his wife Brenda, David vanLeeuwen and Gordon Ramsey.

Music and Memories at The Ritz!
(p. 3)

Tune In & Tune Up!
(p. 6)

An Introduction from Terra Centre
(p. 10)

Editor's Notes

Justin Keats

It's always a bit of a surprise for me when summer comes to a close. Perhaps it's due to that period of intense greenery in mid July and August, where everything seems lush and vibrant. But soon one notices it's dark at 8pm, the nights have become chillier, and suddenly school bells are ringing. I hope you've all had a glorious and memorable summer.

As an extension of the Stony Plain Road Business Association, I wanted this issue of SPANN to highlight some of the businesses that have called the area home for some time. With fall and winter on their way, we approached automobile-centric businesses to contribute to a theme of Tune In & Tune Up. Take a peek at the articles from Westend Tireland, Arctic Autowash, and Mr.Lube, which all offer unique perspectives on vehicle maintenance and care.

Michael Goth's article contains a collection of grant opportunities available to both individuals and



local community groups. You'll also find four simple tips from Duke Nguyen that we can all do to support local businesses during LRT construction.

Another highlight in this issue is the upcoming 69th anniversary of Ben's Meat's & Deli! A long-time staple of the neighborhood, and a living testament to the former Town of Jasper Place, Ben's Meat's is a shining example of the historical roots and history that many businesses share in the area. Speaking of that broader history, Paula E. Kirman explores the legacy of the former Ritz Diner.

Also included in this issue are articles that put children in mind first. Jonathan Cruz offers us tips on the importance of play for children. Terra Centre also has an article introducing themselves to the broader community and highlighting the important work they do for teenage mothers and fathers alike.

With fall on its way, I wish you all a safe season. Look out for our next issue towards the end of 2022!

Stony Plain Road and Area News Network

FREE

SPANN

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

Volume 3, Number 3 Fall 2022

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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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Construction, Campaigns, and Commitment

Todd Janes, SPRBA - Executive Director

I have not yet seen the leaves turning, and maybe I am just not looking that close. As we emerged from COVID-19, this summer was a terrific opportunity for the SPRBA to try new things and explore opportunities. This year we were joined by 80% new staff through new hires and summer staff supported in part by the Canada Summer Jobs program. I really appreciate the freshness and openness of our new staff members and their vigor in embracing components of building a contemporary Mainstreet.

This summer we focused upon

hyper-localized events that concentrated a few blocks at a time across our large BIA. This was purposeful; as with the impacts on street and pedestrian activities due to Valley Line West LRT construction, we wanted to create opportunities for businesses located nearby to increase their exposure. A huge thanks to the businesses, volunteers, performers and residents that helped make these events fly. We also gained some worthwhile experience we will be applying to events next year. We will be back next August with another parking lot movie

evening and a reformatted "Let's Get Physical" event celebrating movement.

This summer we also launched a new approach to Shop Local with our Young Giant campaign, a collective marketing program offering Big Bucks - an innovative and simple approach to supporting local businesses and creating opportunities for customers to receive up to a 30% discount on your purchase and services.

This fall we will be launching several initiatives, including a campaign to support and discover food and beverage merchants

impacted by construction called "Walk or Roll, Grab and Go". Also planned is a festive winter celebration with supporting holiday events. We believe such campaigns help with place building and creating unique experiences within the Jasper Place District, and also throughout SPR. Please follow SPANN and SPRBA on social media to find out about our latest events and campaigns. We know ongoing construction issues are annoying and sometimes frustrating, and we deeply value your patience, support, and commitment to our local businesses.

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Ritz Diner Bar and Grill: Music and Memories



The exterior of Ritz Diner Bar and Grill ca. 1989. Photo credit: Paul Balanchuk.

Paula E. Kirman

Ritz Diner Bar and Grill, located on Stony Plain Road and 151st Street, usually known as “the Ritz,” was a destination for many to enjoy an authentic 50s ambiance, diner food, ice cream treats, and live music with local bands and seasoned professionals taking to the stage.

Steve Segal opened the Ritz, which he co-owned with his now ex-wife Linda, in the ‘80s. A self-described “west end guy,” Segal grew up in Crestwood.

The Ritz had a genuine ‘50s diner motif, complete with a long lunch counter and chrome stools, and booths with individual jukeboxes. Live music was a mainstay of the

Ritz. “It was just down the street from Grant MacEwan Community College that had a very robust music faculty,” Segal recalls. “A lot of my servers were students who became the performing musicians. So that’s kind of how it just all evolved, really taking advantage of the neighbourhood and the College and other components that were part of Jasper Place.”

MacEwan music students weren’t the only musicians who played the Ritz. Local legends Idyl Tea and Jr. Gone Wild performed there, as did well-known Canadian group Doug and the Slugs. The most famous band reputed to have

entertained Ritz diners is Green Day, early in their career.

Another accomplished musician whose early career days included a gig at the Ritz is Maria Dunn, who won a 2022 Juno Award for Best Traditional Roots Album. Dunn’s first public performance as part of a folk/roots band was at the Ritz in 1990. “I wasn’t performing any of my own songs, except an additional verse or two I had written to extend the song ‘I wanna marry a lighthouse keeper,’” she recalls.

The Ritz was Segal’s first venture as a restaurateur, and it came with “a very steep learning curve,” he says, as well as a lot of work.

After Segal left the Ritz, it continued to operate as a ‘50s diner for a while, before being eventually replaced by Smokey Joe’s barbecue restaurant, starting a new chapter in the history of this space.

A longer version of this article will be appearing on our website: jasperplacehistory.org. Do you have any memories of Ritz Diner? Were you in a band that performed there? Send us your stories: jasperplacehistory@outlook.com

Paula E. Kirman is a freelance writer who grew up, and still lives, near the Jasper Place area.

Vehicle Inspections - A Worthy Investment

Kerry Atkinson and Richard Bourgeault, Westend Tireland

Why should you always complete a full mechanical and tire inspection on your vehicle each fall and spring? The main reason is to help identify and plan for any upcoming repairs. The last thing a person needs is a vehicle breakdown, whether just before that early summer camping trip, or when it’s cold and tow truck wait times are extended for hours into the day.

A licensed auto technician gives a vehicle a thorough inspection to determine its cosmetic, mechanical and safety condition. The technician pinpoints any existing conditions and highlights potential issues that could arise in the future, and should investigate to make sure any previous damage has been properly repaired.

Learning more about what’s happening under your hood helps instill peace of mind, while alerting you to any upcoming maintenance needs and associated costs.

Another type of inspection is the pre-purchase inspection, which is particularly important in the used vehicle market. A pre-purchase safety inspection is the final step in determining if the car you’re considering is the right one for you. By arming yourself with information from a PPI and a CARFAX Canada report, you can be confident about the vehicle’s history, its current state, and potentially gain some leverage in your price negotiations with the seller.

In sum, a vehicle inspection ensures your

existing or future car is in good working order, identifies issues or potential upcoming maintenance, and allows you to properly plan to address it in terms of budgeting - A worthy investment!

Since 1974, quality, fairly priced auto repairs have been the lifeblood of Westend Tireland. We offer the full customer experience from the second you walk through the door, servicing all mechanical repairs in addition to selling and installing new tires (winter, summer, all season and all weather). We also check for any manufacturer’s suggested services, fluid changes, etc. AMA discount applies for all AMA/CAA members.

Budget 2023-2026 - 10 Things To Know!



Councillor Andrew Knack

On September 14, 2022, there will be a non-regular City Council Meeting, to continue the budgetary process of our next four year budget cycle for the years 2023-2026. The meeting on the 14th will

specifically review our city’s Operating Budget which will look to address efficiencies and services details.

Here are 10 things you should know about the budget:

1. Budgets help build a better life for Edmontonians

The budget is the City’s plan for where we will get money (revenues) and how we will spend it (expenditures). It maps out how tax dollars and other funding will be invested to provide the services Edmontonians count on as well as to build and maintain roads, bridges, recreation centres, fire halls, police stations, and other important City facilities.

2. Budgets are built in four-year cycles

The next cycle runs from 2023-2026. The budget is reviewed and adjusted each year, as needed. The budgeting process is driven by achieving the goals and priorities as voiced by Council and Edmontonians through ConnectEdmonton, extensive public engagement on The City Plan and the Corporate Business Plan.

3. There are four budgets

The budget has two main parts: the operating budget and the capital budget. There are also separate budgets for public utilities: Waste Services and the Blatchford Utility.

4. We MUST balance the budget

The City can’t budget for a deficit or use debt to pay for our operations. It’s the law in Alberta.

5. The average household pays under \$8/day for all municipal services

Based on the 2022 assessed housing values and operating budget, the average Edmonton household with an assessed value of approximately \$402,000, pays under \$8 a day. Imagine life without roads, parks, police and fire services, libraries, summer pools and winter skating, snow clearing and repair crews.

Now imagine your household could buy a pass, for under \$8 a day, that would give those things to everyone who lives with you. That pass would also help support recreation facilities and attractions, transit, the City’s local partners in everything from sports to social work, and dozens of other things you rely on. That’s the work that less than \$8 a day gets done!

6. We have some of the lowest tax increases in Canada

Over the past 5 years, Edmonton’s average tax increase has been 1.8%. This is lower than the average rate of inflation over that same time period, which is closer to 3%. In 2022, Edmonton’s 1.9% tax increase was among the lowest in Canada, compared to 3.87% in Calgary and 3% in Ottawa.

7. We’re building a lot over the next four years

The next four-year budget has over \$4 billion in already approved capital projects, including transformational projects that will expand our LRT network and Yellowhead Trail, as well as two new recreation centres and an expansion at the Valley Zoo.

8. We also have a lot to maintain

The City has over 9.1 million assets, with a

total replacement value of over \$31.6 billion. Our capital budget carries the cost to maintain:

- 1,403 lane km of roads/alleys
- 5,881 km of sidewalks
- 688 km of trails
- 94 light rail vehicles
- 976 buildings

9. We’re always looking for efficiencies

The City has applied a continuous improvement process to find efficiencies in our budgets since 2014. We have made significant budget reductions in recent years to free up dollars for new priorities. Over the last two budget cycles, hundreds of millions of dollars in efficiencies have been used to reallocate to other services or used to keep increases to a minimum. If we want to make further budget reductions in 2023-2026, we will primarily need to look at reducing service levels, cutting services, or increasing user fees and fines.

10. The tax money you pay the City vs. Province vs. Federal Government

For a typical Edmonton household, for each dollar paid in taxes and fees to the government sector, approximately 65 cents is paid to the federal government, 26 cents to the Province, and just under 9 cents to the City.

This time in budget deliberation is incredibly important and I urge all residents to express their opinions on what they would like to see in their next four year budget.

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Why Wash Your Car?

Salim Keshwani

As an asset, automobiles depreciate in value when compared to a house. However, you can extend the life (and value) of your vehicle via regular maintenance and cleaning. We often do not consider the impacts of the environment around us - oils and pollutants can settle on your vehicle from local industry, dust and grime within parking lots, sap from parking beneath trees, even rain and snow can contain particulate matter. Edmonton also uses sand and salt on the road as well, which can impact your vehicle in terms of rust.

How often should I wash my vehicle?

I recommend once a week, when taking into consideration the extent of your travels and the

nature of the environment. Weekly washing is a great method for preventing rust. Don’t forget the undercarriage and the wheel wells, which are prime locations for build up. It’s also important to wash the dashboard and other interior surfaces within the car to prevent bacteria growth.

Touchless Vs Wand Wash

Touchless systems are particularly great for getting at the undercarriage of your vehicle. However, we do not recommend automatic systems which are not “touchless” as the brushes and materials used can accumulate dirt and sand which will scratch your vehicle.

In comparison, a wand wash system allows for greater control and detailing. Presoak foam

should be left on for at least 15 seconds, and the foaming brush should be rinsed with the high powered wand to ensure it is clean and dirt free. Remember to ensure you use lots of foam when using the brush, or you may risk scratching your vehicle. Think of it like shaving cream on your face - the more you have, the less risk there is for an accident!

In conclusion, wash your vehicle regularly - It’s a great way to ensure its lifespan!

Arctic Autowash offers you a dependable service and quality wash! We offer wide bays, hot water and high pressure wands with industry standard chemicals. We have an attendant to help you at all times and we maintain our facility to the highest standard.



Visit the SPR Website!

Business Directory • Blog Posts • Community Calendar • Members Only Resources and More!

stonyplainroad.com

News From the Ledge:

Tuning Up Government



MLA Lori Sigurdson
Member for Edmonton Riverview
Critic for Seniors and Housing and Critic for Mental Health and Addictions
Ph: 780-414-0719
Edmonton.Riverview@assembly.ab.ca

As the days get shorter and temperatures cooler, we know fall is close at hand. This is the time when we begin to prepare for the colder seasons ahead. We take our vehicle in for a tune-up. We register our children and sometimes ourselves into fall sports and fitness programs, in the hopes

of keeping ourselves tuned-up. At work, we are planning for the year ahead. We look at what is working and what is not. We make changes in strategic directions to achieve our goals. Tune-ups are also needed at the provincial level of government. Alberta is in an inflationary crisis. We have hit a 39- year record high rate of inflation at 8.4%. Disturbingly the UCP Government turns a blind eye to the challenges of Albertans. Utilities, tuition, insurance, and grocery costs are all on the rise putting Albertans in a tough spot. Earlier in the year when the price of gas was soaring, we called on the UCP to suspend their 13-cent gas tax for Albertans. After this public call, the UCP complied. However, they didn't monitor or regulate how gas stations behaved regarding this new policy. Gas prices continued to stay high in Alberta, so we called on the UCP to audit what was happening. How come savings

were not being passed on to Albertans? A study out of the University of Calgary found that gas stations were enjoying profit margins of up to four times more than average due to the policy of the UCP. Only after we repeatedly called on the government to fix the situation did they intervene. Another policy blunder of the UCP was the slow response to power rebates. Rebates were promised but didn't put money in Albertans' pockets when they needed it most during the colder months. Also, the policy did not include many condo owners. Again, this failed policy of the UCP needs to be tuned up so Albertans receive the support they need. Punitive policies such as de-indexing AISH and Alberta Seniors Benefits during the worst inflation crisis in more than a generation is cruel and pushes more people into poverty. Albertans report that 1 in 5 households are experiencing food insecurities.



MLA Sarah Hoffman
Member for Edmonton Glenora
Critic for Education and Deputy Leader
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Every Albertan deserves to see the benefits of record resource revenues due to global conditions. But that's not what is happening under the current government. It doesn't need to be that way. We can support each other and run a surplus. If you'd like to learn more, please visit: www.Albertasfuture.ca.

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Contact Our Constituency Office
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Edmonton Centre / Edmonton-Centre



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Navigating Federal Departments and Programs

Our office can assist you with Citizenship and Immigration, Canada Pension Plan, and various other federal departments and programs.

Congratulatory Messages

Our office can arrange for birthday and anniversary messages to be sent from the MP, Prime Minister, Governor General and the Queen.

Additional Services

We can provide schools and students with literature on Canada and Parliament, copies of bills, amendments, Hansard or other House of Commons publications.



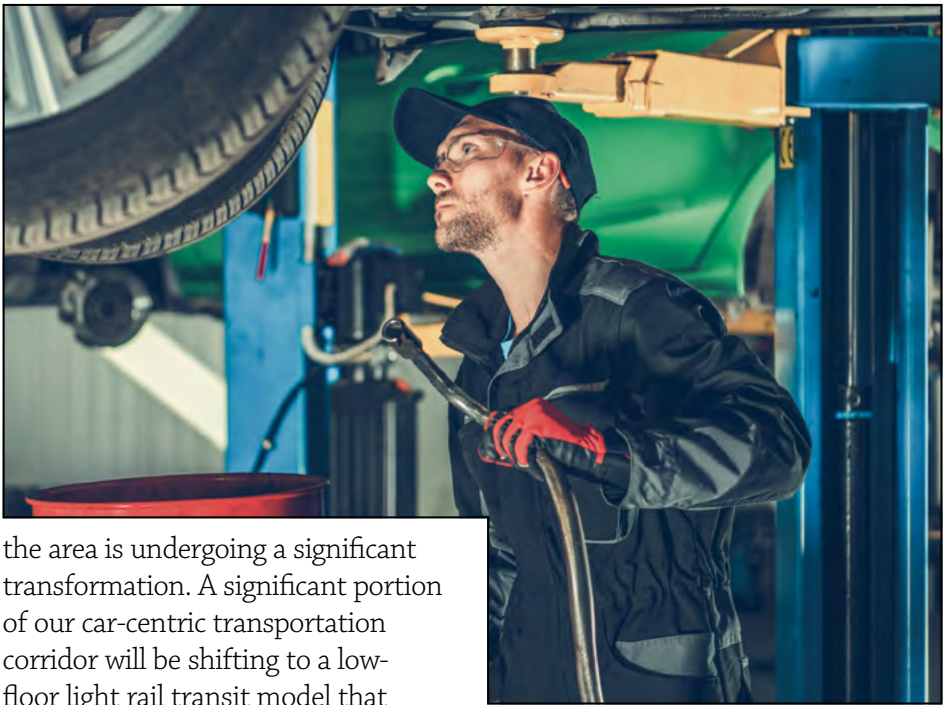


Justin Keats

With the last of summers' breath behind us, autumn is officially just around the corner. It's the time of year where we wish we brought that extra layer or sweater with us while running errands, or where both the heat and the A/C in your car are turned on during the same day. For many folk, this is the time for "fall cleaning", prepping their garages, yards, and homes for the months where being inside is preferable outdoors. If you own a vehicle, it's also a great time for standard and essential maintenance: It's time to tune in and tune up!

The Stony Plain Road Business Association has a strong collection of automotive repair and service shops. Mechanical issues, auto body work, general maintenance, and specialty shops are all available within the boundaries of the business improvement area. With over 20 shops in total, they provide an essential service to the greater community, both practically and via the power of "shopping local" - Keeping one's purchasing power within the area they live. Many auto shops are small businesses that reinvest their profits in both their operations and by extension their local communities.

With the advent of the Valley Line West LRT along Stony Plain Road



the area is undergoing a significant transformation. A significant portion of our car-centric transportation corridor will be shifting to a low-floor light rail transit model that emphasizes walkable streetscapes, all the way from downtown to 156th Street. However, from 156th Street westward, Stony Plain Road will continue to support vehicle traffic in a similar fashion as it does today, and remain a destination for automotive repair and servicing. In recognition of this fact, our fall issue of SPANN has dedicated space to highlighting businesses and best practices that ensure we can stay both warm and safe while commuting during the upcoming months of ice and cold.

There's always "more!" in the SPRBA - Keep the area in mind for all your future automotive needs!



Automotive Businesses Within the SPRBA	
Action Muffler	15833 Stony Plain Road NW
AC Auto Mechanic Services	10015 168 Street NW
Accord Collision	10025 169 Street NW
Arctic Autowash	16008 Stony Plain Road NW
Basic Truck & Auto Inc	16325 Stony Plain Road NW
Bluesky Carwash	16815 Stony Plain Road NW
Bubbles Car Wash	16907 Stony Plain Road NW
Centretech Automotive & Welding	104-10015 168 St NW
Evolution Audio	15910 Stony Plain Road NW
Fix Auto	10118 158 Street NW
JW Automotive	10025 168 Street NW
Lube Techz	15831 Stony Plain Road NW
Maxwell Auto	10116 159 Street NW
Midas Vehicle Repair	16126 Stony Plain Road NW
Mr. Lube Professional Services,	Stony Plain Road NW
Racks For Cars	15802 Stony Plain Road NW
Speedy Auto Glass	10235 170 Street NW
Tirecraft	16217 Stony Plain Road NW
Village Auto & Tire Service	15923 Stony Plain Road NW
Westend Tireland	15941 Stony Plain Road NW
Westside Automotive	10010 168 Street NW
Zam Zam Auto Repair	15903 Stony Plain Road NW
Zippy's Auto Repair	10031 167 Street NW
Don't Forget Gas!	
7-Eleven / Esso	15710 Stony Plain Road NW
Canadian Tire Gas Bar	16125 Stony Plain Road
Mayfield Shell	10231 170 St NW
Saxony Domo	10145 156 St NW
Stony Domo	15003 Stony Plain Road NW

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SPR Ramps Up the Summer with...



**A World of Imagination
- August 27th**

It's The Young Giant!



A family event featuring entertainment by Balloon Fairies, JoJo's Magic Circus, Donovan the Magician, Rapid Fire Theatre, and an free evening screening of DreamWork's "The Bad Guys", of

which fifty-some vehicles and 150 people came by for! Located at RioCan Mayfield on 170 Street and Stony Plain Road, this shop local campaign has the potential to be an annual event!

As part of Stony Plain Road's unique history with the former Town of Jasper Place, the Young Giant represents the spirit and vibrancy of the local community. Look out for him in the future,

where you can pick up Big Bucks - One \$3 Big Buck can be offered for every \$10 spent (before tax) at participating businesses! Find out more at <https://www.stonyplainroad.com/the-young-giant-campaign/>

Chalk It Up For Exclusivity - July 3rd

A community chalk art event advocating for diversity and inclusivity within the SPRBA, in addition to promoting local shopping by offering discounts and promotions with nearby shops and businesses between 147th and 149th Street and Stony Plain Road.



Let's Get Physical - August 6th



An event promoting physical wellness and community-building through the utilization of fun, interactive physical activities

and local shopping at Revolution Square at 151st Street and Stony Plain Road and area businesses.

VARIANT
ME EDITION
GRAPHIC NOVELS AND COMICS

**CANADA'S BEST
GRAPHIC NOVEL
STORE HAS A
NEW LOCATION
15129
STONY PLAIN RD**

West Edmonton Community League Updates



Michael Goth

Licensing For Events on Open Space Parkland

Thinking about throwing an event on public parkland this year? As we transition to Fall, there are a lot of cozy ways to celebrate the change in seasons!

As part of your event planning, please remember to submit your license application 4 weeks ahead. This will ensure enough time to obtain activity specific permissions such as fireworks, vending, alcohol or noise. We look forward to supporting you to host a successful event! Details can be found here: https://www.edmonton.ca/attractions_events/rentals_event_planning/neighbourhood-events

Edmonton Electric and Hydrogen Vehicle Expo

September 24-25 from 10am-6pm at the Edmonton Expo Centre gives Edmontonians an opportunity to experience a variety of zero emission vehicles including battery electric passenger vehicles, hydrogen and electric buses, e-bikes and e-scooters. This experiential event includes an opportunity to see EVs from a number of Edmonton auto dealers, ride in an electric vehicle and learn from electric vehicle owners and industry experts. More details at: <https://edmontonevexpo.ca/>

2022 Grant Opportunities Available for Individuals

1. Edmonton Arts Council: Grants for Individuals and Collectives

Artists and their work are the foundation of our arts community. Working as Individuals or Collectives, artists pursue work that develops their practice, advances creative thought, contributes to an art form and provides our community with a reflection of itself. The Edmonton Arts Council’s (EAC) Individuals & Collectives grant has three distinct streams, each with their own evaluation criteria and assessment process. Next Submission Deadline: October 3rd
Find more information here at https://grants.edmontonarts.ca/eac_grants/

2. Creating, Knowing and Sharing: The Arts and Cultures of First Nations, Inuit and Métis Peoples

This program supports Indigenous individuals,

groups, Indigenous-led arts organizations and arts/cultural sector development organizations that foster a vital and resilient Indigenous arts ecosystem. First Nations, Inuit and Métis individuals, groups and organizations may apply to Creating, Knowing and Sharing (or to the other 5 Canada Council programs) for funding for artistic and cultural activities. Canada Council stands by Indigenous artists through a variety of programs and initiatives, such as {Re}conciliation. This program functions using a self-determined, Indigenous-centered approach. This means that it will be guided by Indigenous values and worldviews, administered by staff of First Nations, Inuit and Métis heritage, and assessed by First Nations, Inuit and Métis individuals. Collaborations between Indigenous and non-Indigenous artists, that are led by Indigenous artists/organizations are encouraged and facilitated in Creating, Knowing and Sharing. Submission Deadline: Numerous deadlines throughout the year. Find full details at: <https://canadacouncil.ca/funding/grants/creating-knowing-sharing>

3. Youth Post-Secondary Scholarship - Up to \$5000: SOS Safety Magazine

In a world overflowing with technology and interactive online influences, our youth are inundated with social issues affecting their safety. How do we combat these factors? First and foremost, it is through devoted organizations and businesses striving to provide educational safety resources. This type of corporate commitment is a major factor contributing to finding a solution. SOS Safety Magazine has been a leader in the field of preventative educational material over the last 15 years. We believe that rewarding students for their active community involvement and safety initiatives is a powerful engagement program. The SOS Safety Scholarship is a yearly \$5000 CAD bursary created to motivate youth across the country to get involved in building safer communities. To qualify, students must creatively prepare and upload an essay, action plan, or resource guide that outlines prevention of the social issues covered in the magazine. For example: Bullying, Suicide, Gang / Youth Violence, Drug Addiction, and so on. Submission Deadline: December 31st. Details at: [https://sossafetymagazine.com/youth-](https://sossafetymagazine.com/youth-projects/5000-scholarship-yearly-bursary/)

[projects/5000-scholarship-yearly-bursary/](https://sossafetymagazine.com/youth-projects/5000-scholarship-yearly-bursary/)

4. Professional Graffiti Cleaning Program

Capital City Clean Up offers up to \$750 worth of professional graffiti cleaning assistance to property owners in Edmonton. If property owners are applying for professional graffiti cleaning, it is very important not to attempt to remove the graffiti first, as this may hinder the effects of the professional cleaning. Requires filing a Police Report. More details at: https://www.edmonton.ca/programs_services/graffiti_litter/record-report-remove-graffiti

5. Waste Reduction and Reuse Grant

This new grant replaces and expands on the previous Reuse Fair grants. The Waste Reduction and Reuse Grant helps fund the people and projects that support waste reduction and reuse in Edmonton. The funding is for innovative community actions that will reduce residential waste and increase participation in waste diversion. There is a total of \$50,000 available that will be shared between the successful applicants. Please read the Grant Guidelines and Assessment Criteria PDFs available on the webpage before applying. Submission Deadline: October 1st
https://www.edmonton.ca/programs_services/garbage_waste/reduce-waste#stack74534

6. JumpStart - Individual Funding

Jumpstart is more than just about getting kids active. It’s about giving kids from families in financial need the same chance to participate as their neighbours, their classmates and their friends. Kids aged 4 to 18 from families in financial need can receive funding to help with registration fees, equipment and/or transportation. Families must meet financial need criteria (Revenue Canada’s Low Income Cut-offs) in order to qualify for Jumpstart funding. Submission Deadline: November 1st
<https://jumpstart.canadiantire.ca/pages/individual-child-grants>

Michael Goth is the Neighbourhood Resource Coordinator ward Nakota Isga and the neighbourhoods of Canora, Jasper Park, High Park, Mayfield, West Jasper Sherwood, Britannia-Youngstown, Glenwood, Crestwood, Parkview, Meadowlark, and West Meadowlark. You can connect with him at 587-986-5755 or e-mail: michael.goth@edmonton.ca

Canora Park Watch

Deckla Lindgren

Canora Park Watch is a community based volunteer organization which focuses on hosting several community events throughout the year. These are free, fun, family-friendly events to promote safety in our neighbourhood parks and create community connections. We would like to thank all the residents of Canora for their

continued support of our events over the past year. We had an amazing year with record breaking participation. The Easter Egg Hunt hosted over 150 children while the Mini Carnival raised \$770 for the Zebra Child Protection Centre. The Annual Scavenger Hunt was also a great success. Our “Meet The Police” night brought invited guest speakers from the Stony Plain Road Beat Police, By-Law Enforcement, Fire Prevention as well as other City of Edmonton departments.

This annual event provides an opportunity to understand the role these organizations have within our community and to answer questions and concerns brought forward by the neighbourhood. We would also like to thank the City of Edmonton for their financial support, allowing us to host these events in our parks. As you may be aware, the City of Edmonton is undergoing changes to their funding which may affect our events next year. We will investigate our options and hope

to be back with a full schedule of events. These events are dependent on funding, community participation and volunteers who plan and organize them. We are always looking for volunteers to help out with our organization. If you would like to be involved please contact jatec2002@telus.net. Enjoy the wonderful season ahead with all of the lovely fall colours followed by Halloween. We look forward to keeping you informed of upcoming events hosted by Canora Park Watch.

Play, Learn & Grow: A Progressive Approach in Childcare



Jonathan Cruz

International Center of Early Learners and Development is one of many Early Learning & Care Centers in Edmonton, which specifically offers 365 day-a-year childcare options. Find out more at www.internationalcenter.ca or www.admissioncenter.ca.

Play is one of the most important ways in which children learn. It underpins formal learning later in childhood, but also enables the individual child to develop their self-worth. In fact, the right to play is deemed so fundamental to children’s wellbeing that it is enshrined by the UN as a universal right. It strengthens powers of concentration, essential for a successful future in the classroom, and underpins everything from learning social interactions and norms to the beginnings of scientific thinking.

According to the book ‘Einstein Never Used Flash Cards’ by Golinkoff, Hirsh-Pasek, and Eyer, play can be broken down into five core elements:

- Be fun and enjoyable
- Have no set goals
- Be spontaneous and voluntary
- Involve active engagement
- Involve an element of make-believe

**PLAY TO LEARN CONCEPT:
An Adaptation by Elsa R. Encabo, PhD.**

1. Sand
Sand play is a fantastic opportunity for the foundations of scientific learning, and developing self-confidence and physical development. Scooping, digging, pouring and sifting teaches children how things work, whilst also building their muscles and coordination.

2. Water Play
Similar to sand play, water play enables children to experiment in a safe environment with basic concepts such as volume. Additionally, water play is great for learning consequences of actions.

3. Play Dough
Play dough has immense potential for learning. Not only does it strengthen fingers in preparation for a lifetime of writing, it teaches fine motor skills, creativity and hand-eye coordination.

4. Dress-Up and Role Play
Give children a bunch of dress-up clothes and props such as toy doctor’s kits, and watch their imaginations run wild! Dressing-up helps children to begin to make sense of the adult world, roles, and interests, as well as boosting social interaction. Not least, dressing-up helps to reinforce the self-care aspects of self-dressing which is essential for primary school life.

5. Drawing and Painting
Letting children run wild with paints and drawing tools allows them to experience their world in a sensory way and develop self-expression, whilst

also developing pre-writing skills.

6. Blocks, Jigsaws, and Shape Sorters
Playing with blocks, jigsaws, and shape sorters all lay the foundations of spatial thinking, logical reasoning, ordering, and recognising various shapes, sizes, and colours.

7. Music, Dancing, and Singing
Singing and music help to develop language and form the basis of literacy skills, as well as basic concepts such as counting, rhythm, and listening skills. Dancing helps the child develop strength, flexibility, and coordination.

8. Imaginative Play
Leave a small child with nothing but a random selection of objects and you’ll soon find them lost in a world of make-believe. Giving a child time and space for imaginative play is essential. It develops their imagination, which is important for literacy skills and intellectual reasoning. Additionally, it increases their sense of self, and self-esteem, and how to handle boredom.

9. Running, Jumping, Climbing, Swinging
Young children have a compulsion to move. Allowing them to do so, and providing safe and age-appropriate challenges, allows them to increase their confidence as well as develop their resilience through risk-taking.

These are some of the activities that lead to learning. Until next time - Be safe, and a great year to us all!

Oil Changes And You!

Stuart Krause

As winter approaches it’s important to think about the oil in your car. Modern engines are often smaller, operating at a higher RPM and engine temperature, which means using the correct engine oil and changing it at the interval recommended by your vehicle manufacturer, is critical to the health and lifespan of your vehicle.

Why change my oil? Motor oil consists of a base oil stock, and an “additive package”; designed to perform specific functions. Some examples of these are corrosion inhibitors, heat resistance, or anti-foaming agents. As they do their work these various additives are expended over time; that is why we change the oil as specified by our vehicle manufacturer, even if the oil does not appear “dirty” or especially black.

But what if I don’t drive my vehicle often? Short trips are very hard on engines, especially if not drive far enough for the engine to reach operating temperature. Engines that are subjected to frequent “stop and start” trips

experience a build-up of moisture due to condensation that is absorbed into the engine oil. If that moisture level gets high enough, freezing can occur in the PCV system, which can lead to significant engine damage.

But my “change oil soon” light isn’t on? These systems use computer algorithms to track the “life span” of your engine oil based on engine starts, total engine revolutions, and other variables such as temperature. Vehicles equipped with these systems must still have an oil change at least once or twice each year, in order to protect your warranty coverage.

How often should I check my engine oil? The “best practice” is to check the oil at least once every thirty days and before any longer road trips; if you wait for the low oil lamp to come on it is likely too late!

Maintaining a vehicle sometimes feels expensive; it is always much less costly to “take good care” of our vehicles than it is to repair or replace components that fail when they are not maintained. Safe Driving from Mr. Lube!



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SPANN wishes everyone a happy Community League Day on September 17th, 2022!

Check our your local leagues website for associated events and information on upcoming happenings in your neighborhood! You can also check out the Edmonton Federation of Community Leagues website to keep-up-to date on future events! <https://efcl.org/league-events/>

Terra Centre for Teen Parents – 50 Years of Strengthening Families

Introducing Ourselves to the Communities Within the SPRBA Area



Twyla McGann & Kejina Robinson

Terra Centre for Teen Parents is a charitable non-profit organization that has been supporting teen parents in the Edmonton community for more than 50 years. Driven by our mission of empowering teen parents to succeed, Terra helps teen parents move from crisis to stability.

Our programs, all of which are free to access, support not only teen parents in our community, but their children. With programs created to meet the complex needs of teen parents and their children, Terra helps teen parents build futures rich with possibility and ensures the children of teen parents get the very best starts in life.

As the only agency in Edmonton focused exclusively on teen parents and their children, Terra works with teen parents at any stage of their parenting journey. Our supports and services include:

- Educational Supports
- Housing Supports
- Early Learning and Childcare
- Access to essentials like diapers and clothing
- Mental Health Services
- Group programming and more

The teen parents Terra serves go on to do amazing things. Many of our families share that cycles of poverty, abuse, neglect, and trauma were broken after becoming involved with Terra. We are not just supporting young parents - we are building stronger futures for generations to come.

Over our 50-year history, Terra has continued

to evolve and innovate to meet the changing needs of young parents in our community. Our most recent evolution has brought Terra to a new community – west Edmonton.

In order to expand our services and respond to the needs of our participants, Terra has purchased a new building that will enable us to serve teen parent families in new ways and lead to better outcomes for teen parents, their children and our community. Notably, our new home will:

- Enable Terra to help even more teen parents become successful parents and members of society through increased programming space.

- Help to alleviate poverty and address food security issues in the community, by offering educational training and development programs that help set young parents — and their children — up for success.

- Support more young parents in their education and employment journeys

through the creation of a computer learning lab.

- Build a stronger, healthier community for everyone with increased dedicated mental health support services.

While we are excited about our future in our new home, we are only just beginning this journey. Terra is embarking on a capital campaign to raise the funds to renovate our building and realize our vision for the future. We have an amazing team of committed volunteers supporting our campaign, and we are always looking for more community members to join us on this exciting journey.

To book a tour of our new home or learn more about Terra, contact Kejina Robinson, Director, Strategic Partnerships & Community Engagement krobinson@terracentre.ca or 780-428-3772.



Terra Participants

“You might think you are helping the moms, but it is really the kids you are helping to support. You are helping to nurture the next generation, and help us break that cycle of having to live a hand to mouth existence.”

- Alyssa
Terra Participant

How Can You Help Stony Plain Road Businesses?

Duke Nguyen, SPRBA - Member's Services

COVID-19 had a huge impact on local businesses. While still recovering, business owners now have to navigate a major LRT construction project that has hindered accessibility to their shops. With this ongoing construction, it's easy for customers to turn away from the area, change their usual route, and find alternative ways to get around the city. As a result, people may be less likely to swing by and explore the area. With these scenarios, some businesses are struggling as they attempt to give their customers the best experience.

Retail and service businesses are important contributors of our local economy, as they support communities and job creation.

Many small to medium businesses in our area shine in their diversity, uniqueness, and personal approach to their customers because they understand that every local customer matters. They do their best to serve their customers, keeping local dollars in the community, which in turn helps local vibrancy. But how can we, as local community members, do our part to help these businesses during this period of urban renewal and transition?

1. Choose curbside or in-store pickup instead of shipping!

Apps such as SkipTheDishes and DoorDash, while convenient, take a portion of a local business owner's profits. When we order directly from

a shop and pick it up ourselves, that portion of revenue that would go to the delivery app stays with the business. It also means that you won't have to pay extra for delivery fees or worry about delays in receiving your order.

2. Buy gifts from small businesses in the local area.

If you're looking for a gift for a birthday, or ordering meals with friends, consider buying local. You're making a huge contribution to the livelihood of your local economy!

3. Don't forget to tip!

If you can, a generous tip is always appreciated. With lay-offs, reduced hours, and reduced sales since

the COVID-19 pandemic, local entrepreneurs and employees need our support.

4. Amplify your support by writing referrals and reviews

At the end of the day, it's totally free to give a business a shout-out on social media, such as leaving them a kind review or hyping them up through word-of-mouth. Positive reviews let potential customers see the value of the businesses, telling them how we have benefited from a product or service.

At the end of the day, our individual actions lead to our overarching environment! Shop local, shop often, and support your broader community!

Check out these *local businesses* in your **SPR!**

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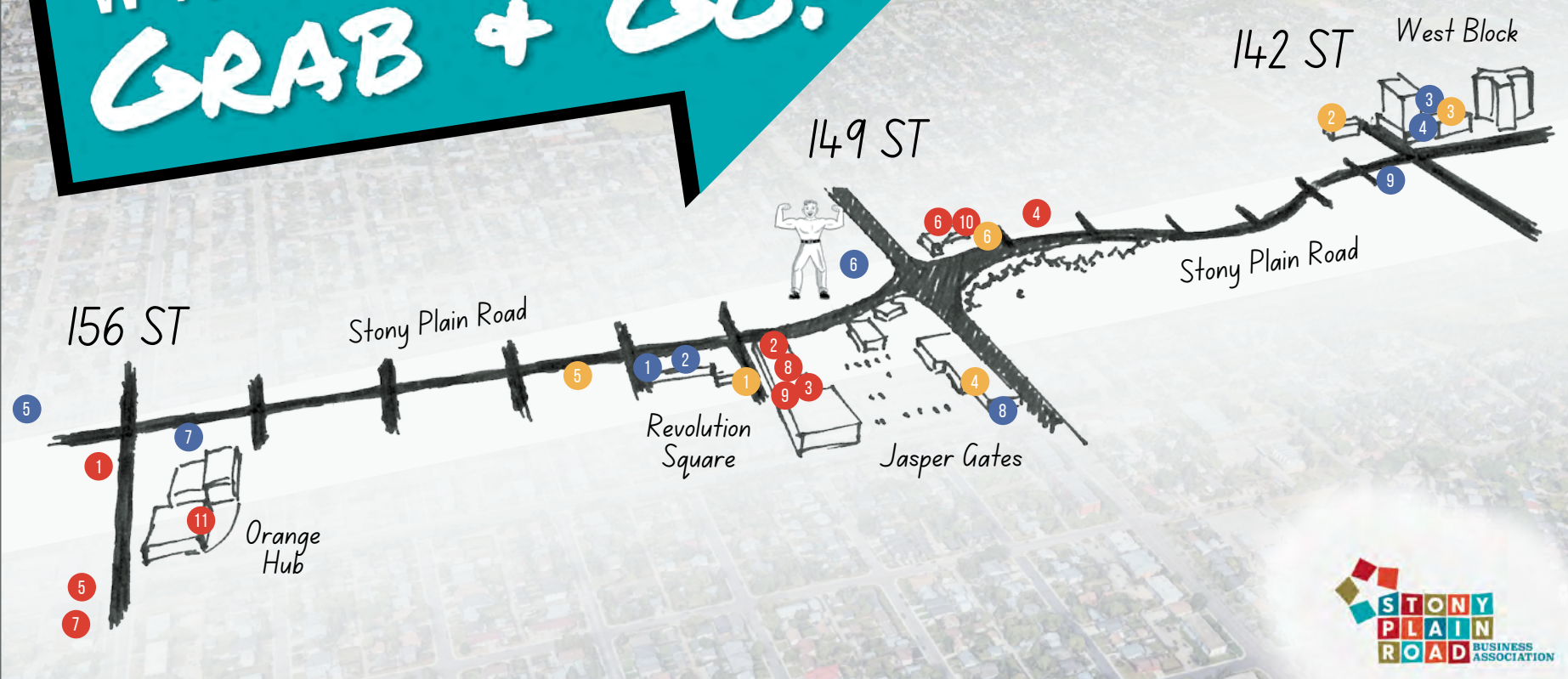


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