

SPANN

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

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As readers of SPANN, you know that we have plenty of places to eat great food along Stony Plain Road, and now we want everyone in the Capital region to know this, too!

Running from October 3 - 12, we're launching our very first "SPR Dining Week" and we invite you to come out and eat up! We also want to extend to you the opportunity to become area ambassadors for your friends, colleagues and family members - suggest, invite and coerce them into meeting you to explore the food, drinks, and dining experiences along Stony Plain Road!

Participating locations for SPR Dining Week will offer a select dish, as well as a selection of menu items

for evening meals. We will also feature a smaller lunch time menu offering at local food establishments like CH Cafeteria and their scrumptious Mexican pulled pork sandwich and Chilaquiles!

Featuring over 15 restaurants, "... with the obstacles of LRT construction, Dining Week is a great opportunity to support our restaurants," says Todd Janes, executive director of SPRBA.

There will be an array of food establishments to explore, allowing you to match that yum factor with your bank account. From old favourites like Tasty Tomato to new loves like El Corazon, we want you to re-discover and invigorate your

taste buds on Stony Plain Road.

We're well aware how construction is impacting life along SPR - But despite this, our business community is growing. Dining Week is a great opportunity for us to promote all the new restaurants and food vendors that have opened within our business improvement area over the last year! Think tasty places like Famoso Pronto, Lobster Mobsters, and the newly renovated Earls along 170th Street; Baekjeong Korean BBQ House and tasty vegan options at Odd Burger in RioCan Mayfield; the new Panini's Italian Cucina in Jasper Gates on 149th; and new owners to two local eateries, Astro's (10038 167 St NW) and Hap's Hungry

House (16060 Stony Plain Rd), continuing their long term presence in our community.

So find the good dinner attire and check out what Stony Plain Road has to offer!

Stay tuned for more information and details on our event page as we draw closer to the event, at www.stonyplainroad.com/dining-week-2024



Highlighting Daycare Options in the Area



Blink and you'll miss it - summer, that is! Fall is around the corner, with cooler evenings and shorter days on the horizon as we move toward the second half of the year. For many families this also means school is back in session, and child care is again top of mind.

Check out this map of licensed Daycare and OSC options within the Stony Plain Road Business Association. Please note, this list is not exhaustive. SPRBA does not endorse any particular location, listed here in alphabetical order. This article is made up of publicly accessible information from the websites of the providers, and should be deemed current as of time of print, August 28, 2024.

A reminder that the Federal Affordability Grant does NOT apply to Out of School Care (OSC) programs.

1 - Alder Academy
15830 100a Ave NW
Program Ages: 1-6 years old
Hours of Operation:
Mon-Fri: 7 AM - 5:45 PM
Subsidy?: Yes
Affordability Grant?: Yes
780-482-2116
info@alderacademy.ca
alderacademy.ca

2 - Disney Daycare & OSC
15430 Stony Plain Rd
Program Ages: 1-12 years old
Hours of Operation:
Mon-Sat: 6 AM - 6 PM
Sun: 10 AM - 6 PM
780-243-4722
Disneydaycareoperations@gmail.com
disneydaycare.ca
Please note: This location is opening soon, with licensing and funding information expected by mid-September, 2024.

3 - International Center Early Learners & Development
10125 151 St NW
Program Ages: 0-12 years old
Hours of Operation:
Mon-Sun: 6AM - 9PM*
* Hours depending on community need
Subsidy?: Yes
Affordability Grant?: Yes
780-660-7408
admissions@internationalcenter.ca
internationalcenter.ca

4 - Jasper Place Family Resource Centre
#413-10045 156 St NW
Program Ages: 1-5 years old
Hours of Operation:
Mon-Fri: 7:15 AM - 5:30 PM
Subsidy?: Yes
Affordability Grant?: Yes
587-635-1776
jasperplace-cfrc.com

5 - Jasper Plaza Childcare Centre
10034 167 St NW
Program Ages: 0-12 years old
Hours of Operation:
Mon-Fri: 6:30 AM - 6 PM
Subsidy?: Yes
Affordability Grant?: Yes
780-484-1112
jchdcare@telus.net
jasperplazachildcare.ca

6 - Kepler Academy Early Learning & Childcare
14055 West Block Dr NW
Program Ages: 16 wks - 12 years old
Hours of Operation:
Mon-Fri: 6:30 AM - 6 PM
Subsidy?: Yes
Affordability Grant?: Yes
780-900-8424
info@kepleracademy.ca
kepleracademy.ca

7 - Learning Ladder Childcare Ltd.
#202/203-15806 100 Ave NW
Program Ages: 0-12 years old
Hours of Operation:
Mon-Fri: 6:30 AM - 6 PM
Subsidy?: Yes
Affordability Grant?: Yes
780-935-6394
learningladderchildcare.org

8 - Little Angels' Daycare and OSC
a) 10127 145 St NW (Daycare)
b) 10345 144 St NW (OSC)
Program Ages:
Daycare: 1 - 4.5 years old
OSC: 5 - 12 years old

Hours of Operation:
Mon-Fri: 7 AM - 5:30 PM
Subsidy?: Yes
Affordability Grant?: Yes
780-540-3321
littleangelsdaycare_osc@outlook.com
No website available; call or email

9 - Red Rose Daycare
15830 Stony Plain Rd
Program Ages: 0 -12 years old
Hours of Operation:
Mon-Fri: 7 AM - 6 PM
Subsidy?: Yes
Affordability Grant?: Yes
780-705-1060
redrosedaycare.edmonton@gmail.com
redrosedaycare.ca

10 - West End Daycare & OSC
10042 158 St NW
Program Ages: 0 -12 years old
Hours of Operation:
Mon-Fri: 6:30 AM - 6 PM
Subsidy?: Yes
Affordability Grant?: Yes
(780)-244-4500
info@westenddaycare.ca
westenddaycare.ca

11 - Wonder Kids Daycare & OSC
10130 156 St NW
Program Ages: 0 -12 years old
Hours of Operation:
Mon-Fri: 6:30 AM - 6 PM
Subsidy?: Yes
Affordability Grant?: Yes
(780) 267-0720
wonderkidsedmonton@gmail.com
No website available; call or email



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Building A Better SPRBA

Todd Janes, Executive Director, SPRBA

This September will mark my five year anniversary as Executive Director of the Stony Plain Road Business Association, and coincidentally this combined Fall-Winter issue also marks our run of our fifth volume of SPANN. Five years is a good time to review and reflect on what we have accomplished as an organisation. When I was hired as ED, the board took a calculated chance on me; while I had over 25 years experience in not-for-profit leadership it was primarily in arts, culture and community development. But it was probably time for our then 14-year-old organisation to shake things up.

When I was first hired our BIA was stagnant, and many of its activities did not build on the local assets and great things about Jasper Place - frankly, it seemed that the organisation of the past saw things happening in other parts of our city and tried to duplicate them here without any insight. We've stopped doing events that had little purpose and limited resonance to our local community and economy, and started to explore and understand what our brand for Stony Plain Road is. Three things have emerged:

- 1. We need to make owning and running a business along Stony Plain Road and Area easier;** we are here to help and advocate for our collective businesses;
- 2. To be intentional while building events and campaigns that feature our businesses as experts in their field;** we are here to amplify their uniqueness and expertise, and
- 3. To focus and magnify the many great things about Jasper Place and Stony Plain Road;** to show that this area can indeed become a vibrant mainstreet through projects that illustrate our strengths, our pride, and that we care and love this area.

It has been a challenging five years with COVID-19, economic disruptions, and now construction. As many of you know, we've tried to impress upon our City Council regarding Valley Line West LRT



Todd Janes

construction delays. Originally estimated with a three year timeframe, construction has been ongoing for over 40 months, just the first third of this major infrastructure project. Council sided on risk management rather than with courage. I am so very humbled to work

for the tenacious and innovative hard-working businesses in our BIA. I would ask you, our readers, to support our businesses in the ways you can - every meal, every oil change, every time you purchase items and services from these businesses helps. Shopping local and supporting local means more today than it has for a very long time. Stony Plain Road is still here, perhaps weary and dusty and a bit physically discombobulated, but we are scrappy and we are real - we are in fact very Edmonton.

I also want to illustrate some great things we are doing in spite of some rather difficult odds; we are still seeing a positive business growth, over 550 businesses strong - especially in the far western and eastern parts of our business improvement area. This summer we commissioned and produced three large scale murals for the first time in a few years on 163 Street, 152 Street, and 153 Street. Check them out, take photos (tag @stonyplainroad) and post them widely. We have also seen significant growth in our Free Drive-In Movie event at RioCan Mayfield this year, with almost 600 attendees enjoying free pre-show entertainment and improved site amenities, followed by a screening of Disney's "Wish". Our first year of Music In the Park in Butler Memorial Park grew steadily over the summer, creating inclusive weekly programming in a location that can sometimes be home to some difficult social realities. Again, it is important to emphasise that we are addressing safety concerns with compassion, and designing programming that treats all attendees with dignity. Our last evening with funk music playing and was transformative, seeing people of great diversity and life experiences laughing and dancing together, illustrating that we can collectively be stronger together. We have also seen significant uptake in the Young Giant Big Bucks

Stony Plain Road and Area News Network
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CORRECTION: Deanna Eng was incorrectly listed as a proof reader in our previous issue.

Proofreaders: Justin Keats, Jacklyn Rocha.

Designer: Byron Nilsson.

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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2024 Fall / Winter Combo Issue

Justin Keats, Editor

Greetings! I hope you enjoy this combo edition of SPANN, which covers both fall and winter. We're doing so to accommodate the production of our 2024 Holiday Gift Guide - SPANN will return with a new issue in spring 2025!



Justin Keats

This issue of SPANN has a collection of updates - SPRBA's advocacy, initiatives and summer events; various daycare options in the area with the coming school year, articles promoting and featuring programs by We Belong In Jasper Place; fall activities for seniors, and numerous other suggestions to keep

busy as we move into winter and 2025.

It's been a busy year on SPR, construction wise. We're finally seeing the southern lane come together with sidewalks and asphalt. This is good news for businesses that have endured, with lessons learned

for future construction on the north lane next season. Stay up to date on Valley Line LRT construction at marigoldinfra.ca

Finally, keep your eyes peeled for new themed lighting on SPR, west of 156 Street, this season! Take care, and see you next year!

campaign and SPANN, both being pathways to localised economic community development.

Finally, some upcoming events! We are planning for our third annual Light Up the Park on Friday, November 15th, 6-7pm at Butler Memorial Park. And our very first Stony Plain Road Dining Week October 3rd - 12th, and I welcome

you to come support our excellent and unique dining establishments. Spend your hard earned money in your local restaurants, and savour the best we have to offer.

Let's show our love for Stony Plain Road.

*Todd Janes, Executive Director
Stony Plain Road Business Association*

Beautiful Bulbs

Do you love spring blooms? There are so many colourful bulbs to choose from. Tulips, daffodils, crocus, and allium are perennial favourites but there are many other types to grow and enjoy. This year plant some snowdrops, fritillaria, muscari, or scilla. These rewarding plants are easy to grow but you need to start now - before the ground freezes.

To grow in-ground choose a sunny spot with well-draining soil. Amend the soil with compost, add bone meal or bulb fertilizer, and plant your bulbs (pointy end up) to the depth stated on their package. Water in and mulch with 4+” of bark chips, straw or leaves.

If you are planting in a container, size matters. Larger is better to protect the bulbs from the cold. Choose a container that has drainage and use a good quality potting mix. Add bone meal or bulb food. After planting, water the bulbs in and mulch 4+” deep. Planted containers can be overwintered in an unheated garage or sheltered location. Insulate your bulbs by wrapping the sides of your containers with

bubble wrap, straw or styrofoam. Remove the mulch in late spring when the weather begins to warm. Move the container to a sunny area and water. New shoots should soon appear.

Do you love garlic? Our most popular fall bulb is hardneck garlic and for good reason - home grown garlic has an amazing taste! Whether you prefer mild or if you want it hot and spicy, we are expecting to receive more than ten varieties for fall planting. Come early because the garlic always sells out.

Plant your garlic in September and harvest your crop next August. It is easy to grow by following the in-ground planting tips above. One head breaks into multiple cloves. Plant the cloves separately and each will grow into a new head.

Apache Seeds Limited is expecting our fall bulb shipments to begin arriving in early September. If you are new to fall planting, we can provide more tips in-store as well as the tools you need to succeed.

- Submitted by Apache Seeds

September 21st is Community League Day

Councillor Andrew Knack

I hope everyone has enjoyed a fun filled summer with family and friends. Now that we have entered into the fall season we are coming to one of my favourite yearly events, Community League Day.



Andrew Knack

Community leagues have existed in our city for over 100 years and provide a fantastic and necessary hub to bring people together and build healthy neighbourhoods in our city. One of my favourite parts of my job is getting to connect with the community leagues in the ward and hear about all the great things they are doing to keep the community connected.

One such event is Community League Day which will be taking place on September 21, 2024. Most of the 163 community leagues will be participating in this day where you can meet your neighbours, learn about your community league, get your membership, and learn about

programming and volunteer opportunities in your neighbourhood.

In the west end, Community League Day is more like Community League Month because the events are spread out over every Saturday in September. To learn more about the events in your community

visit the Edmonton Federation of Community Leagues website at <https://efcl.org/community-league-day/> and also sign up for your local community league’s newsletter and follow them on social media.

I can’t wait to enjoy all of these wonderful events and I hope to see you out in your community throughout September.

Andrew Knack
City Councillor – Ward Nakota Isga
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Instagram/ X : [@AndrewKnack](https://www.instagram.com/AndrewKnack)

Building belonging together: Your chance to shape Jasper Place’s future

Lindsay Humber, We Belong In Jasper Place

As we wrap up the Projects for Belonging grant program, we’re reflecting on the amazing impact these projects have had in our community. From building connections to sparking creativity and collaboration, these projects have made a real difference.

Follow [@webelonginjasperplace](#) on Instagram to see project highlights and celebrate what we’ve achieved together!

But as one chapter closes, another begins. So, what’s next? We need your help to figure out where we go from here. Your voice is key in shaping how we can keep building a vibrant, more inclusive community together – one where everyone can feel a sense of belonging.

Join us on October 1st at the Orange Hub for a creative community planning session.

This will be a fun and interactive way to connect with others and shape our community’s future. You’ll have the chance to engage in small group discussions, participate in creative exercises, and explore new possibilities for the next phase of We Belong in Jasper Place. Plus, you’ll get to snack on yummy treats from local businesses!

Why YOUR participation matters

We need you because this community is all about us. When everyone gets involved, we can build something that truly reflects who we are as a community and who we want to be in the future. Your thoughts, ideas, and perspectives help make sure that what we create is inclusive and welcoming for everyone. This isn’t just about making decisions; it’s about making a difference together.

Thank you to our community

We want to give a huge THANK YOU to everyone who has supported these projects over the past many months—our amazing community members, volunteers, and local businesses. Your dedication and enthusiasm has made this all possible.

What we’ve built together

Throughout this program, we’ve seen some exciting projects come to life. **The Jasper Place Community History Portable Display** allowed us to connect with the rich history of our neighborhood, while the **International Festival of Winter Cinema** warmed up the community with its celebration of winter-themed films in a

new location. The free concerts hosted by **JUNO award winner Garth Prince** brought families together to celebrate Black History Month. The **Freedom Dance Scholarship Program** is breaking down barriers for young dancers, ensuring all children can explore their passion, and the **Jasper Place Arts Festival** uncovered hidden local talents to celebrate spring.

The Projects for Belonging have brought our community together in ways we never imagined. They’ve not only fostered connection but also sparked new ideas and collaborations. It’s proof that when people come together, magic happens.

How you can help

We can’t do this without you! Whether you’re new or have been with us from the start, we welcome everyone to help shape what comes next. **Mark your calendar for October 1 and bring your ideas, energy, and enthusiasm to the Orange Hub.** Let’s work together to continue building a more connected, welcoming west-end. See you there!

For more details and to stay involved, follow us on social media and visit [webelonginjasperplace.ca](#).

News From the Ledge



MLA Lori Sigurdson
Member for
Edmonton Riverview
Critic for Seniors and
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We all know that change is inevitable. Every day we witness change like seeing children in the community grow, trees produce seasonal fruit or flowers, new neighbours move into the community. Change is inevitable. Change is a part of all of our lives. As we prepare for the change of seasons we are reminded of this once more. While we know change is inevitable it doesn't make change easy.

We both ran as MLAs and were first elected in 2015 under the leadership of Rachel Notley. We all knew that the party would go on beyond her leadership but when she officially announced that she would be stepping down in January, it was clear that change was coming. Rachel was an amazing leader. She expanded our party significantly. We are both so grateful to her for her selfless dedication to serving Albertans. But now change is here.

What would this change look like? In June

our new leader was selected and while this means a change we are both excited to work with Naheed Nenshi in this new capacity. Naheed understands large cities. He was the Mayor of Calgary during its worst natural disaster. He worked with both of us to ensure health and seniors' infrastructure was prioritized for Calgary (Cancer Hospital and seniors housing like Silvera's Gilchrist Commons). And we, of course, shared this same enthusiasm for Edmonton (new Misericordia Hospital Emergency Department and seniors' housing including the Canora Gardens rebuild). I hope none of you need to visit the Misericordia Emergency Department but if you do please know how proud we are that our investment as an NDP government (2015-2019) has resulted in three times as much space in what was a very overcrowded hospital. We continue to advocate for the current government to increase operating funding, so there can be enough staff to use the space as we intended. The change at the Misericordia has already been for the better but more work needs to be done to further the redevelopment initiatives.

Change is also happening along Stony Plain Road. The construction related to the LRT is ongoing and has impacted many customer and resident commutes. Many of you have expressed frustration with the duration of construction and we share your disappointment that the project isn't near completion yet. Every Edmontonian deserves

a safe, affordable, and efficient way to travel our city. This route should have been built decades ago. While it wasn't, and we are living through this time of change now, we hope that this change leads to many positive outcomes in the long run. But we urge all readers to support the businesses and services you have appreciated along Stony Plain Road during this time of transition. If you want to ensure that your favourite butcher, coffee shop, restaurant, flower store and fashion boutique is here when the change is complete, we urge you to invest in our community now.

Change is difficult. We are hopeful that it will be for the better, both in terms of our community and Alberta's political landscape. Please think about what's important to you as we all navigate this transition together. Let's preserve what matters to us and find ways to embrace the opportunities that new leadership and transportation opportunities offer.



MLA Sarah Hoffman
Member for
Edmonton Glenora
Critic for
Education and
Deputy Leader
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Keeping Busy on Housing, Health, and Higher Education

Randy Boissonnault, MP

Dear Neighbours,

As the days grow shorter here in Edmonton and the House of Commons session starting soon, I wanted to take this time to share about how our government is "Keeping Busy This Fall" to support Edmontonians.

Our fiscal plan is working to slow inflation, reaching 2.5% this past August; the lowest it's been since March of 2021. This is all while our government continues to make record investments in important areas like housing, healthcare, and to support students as they go back to school. Housing still remains a priority for Albertans and our government. In Budget 2024, we included a variety of measures to tackle housing affordability, including new investments to increase housing supply targeted towards first time home buyers and renters.

We have earmarked \$30 billion dollars for the Apartment Construction Loan Program (ACLP)



Randy Boissonnault

which is streamlining applications for proven builders to get more projects off the shelves, and shovels in the dirt.

In February, the Prime Minister and I announced a \$175 Million dollar investment through the Housing Accelerator Fund (HAF) for the City of Edmonton to build 22,000 houses, including social and affordable housing, over the next 10 years. Since then, our government has announced an additional \$400 million dollars for the HAF program to further expedite shovel ready projects and reduce bureaucratic red tape.

We're also launching a call for proposals to build out a catalogue of standard housing designs similar to what was done in the 1940's and 1970's. A catalogue of pre-approved housing designs will help more companies enter into the home building sector, reduce design costs, and improve economies of scale in construction.

Fourteen thousand Albertans have now received dental care, some for the first time,

since we launched Canada's first Canadian Dental Care Plan (CDCP). 2.3 million seniors, youth, and those living with disabilities can now see a provider of their choice and use these benefits. By 2025, this plan will extend to all Canadians from coast-to-coast-to-coast.

Albertans who are going back to school or who are thinking of starting a new career path can now access more money through Canada Student Grants and Loans. Canada student grants are increasing from \$3,000 to \$4,200 per year and loans from \$210 to \$300 per week. And Canada Student Grants and Loans are now permanently interest free. Students registering this fall will already have access to these increased amounts.

As your progressive voice in Ottawa and as the sole Alberta voice in Cabinet, I am advocating on behalf of Edmontonians everyday. Please, reach out to my office with your questions or concerns. My door and inbox are always open.

Randy Boissonnault, PC, MP
780-442-1888
randy.boissonnault@parl.gc.ca



Jacklyn Rocha, SPRBA

The summer has been well-spent at Stony Plain Road! SPRBA has been encouraging community safety and placemaking initiatives through events that enhance our public spaces, highlighting the power of place activation and community participation.

Movie Night Returns!

Our third annual Drive-In Movie Night took place on Sunday, August 18th, at RioCan Mayfield. There was an array of pre-show entertainment featuring local entertainers, followed by a showing of Disney’s ‘Wish’ (2023). With close to 600 attendees, it was a magical evening for families as they nestled away in their cozy outdoor movie set-ups and tuned into the movie!

Laughter and applause filled the air as children enjoyed the energetic performances from Jojo’s Magic Circus. Other returning favourites included Eveline’s airbrush tattoos, Balloon Artist Russ, and of course, delectable kettle corn from the Popcorn Shoppe! This year, Twyla McGann’s live portraits were a new addition, with eager attendees lining up at her station even after the movie had started.



A shout out and thank you to our Drive-In Movie Night’s organising partners and participating businesses!: RioCan Mayfield, FreshAirCinema, Activate, Great Clips, Odd Burger, Optiks International, Rogers, A&W, The Chopped Leaf.

Music In the Park is a Hit!

SPRBA’s new event launched on Wednesday, June 26th, at Butler Memorial Park. This event series promoted the park to the community as a place to routinely gather and connect. Each Wednesday from 5-7 PM, we hosted free performances by local musicians in an open-air setting. Music In the Park spanned nine weeks, featuring eight local musicians before concluding with its finale on August 21st.

Genres ranged from indie-folk to indie-funk. Whether attendees were dancing just a few feet in front of the performers, or across at the Jasper Place transit centre bobbing their heads while waiting for the bus, everyone in the area was welcome to enjoy the performances.

Stony Plain Road resident Beverly discovered Music In the Park through a friend. “It was nice music. But then you just start rocking, and oh, I loved it,” she swoons, referencing the mix of strangers uniting in dance to Funk the Matriarchy’s catchy beats. “It was a beautiful experience. I will come again, and I’ll be the first one here dancing.”

A special thank you to Music In the Park’s participating businesses who were on-site or accepting \$5 event vouchers: Grin Dental Hygiene Centre, Thrive Acupuncture, Brandenburg Music, A Food Fair, Ben’s Meats and Deli, Queen Donair, Dairy Queen, Achys Chettinad, and Cafe Rista.

Missed out on these summer events? Don’t worry about those FOMO blues – Music In the Park and SPRBA’s annual Drive-In Movie Night will return next summer. Thank you to everyone for showing up and supporting Stony Plain Road!

Stay in-the-know of future events at rallyfortheroad.com, and [@stonyplainroad](https://twitter.com/stonyplainroad) on social media!

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New Art Installations Contribute to a Sense of Place Across Stony Plain Road



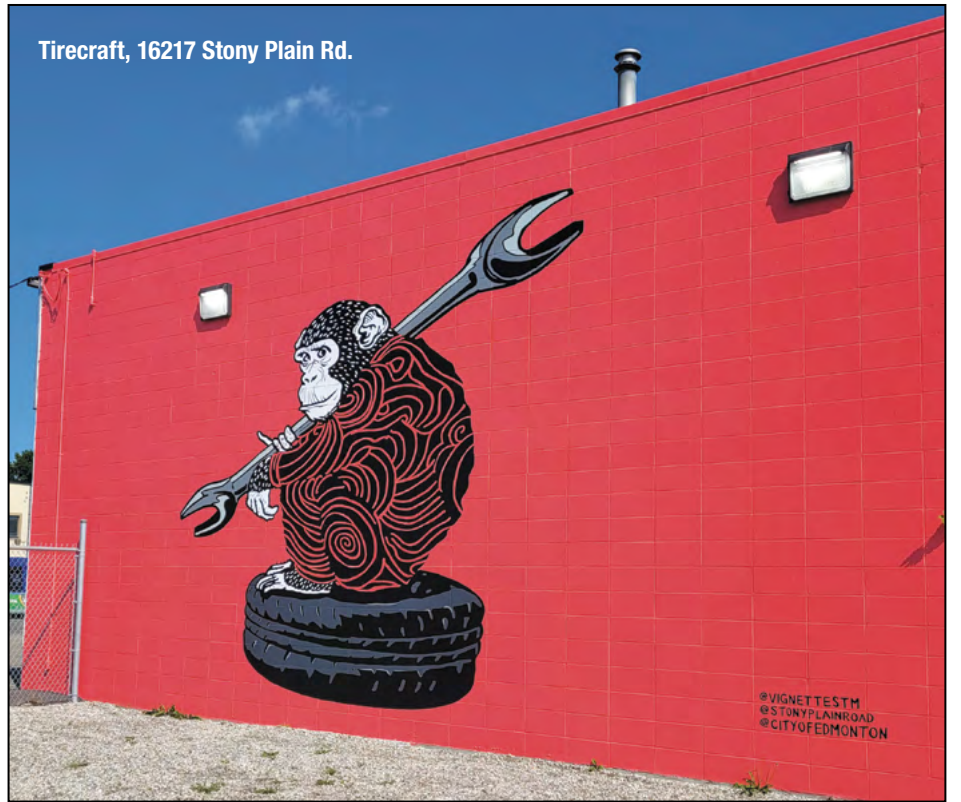
Nicole Chik, 'Forest', 100 Ave - 158 St

Jacklyn Rocha, SPRBA

Local art is essential for a prosperous community to express itself. Check out these new additions to Stony Plain Road, take some selfies, and don't forget to tag @stonyplainroad when you share them on your socials!

Three New Murals!

Looking for new vibrant photo backdrops on the West side? You're in luck! SPRBA has collaborated with local design agency Vignettes to create and install 3 unique murals, transforming blank walls into vibrant pieces brimming with character while enhancing our community! Each mural has a bit of synergy with the business it adorns: For example, the mural facing westward at Tirecraft (16217 Stony Plain Rd) features a monkey meditating on a tire against a bright red background!



Electrical Box Art Wraps

This summer SPRBA commissioned nine electric box wraps in the area, showcasing art by eight local BIPoC artists. Each box tells one of the many stories within West Edmonton's diverse community, adding bright splashes of colour and patterns that contribute to the area's revitalization and ongoing development.

"I'm very excited to be chosen as part of the diverse variety of artists," says Nicole Chik in an interview

with CTV News. "It's an honour." Her piece, 'Forest', highlights the importance of emotions and seeking mindfulness with children.

We encourage you to keep an eye out for these colourful boxes as you travel along Stony Plain Road! Scan the QR code to view our 2024 Artist Electric Box feature to learn more about the artists and the meaning behind their artwork!

<https://www.stonyplainroad.com/artist-electrical-boxes-2024/>

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Freedom School of Dance Scholarship Opportunity

Faridae Mody, Executive Director

Dance is for Everyone

Are you looking for a supportive space for your child to learn, grow and stay active? The Freedom School of Dance is the place for your family! We believe in the power of dance and everything it can do for your child. Dancing helps kids build confidence and strength and improve their focus. They make new friends, learn to work towards goals, express themselves, and have fun!

We believe dance should be accessible to all children and are committed to creating a positive, inclusive environment where every child can thrive.

About Us

Running out of the Orange Hub since 2019, the Freedom School of Dance offers a range of dance styles including Acro, Ballet, Contemporary, Hip Hop, Jazz, Musical Theatre, Tap, and Ukrainian for ages 1.5 to 18. Every season runs from September to June and ends with an annual recital where students showcase their dedication and progress. As part of our goal to make dance accessible, we offer subsidized tuition

to keep our program affordable for Edmonton families.

Scholarship Opportunity

We understand that times are difficult and that even subsidized programs can be too much for families. With the help of the Stony Plain Road Business Association and the We Belong in Jasper Place Project, we are offering a scholarship to help local families cover the cost of their dance classes and ensure that every child can experience the joy of dance.

Families can apply and receive up to \$300 towards their dance fees!

One of our scholarship families shared:

“When our health and wellness business typically focuses on aiding others, it was unusual for us to seek help... After some gentle nudges, we decided to submit an application. As guides in child development, it was heartening to see others uphold similar values and ethics, providing a safe space where we trust the leadership and teachers at Freedom School of Dance.

We are grateful for the compassion shown to us and the reminder to allow ourselves to accept support, as life requires a balance of giving and

receiving. The peace of mind provided a precious gift as the children further developed life skills and explored the world of dance with other like-minded children. We would absolutely promote this scholarship to others along with suggesting the studio!”

Our scholarship program is about more than just financial assistance; it’s an invitation to join a supportive community.

How to Apply

To apply, visit our website or contact the studio: Email: info@freedomschoolofdance.com Website: www.freedomschoolofdance.com

We invite you to apply and see how dance can help your child grow and shine! Whether it’s their first time stepping into a dance studio or continuing their dance journey, we are here to support and inspire your child every step of the way.

Our next season begins on September 14, 2024. Please reach out if you want to learn more about the studio, our scholarship program or schedule a free class trial. We’re excited to welcome new families into our dance community!



Parkade to Become Expression of Localised Colours

My name is Alma Louise Visscher, a local artist based here in amiskwaciwâskahikan /Edmonton/Treaty 6 Territory. I have been engaged by the City of Edmonton and Edmonton Arts Council to create a public art installation on the outside of the new parkade at The Orange Hub building, 10045 156 St NW.



An example (in black and white) of the patterns and textures in Alma's work

support structure, and the Orange Hub itself as a broader community space. There’s both a lot of nostalgia and memories of that place, being a former MacEwan campus, but it also has so much possibility with all the current things that are happening there - It’s a site of growth and support.

In my practice I work a lot with natural dyes and inks, so as part of my research, I am looking at the colours of the site and surrounding area: from the plants, gardens, and kitchens that make up the spaces and communities around the Orange Hub.

This came from a guiding question that I started with for this project: what could grow up/alongside the parkade? Envisioning what this could look like while thinking metaphorically `the parkade as this

At the end of August I will be hosting two natural ink-making sessions with plant contributions from the wider Orange Hub Community (including those that live near, work near, or pass by the parkade). The samples and swatches of the ink/plant materials will be documented and scanned and used to inform the colours of the public art installation on the parkade!

Project updates will be posted at <https://almalouisevisscher.com/work-in-progress>

SAVE THE DATES

Glenora Community League 2024/2025



SEPTEMBER 7TH
Back to School BBQ, 4:30-11:00pm



DECEMBER 7TH
Santa Visit, 9:00am-12:00pm



FEBRUARY 22ND
Winter Carnival, 2:00-7:00pm



APRIL 19TH
Easter Egg Hunt, 9:00-11:00am



JUNE 21ST
Picnic in the Park, 2:00-7:00pm



If you would like to be involved in social event planning or volunteer at any of these events, please email Riley, at social@glenoracl.com

Keep Busy This Fall at Westend Seniors Activity Centre!

Charis Wong, Westend Seniors Activity Centre

Hey there! Are you looking for new and exciting things to do this fall? Well, you're in luck! **Our Fall Program Guide** is now available, packed with over a hundred activities and events designed specifically for adults 55+. From art to dance, fitness to wellness, and lifelong learning, we've got something for everyone.

Not a member yet? Know someone who would like to join you for our Fall programs? Don't forget to take advantage of our **Membership Incentive** - for just \$70.00, you can receive a membership that is valid from September 1, 2024, to December 31, 2025!

Bring a friend to our cafe, open to non-members, Monday to Friday from 11 am to 1 pm, and enjoy our weekly **Culinary Compass** specials for just \$12, plus sample our Frozen Meal tasting menu at our monthly **Fresh for Foodies** event!

Strut your stuff at our **Fall Fashion Show** on Tuesday, September 24, and discover the latest styles from Claudia's collection! Featuring fall fashions for various sizes and styles, gorgeous accessories to elevate your look, and stylish shoes to complete your outfit. Plus, enjoy refreshments, exciting door prizes, and a fun-filled afternoon with friends!

Want to keep learning? Our **Active Aging Series** on Thursday mornings features expert

speakers from a diverse range of topics, including Seniors Housing 101, Solo Travel For Women, Genealogy, and Exploring Edmonton. Whether you're looking to demystify seniors housing, empower your wanderlust, uncover your roots, or explore new local experiences, our series has something for everyone.

We're also here to support you. For some women, widowhood is a transition that brings fear, anxiety, and stress, but it can be manageable and an opportunity for growth. If you're a widow or you know someone who is, join us for our monthly **Widows' Gathering** on the third Thursday of each month.

This year's **Oktoberfest Dinner** celebration on Wednesday, October 2nd, 2024, promises to be bigger and better than ever! We're moving to the gym, featuring a performance by the Edmonton Accordion Society, and offering ample space to dance. Join us for an authentic Oktoberfest meal, cash bar, 50/50 draw, music, games, and prizes. And mark your calendars for another exciting event - our **River Cree Casino Lunch Outing** on Wednesday, October 16th, where you'll get \$5 free play, a complimentary lunch, and transportation from WSAC, all for just \$10!

November is National Seniors Safety Week! To celebrate, our **Are You Prepared Series** will empower you with valuable information on topics like fraud alert, crime prevention, life journey planning, and more, every Thursday in



Explore our diverse art classes, from painting to handicrafts, and discover your creative expression freely.

November. Join us this November to learn how to protect yourself and your loved ones from potential risks, and take control of your life journey. Our expert speakers will share practical tips and insights to help you stay safe, secure, and informed.

So, what are you waiting for? Contact us to learn more and register for our events!

Get in Touch with our Front Desk Volunteers:
Phone: 780.483.1209

Email our Program team: programs@weseniors.ca
Website: www.weseniors.ca
Address: 9629 - 176 ST, Edmonton, AB T5T 6B3
Hours: Mon, Wed, Fri: 9 a.m. - 4 p.m.
Tue, Thu: 9 a.m. - 8 p.m.
Come visit our centre and ask for a tour!

JOIN US as we celebrate the reopening of the

MACKINNON RAVINE

PEDESTRIAN FOOTBRIDGE



PLEASE BRING DONATIONS: Winter coats, hats and mitts for the United Way!

RIBBON CUTTING
MUSIC & COMMUNITY
FREE PIZZA & DRINKS!



SATURDAY 5 OCT

148 STREET BETWEEN STONY PLAIN ROAD AND SUMMIT DRIVE

1-4 PM



Dear Neighbour

We are writing to share an update about a City-owned property at **10121 - 154 Street**.


As you may be aware, City Council approved the proposal on April 23, 2024, to develop a five-storey supportive housing apartment building with 63 units, including nine barrier-free units designed for people with disabilities.

Supportive housing is a type of affordable housing that combines below-market rents with on-site health and social support services. Supportive housing is not a shelter, drop-in, bridge housing, halfway house or any other type of temporary accommodation. Residents are selected to ensure the services offered on site meet their needs. They sign a lease, pay rent and create a permanent home for themselves. Supportive housing is critical infrastructure that will help prevent and end homelessness in Edmonton.

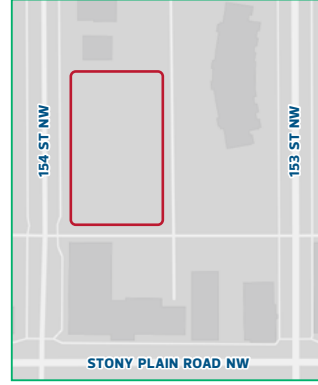
To learn more about supportive housing, visit edmonton.ca/WelcomeHomes.

The City is leading construction of new supportive housing in Canora. The City of Edmonton is applying for a development permit in the coming weeks and **construction is anticipated to begin in Q4 2024 and be completed by Q1 2026**. When construction is complete, the building's ownership will be transferred to Homeward Trust. Homeward Trust will select an experienced non-profit organization to run the supportive housing program.

You can find more information about the project, how the City helps create affordable and supportive housing, and sign up to receive mailing list updates at edmonton.ca/HousingDevelopments.



Questions?
Email SupportiveHousing@edmonton.ca



Food Security in Jasper Place: *Part Three*

Corner Stores.



EA-75-490: Street Construction 149 Street South of 97 Avenue, November 3, 1960.
Courtesy of City of Edmonton Archives, EA-75-490. Note Ed's General Grocery at 9648 149th Street.

Paula E. Kirman

Jasper Place residents often chose to make many of their grocery and other purchases in corner stores. People chose where to shop largely based on proximity to where they lived, and many of these corner stores were located within walking distance. Jasper Place had many corner stores. Going to the store was often a family event to stock up on household necessities, as well as candy and other treats for the children.

Several stores were owned by Chinese community members, like Tooke's Grocery which was at 9202 149th Street. Took Gee, who owned the store (which is named after his first name, with an extra "e" at the end), also lived at the same address with his family. Joanne Lethbridge Pompana, in an interview with the Jasper Place Community History Project (JPCHP) recalls "...149th Street and 91st Avenue when it was a gravel road with ditches on either side, and farms across the way, and Tooke's Grocery. I remember running across the road to get cigarettes for my mom and dad, 35 cents. I never drank pop, but sometimes chips, popsicles rarely... stuff like that. Tooke's Grocery building is still there, where [MLA] Lori Sigurdson has her office. [Took Gee] had his whole family working there. He [was] just a lovely man . . . They [the family] always asked us how we were doing."

Barrie Touchings told the JPCHP that "When we first moved [to Canora], there was a corner grocery store on 156th Street and 104th Avenue. That quickly closed and they moved to 154th Street and 105th Avenue on the southwest corner, southeast corner of that intersection, kitty-corner

from Canora School. That was Sam's Groceries. It was run by a [...] Chinese family. My recollection is, it was like, mom and dad, maybe grandma and grandpa, kids, and they all worked in the store. They lived in a little building just beside the store. It was very basic groceries: candy, pop, that was about it."

Peter, in the Facebook group "I Lived In Jasper Place Before It Became Part of Edmonton," remembers Glenwood Groceries, owned by Loy Mah. "The grocery store on 163rd Street and Stony Plain Road was owned by the Mahs when we lived up the street from there in the early to mid 1960s. Mr. Mah ran the store and as kids this was our destination on summer afternoons to trade in pop bottles for cold bottles of Coca Cola, licorice, and gum. Mr Mah's son Paul and his wife lived across the lane from us on 164th Street. Paul was a basketball player and a great one at Britannia where he went to school."

The Pantry, a grocery and meat shop built around 1946, was located at the intersection of 154th Street and 97th Avenue. It is considered a prime example of a commercial building located in a residential area. Original owner Percy Hawkins sold the business after only one year. After several other owners, Jim and Jane Wong became long-term owners, and lived in the building for over 30 years. The Pantry was also known as "Pat's" after their son Patrick who continued operating The Pantry with his mother following Jim's death. The two continued to operate the business into the '80s. The Wong family still owns the property, though it

no longer functions as a shop ¹. There are far too many stores to mention here, but some other notable shops include Sun Grocery at 9704 149th Street and Ed's General Grocery at 9648 149th Street. The latter store was owned by Yee Soy Hong, who also lived there.

An expanded version of this article will be published at the JPCHP's website: jasperplacehistory.org.
Did you live in Jasper Place prior to amalgamation? At which corner stores did you and your family shop? We would love to learn about your memories. Send us your stories: jasperplacehistory@gmail.com
Paula E. Kirman is a freelance writer who grew up, and still lives, near the Jasper Place area.

Notes and References

- ¹ "The Pantry," in Donald Luxton and Associates Inc. and The City of Edmonton, *Jasper Place Historic Resources Inventory, City of Edmonton: February 2019, pp. 104-106.*
- Some of the information about stores, such as locations, came from Henderson's Directories for Edmonton. The JPCHP would also like to thank people in the "I Lived In Jasper Place Before It Became Part of Edmonton" Facebook group for sharing. We will use more memories from there in the online version of this article.*

EA-75-695: 149th St. looking north from 97th Avenue, 1960.
Courtesy of City of Edmonton Archives, EA-75-490. Note Sun Grocery on the left.



SAVE THE DATE!

Light Up the Park! 2024

BUTLER MEMORIAL PARK

15715 STONY PLAIN RD

NOV 15th

6 - 7:30 PM




JOIN US for a fun-filled event as we welcome the holiday season with the activation of our light installation at Butler Memorial Park. Enjoy tasty treats from local businesses, winter-themed entertainment, and **pick up a copy of our 2024 Holiday Gift Guide!**



There's Always Something to Do on SPR!

...If you know where to look for it! Here's a list of several places to check out for new experiences, making new connections, and plain ol' fun!

Authentic Dungeons



10041 166 St NW

The home of table-top gaming on Stony Plain Road, Authentic Dungeons hosts a variety of weekly and monthly events!

Feeling adventurous? Check out these fun activities!

Ladies Night D&D Drop-In -
Mondays, 6:30 - 9:30 PM

Miniatures Paint Night -
Wednesdays, 6:30 - 10:30 PM

Friday Night Magic the Gathering (MTG) - 6:30 - 10:30 PM

authenticdungeons.com/calendar-events

Activate Edmonton (West)



160 Mayfield Common NW

Get ready for an exciting two-day gaming event for the **Tournament of Champions on February 4th & 11th, 2025.**

Qualifications for the event are currently happening at participating Activate locations near you!

Qualifying Periods:
January to December 31, 2024

- Every month will have five qualifiers from each participating Activate location
- "Rank in the top 5 for the entire year at your Activate location by December 31, 2024 and receive a buy into the tournament's final round"

playactivate.com/tournaments

Community League Calendars

Six specific neighbourhoods intersect SPRBA. Take a look at where you can find out details about what is going on in yours!

Glenwood Community League

16430 97 Avenue
glenwoodcommunityleague.com

Canora Community League

10425 152 St NW
mycanora.ca

West Jasper Sherwood Community League

9620 152 St NW
westjaspersherwood.ca/events.php


Britannia Youngstown Community League


15927 105 Ave NW
bycl.ca/community-calendar

Grovenor Community League


14325 104 Ave NW
www.grovenor.ca

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Peripheral Neuropathy Breakthrough!

**"My feet feel like they're on fire."
"Each step feels like I'm walking through wet paint."
"I live in constant fear that I'll fall."
"I can't sleep, my hands and feet tingle all night."**

What do all of these people have in common? They suffer from peripheral neuropathy. It's estimated that thousands of people in Canada have peripheral neuropathy.

Dr. Melanie Morrill Ac. of Accessible Acupuncture in Edmonton, AB suspects there are even more. "I've been treating neuropathy, in all its various forms, for over five years and so often my patients come to me because of the symptoms, not because of a diagnosis. They read the testimonial of another patient and say to themselves 'Hey, I feel the same thing'."

Shirley of Downtown Edmonton testified to this. "I remember my husband driving me to my consultation and I saw a woman running just outside our neighbourhood. I was so envious - I just kept thinking **"I would give anything just to walk again."**

My primary care doctor told me my troubles with pain and balance were just symptoms of old age. I was so depressed."

Fortunately, Shirley would eventually see Dr. Melanie Morrill Ac. on the local news talking about similar symptoms and how she offers a real solution at Accessible Acupuncture. "I just knew I had to see her. She was my last hope."

"Almost all of our patients come to us with a story similar to Shirley's. They've been everywhere else. They've been told there's no hope. They've been told 'it's just part of getting older.'" shares Emma, a Patient Care Coordinator at Accessible Acupuncture. "It just breaks my heart but I know how much we can help people like Shirley so I'm always so happy when they walk through our door."

Those diagnosed with peripheral neuropathy often face a very grim reality; Western medicine declares that there is no solution while most alternative therapies carry large price tags and offer little to no resolve. Which is why Dr. Melanie Morrill Ac. and the staff at Accessible Acupuncture pride themselves on being 'the last resort with the best results'.

Sponsored Content



Captured: Shirley and her husband John

Peripheral neuropathy is a result of damage to the nerves and this damage is commonly caused by a lack of blood flow in the hands and feet.

A lack of blood flow results in a lack of nutrients; the nerves then begin to degenerate and die which causes pain ranging from discomfort to debilitating. Because neuropathy is a degenerative condition, once those nerves begin to deteriorate they will continue to do so until they are completely expired, leaving those suffering with crippling balance issues. "In this case, the absence of pain is not necessarily a good thing," shares Dr. Melanie Morrill Ac. "This usually indicates that your nerves are hanging on by a fragile thread."

How exactly is Dr. Melanie Morrill Ac. able to reverse the effects of this degenerative disease? "Acupuncture has been used to increase blood flow for thousands of years which helps to get the necessary nutrients to the affected nerves. But the real magic happens when I integrate ATP Resonance BioTherapy. This is a technology that was originally developed by NASA to expedite recovering and healing."

"I just can't say enough about Accessible Acupuncture," Shirley shared through tears of joy. "My husband and I moved here 3 years ago and he's gone to the river valley almost every day to walk. I always stayed home because of the pain and discomfort. Yesterday I walked beside the river with him! And next week we're starting square dancing again! I am truly living life these days."

"According to Shirley's test results, she has seen a 74% improvement in pain and functionality, which is on par with a majority of our patients," Shares Emma.

"But more important than those test results is the joy she's expressed being here and hearing about all the amazing things she's able to do because she feels great!"

By seamlessly blending the ancient science of acupuncture with modern medical solutions Dr. Melanie Morrill Ac. has achieved a 90% success rate in reversing the effects of neuropathy. She starts each patient with an initial consultation during which a sensory exam is performed.

"This not only aids in making a proper diagnosis but it helps to define just how much nerve damage has occurred," tells the Doctor of Acupuncture. "This is important because if a patient has suffered more than 95% damage, there is little that I can do to help them. I'm familiar with the medical miracle but I know my limits as a practitioner and the limits of my medicine."

When it comes to treating peripheral neuropathy, regardless of its origin, early detection greatly improves your chances of a full recovery.

If you or someone you love are suffering from chronic pain that presents as burning, tingling or 'pins and needles' or you've recently been diagnosed with peripheral neuropathy, it's important to know that there are options.

There is hope!

How to work with Dr. Melanie Morrill Ac. and recover from your neuropathy:

Accessible Acupuncture is now accepting new patients but only for a limited time. Only 10 new neuropathy patients will be accepted each month.

Call 587-879-7122 to schedule your consultation now.

Peripheral Neuropathy?
SCHEDULE a consultation TODAY
CALL 587-879-7122

HYS Centre
600, 11010 101 st NW Edmonton, AB
AccessibleAcupuncture.ca