

Community News



Beverly Farmers' Market Opening May 18 for 25th Season

According to the Beverly History Book, Built on Coal: "When immigrants arrived in Beverly from places such as Holland and Ukraine, they brought with them an expertise in growing. It's no wonder so many started market garden farms in and around Beverly of which some still exist"

Originally, Beverly was comprised of small acreages where flowers, vegetables & berries were grown in abundance. Soon residents were sharing, trading and selling good crops with each other. It was not officially organised at one selling spot, but it was a farmers' market community. It is again no wonder that with the revitalization of Beverly, that by going back to its' roots, many suggested that an official Farmers' Market be started. So in 1997 it began!

Back for the second year at its' new location in the parking area of the Riverview Crossing Shopping Centre, the Beverly Farmers' Market will operate weekly on its' traditional Tuesday! Why do we call it traditional Tuesday? Twenty Five years ago, all the best vendors were committed to other markets during most prime days. So they chose Tuesday as it's Market day to ensure all of these best Vendors were available to come to Beverly. And now Tuesday has become a traditional market day in Beverly and around the City.

This market has some of the best fresh food Vendors from in and around Edmonton. Why are they attracted to the Beverly Market? Because the residents of Beverly Support local and they appreciate quality food.

Farm fresh vegetables and meats, oven fresh baking, home-made dips, jams, jellies and pickles, ethnic foods, orchard fresh BC fruit, fresh made kettle popcorn in many flavours, food trucks / concessions so you can pick up dinner at the market. While picking up your farm/oven fresh foods, check out the crafters & artisan booths. You will be amazed by some of the creative items produced by local neighborhood artists.

Continued on page 2

You Are Invited To Experience The Taste Of Farm & Oven Fresh !!

BEVERLY FARMERS' MARKET

TUESDAYS'
May 18 - OCT 5, 2021
3:30 - 7:30 pm

Riverview Crossing Shopping Centre Parking Area
Access North off of 118 Ave. at 34 St, via the first parking area entrance



**Farmers'
Market**

Sunny Girl Says "Get Fresh With A Farmer"

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- Ethnic Foods
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- Orchard Fresh BC Fruit
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- Arts & Crafts; Jewellery, Essential Oils
- Food Trucks / Concessions To Go

Check Out Our Web Site For Vendor Details !

COVID - 19 Protocols In Place

website: www.beverlyfarmersmarket.ca

email: info@beverlyfarmersmarket.ca

Join Us At The Friendliest Market In Towne



La Ricura-Cuban Style Meals.



Our Covid-19 entrance to the market.

The Community News

This publication is a joint project of the Beverly Towne Community Development Society, Beverly Business Association, Beacon Heights and Beverly Heights Community Leagues, The Olde Towne Beverly Historical Society and the Beverly Farmers' Market.


It is distributed by Canada Post to all homes, businesses and super boxes in the neighborhoods of Abbottsfield, Beacon Heights, Bergman, Beverly Heights, Montrose, Newton and Rundle Heights.

If you know of anyone who lives in these areas and has not received their copy of the paper, please contact
Stephanie at Great West Media at 780.470-5651

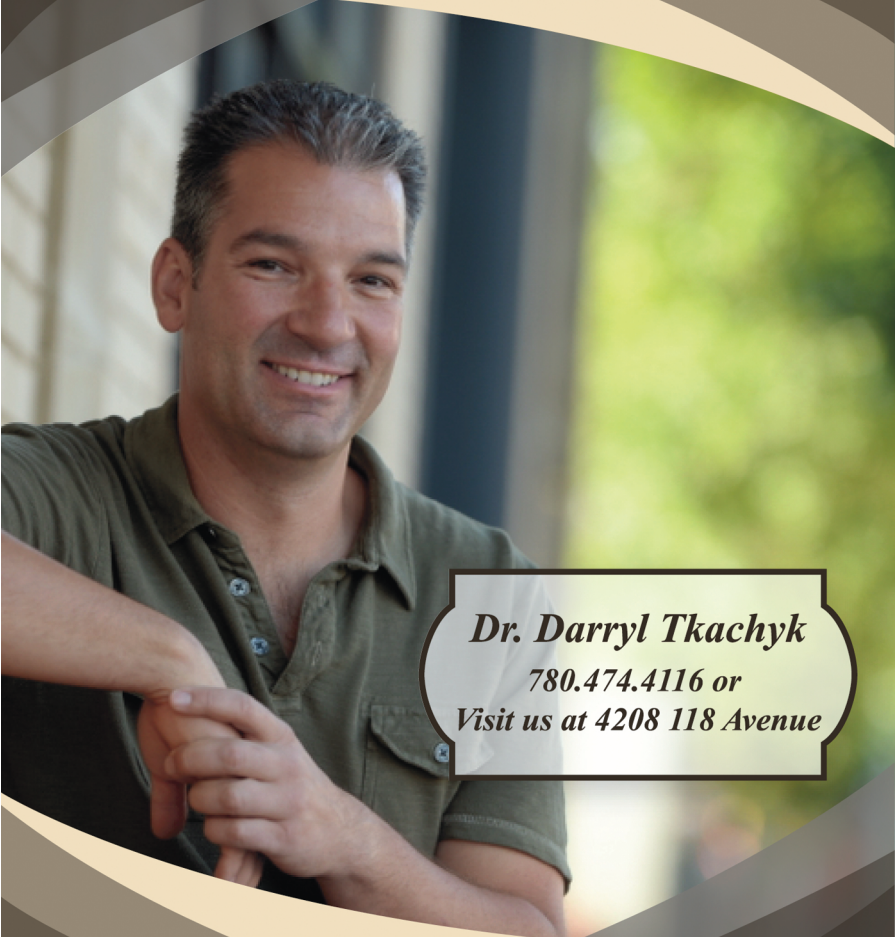
You can pick up a copy at the Beverly Business Association office at 4014-118 Avenue. Please call first to ensure someone is in the office at 780.413-6244.

If you have any questions, concerns or suggestions for future subject matter, please email to: **rusnaks1@shaw.ca** or write to **Community News, P.O. Box 20202 RPO Beverly Edmonton AB T5W 5E6**

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Beverly Farmers' Market

During 2020 with COVID-19 restrictions in place, the new site was able to provide a larger & safer farmers' market at the new location, with plenty of parking for customers. Boundary tape marked the market site as customers were encouraged to use the entrance, be counted & have access to a mechanical hand sanitizer dispenser we call "Norm". He was created by Canada New Normal and dispenses sanitizer safely using a foot pedal.

Customers were given a flyer describing the Alberta Health Services (AHS) Covid-19 restrictions for attending and safe shopping at a farmers' market, calling it A New Way To Shop. Gone were the tables & chairs and buskers. Vendor - Customer spacing was addressed via barriers of either tape or tables.

"I know that this is contrary to the Farmers' Market concept" says Market Manager Cornel Rusnak "where you would be able to come & meet your neighbors; then, have a coffee or dinner from one of the food trucks and shop at your leisure at your community Farmers' Market. The number one intent here is operate in a safe environment for all customers, vendors and volunteers and we appreciate the assistance of AHS in approving our operation plan to operate in a safe manner."

The new site also offers close proximity parking, which is key to a successful market but also has the Shopping Centre security and washroom accessibility. "The parking close to the market is the primary reason for its' success last year and as far as security, there was no reason to call them at all last year but perhaps they gave customers and vendors a sense of feeling safe, I suppose" said one of the market volunteers. "This market is as safe as being anywhere, in any market in Edmonton" he said.

They have some 25th anniversary plans but they may have to wait until AHS lifts some of the restrictions are lifted.

Check out the market on opening day, perhaps we will be permitted to bring back the vendor of the week, where you get super bucks for supporting that vendor.

As well, when we get closer to opening day, check out our vendor list for this year at www.beverlyfarmersmarket.ca

Till then check out the flyer detail and we will see you on May 18. That's a Tuesday and we open at 3:30 pm, rain or shine!!



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Colleen Fidler: A Beverly Champion

February 8, 1954 – November 28, 2020

Beverly is one of those special places that inspires more than its share of champions, people who have made and continue to make Beverly a better and stronger community. Champions are people who, when offered the opportunity to serve, make that service a personal and often life-long commitment. Colleen Fidler made that commitment. She became a champion for Beverly, someone who left behind a significant legacy.

Colleen was the fourth child in a family of five children. She, along with two sisters and two brothers, spent their early years on a farm outside of Ponoka. In 1968, Fred and Jenny Fidler moved their family into Beverly and built a home on the east side of 34th Street in the new subdivision of Rundle Heights. After Fred's death in 1989, Colleen stayed on to help and look after her mother until Jenny died in 2014. This family house was to be Colleen's home for the rest of her life.

After their arrival in Beverly, Colleen and her older siblings were enrolled at Eastglen High School. The young Colleen exhibited many of the traits that made her an effective and formidable community advocate. She was social, bold, honest, and famous for her laugh. She was never intimidated by her teachers and approached them in the same way that she spoke to her friends.

After high school, Colleen attended Grant MacEwan College to study social work. She worked at south side residence for girls at risk but eventually left the field and began to work as a travel agent. In the 1990s, she was supplementing her income at the Beverly Crest where she cemented her reputation as someone who would not suffer fools. It was a work related injury that helped change the direction of Colleen's life.

While Colleen was off work, things came to a head at a townhouse complex at the north end of Rundle Heights. Built in the 1970s, the development had suffered neglect and poor management at the hands of a series of landlords. Many of the units were uninhabitable and condemned. It became a trap for people had nowhere else to go and who, along with the general community, were at the mercy of some undesirable tenants. The mayor was called in and a decision was made to create a broader plan that would deal with derelict properties and develop some forward directions for the community. It was decided to form a committee and to hire a local coordinator who would consult with the community and write the plan. Colleen became involved with the steering committee and when

Colleen was asked if she would share the job of coordinator, it was the beginning of a deep and focused commitment to Beverly.

Consulting the community and writing the Abbottsfield and Rundle Heights Community Development Plan took both coordinators more than a year and in spite of the title, the consultations involved members of the larger Beverly community. Residents were given the opportunity to develop a vision for their community. The plan was approved by City Council and its implementation was funded for three years. The years that the City of Edmonton funded the Community Development Office were spent working with the newly formed business association, looking for solutions for the derelict property issues, starting the farmers market, sponsoring the history book, developing and participating in community events. As well as routing out fraudulent landlords, Colleen was involved in developing the park and playground between St. Jerome and Rundle schools.

With the end of funding, it became obvious that the work of the Community Development Office needed to continue. Colleen took on the task. A society was formed with a board of directors and Colleen continued as executive director. The office would become a supporting vehicle for many community projects. With a broad community mandate and charitable status, the Beverly Town Community Development Society was the go to agent for several improvements in the community. Colleen wrote many grant proposals for various organizations in Beverly. She became the neighbourhood grant writing expert.

Some of Colleen's most significant work was with children and youth. She became heavily involved in the Abbottsfield Recreation Centre (ARC) creating and running programs for the children. She had a special place in her heart for the night basketball boys who used the ARC in the evenings. It kept older youth connected and busy. If there were any issues at the ARC, the staff called Colleen rather than the authorities. She would quickly straighten things out. Colleen ran a tight ship and there were consequences for people who jeopardised the programs.

The ARC was a City owned abandoned school building when the programming began and over the years, it became increasingly derelict. Colleen lobbied heavily to get the building repaired. She was instrumental in arranging a tour for the City of Edmonton building and maintenance managers to showcase the issues. The mayor and city councillor joined the tour and



saw firsthand how deficient the facility had become. City Council was apprised and approved a new building for the community. An orchestrated plea for help had achieved the ultimate success. The opening of the new ARC included many dignitaries and celebrities, including Wayne Gretzky who came representing the Oilers Community Foundation.

The ARC was a landing place for many initiatives. Children learned to participate in their community. Colleen would arrive at the annual pancake breakfast with twenty or more children. She assisted with the breakfast and many of the clean up campaigns that the business association organized. Colleen started a golf program for children in Beverly. She arranged for instruction and solicited donations of equipment. Her interest in children led to the development of educational courses for new Canadian parents and children. Although she had no experience with immigrant women, she took on the work of connecting immigrants with their new home.

One of Colleen's largest projects was as editor of a local newspaper that is delivered quarterly to every household and business in Beverly. This initiative started out as a partnership of the Beverly Business Association and the Beverly Town Community Development Society. It was painfully obvious that communicating with members and residents was time consuming, complicated, and expensive.

Continued on page 5

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With a community publication, the business association, the community development office, community leagues and other neighbourhood organizations could publish quarterly newsletters that would reach their audience and save time and money. Costs would be shared and further supported by advertising that not only mitigated costs but introduced the local businesses to their community. Colleen took on the difficult job of organizing and editing the publication.

Colleen had served on the board of the Beverly Heights Community League. For several years she was the director of communications and also served as secretary. She initiated a revision of the community league bylaws, coordinated the Revitalizing Beverly committee and public consultation in 2018, was instrumental in coordinating grants through the Edmonton Oilers Foundation to upgrade the rink boards and lighting for the a rinks in both Beacon Heights and Beverly Heights.

When the Beverly Memorial Cenotaph was approaching its centennial, a committee was formed to upgrade the park and to rebuild the cenotaph. There was a need to find partners, write grant proposals, and offer donation tax receipts. While the committee worked with the City to get the oldest cenotaph in Alberta designated as a historic resource and rebuilt, Colleen worked behind the scenes to write the proposals, do the accounting, and to provide the committee with

the ability to offer receipts for donations.

Most of all, Colleen was a strong advocate for her community. She took issue with any outside agent or agency that rode in to save Beverly without making an attempt to consult and understand the people who lived there. City Councillors and MLAs saw her as fully prepared and insistent on delivering the Beverly perspective. She was always prepared and could not be manipulated. She had, what has been described as, a strong “B.S. detector”.

There was one last project that Colleen attempted to take on. It was the redevelopment of the park and playground she had supported twenty five years ago. She had come full circle.

A strong signal that something was wrong was when several people received a letter from Colleen stating that she would be stepping back from her projects. She was preparing people for life without her. By late 2020, she had been seriously ill for the past year but in Colleen style, she had not confided in her friends or her family until near the end. She died on November 28, 2020. Her death surprised and shocked many who did not have an opportunity to tell her how much her work had meant.

Beverly is short one dedicated champion. New applicants are required to have an unwavering loyalty and love for the community, be willing to learn new skills, and to have a great laugh.



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Happy Spring from Beacon Heights!

With the days getting longer, we hope you have been able to get outside and enjoy. We're still in a holding pattern as we submit this article for publication. Our sincere hope is that we can all come together again safely sooner than later. For now, we remain 'on pause' with our programming at the rink shack.

Springtime Outdoor Activities for Kids

Getting outside is so beneficial for our health and well-being. Active for Life has 39 great ideas for springtime fun outside.

- go to: <https://activeforlife.com/39-ways-to-play-outside-in-spring/>
- A few fun ideas we love:
1. Sidewalk chalk fun - draw a hopscotch jumping area, flowers, or your favourite animal on the sidewalk.
 2. Creepy crawly hunting - Take a close look at the grass in the park or your lawn. Can you spot any little ants or worms waking from their slumber?
 3. I spy with my little eye SPRING! See if you can find signs of spring on a walk. Tree buds, crocuses, tulips, green grass, etc.

Keeping Our Community Clean

With the melted snow, it's easy to see how much litter accumulates in our community over the winter. Let's come together and tidy up our community.

This year, the City of Edmonton is requesting an online application for garbage pick-up kits. It can be found here https://www.edmonton.ca/programs_services/capital-city-clean-up.aspx and we'll have this linked on our website as well for easy access.

You can also help May 15 at ARC's clean up event.

LET'S DO THIS TOGETHER

For more information:
780-474-5011

BEVERLY CLEANUP

Saturday, May 15th, 2021
Choose a shift for you and your household:
9 am to 12 pm or 1 pm to 4 pm

Supplies provided. Free meal for volunteers after each shift

Hosted at the Abbotsfield Recreation Centre (3006 - 119 Ave).
Sponsored by local businesses and community groups.



MEN'S BALANCE 55+



GET ACTIVE!

Do you want to improve your physical health but not sure where to start? Do you strive to return to sport or a favourite pastime but are limited by mobility? Join Owen for an online men's exercise class with a focus on strength, mobility, and balance to help achieve your fitness and health goals.

WHEN AND HOW

The Men's Balance 55+ class is held every **Tuesday, at 10:00 a.m. This class is held virtually. Call Rundle Health Centre at 780.479.1533** to register. Get your online device prepped, strap on those sneakers, and get ready to move!



MORE CLASSES

The Edmonton North PCN offers many free, virtual classes that focus on your health. Visit www.enpcn.com/classes-at-the-pcn to learn more!



DID YOU KNOW?

- 1897 - Cloverbar Mine known to be in operation by this year.
- 1904 - First recorded use of the name, Beverly, to describe the area.
- 1906 - Community is designated a hamlet.
- 1908 - Construction of Clover Bar Bridge completed.
- 1910 - The Grand Trunk Pacific Railway builds spur line to Humberstone and Cloverbar coal mines.
- 1913 - Community incorporates as the Village of Beverly on March 22.
- 1914 - Village incorporates as the Town of Beverly on July 13.
- 1936 - Town of Beverly defaults on its debt.
- 1937 - Province appoints administrator to run the town.
- 1953 - Beverly Bridge opened.
- 1954 - The Beverly Coal Mine stops production.
- 1955 - Jubilee Park built on old Beverly Coal Mine site.
- 1961 - The Town of Beverly amalgamates with City of Edmonton on December 30.



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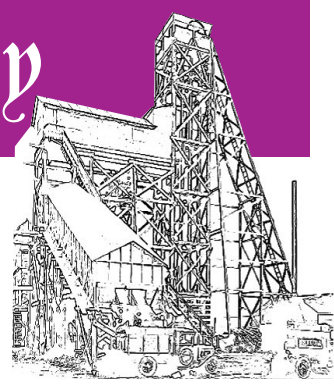
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Olde Towne Beverly Historical Society

Coal!

*An excerpt from Built on Coal
written by Lawrence Herzog*

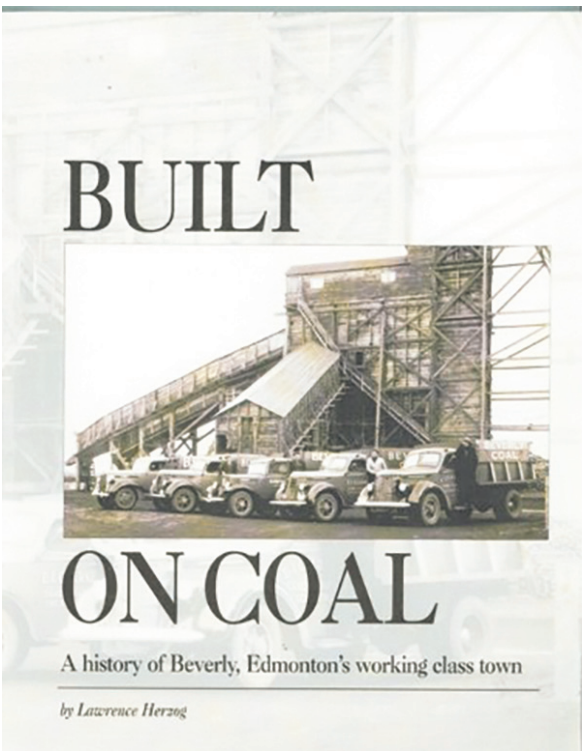


Beverly owes its early growth to events more than 70 million years ago. In those distant geological times of the Cretaceous period much of the earth was covered with profuse vegetation flourishing in swamps. As the vegetation died and decomposed, it produced peat bogs and formed carbon. Over many years, layers of sand and mud settled from the water over some of the peat deposits. The pressure of these overlying layers, movements of the earth's crust and sometimes volcanic heat, combined to compress and harden the deposits, eventually producing the coal that put Beverly on the map.

In Beverly and around Edmonton, the seams of these undisturbed layers of transformed plant remains are up to three meters thick, although one to two meters is more typical. Edmonton coal is sub-bituminous in rank, low in ash and burns for a long while with a bright flame; with the water concentration averaging 22 per cent, if the water evaporates, the coal crumbles into a grade known as "slack." More than 95% of the 13 million tons of coal produced in Edmonton between 1874 and 1970 came from the Clover bar seam. This seam is exposed at river level downstream from modern-day Rundle Park, near the Rundle - Gold Bar footbridge.

Coal mining in Edmonton was started by the Hudson's Bay Company as early as the 1840s. John Walter, boatbuilder, ferryman and Edmonton's first industrialist, imported the first coal stove in 1874 and, as settlers arrived, they needed coal to heat their flimsy wooden homes. The earliest significant mining in the area began in the early 1880s. In 1882, farmer C.Stewart employed William Humberstone to open the seam on his property, along the North Saskatchewan River just below where the Rundle Park Golf Course is now situated. The seam was found to be burned out. In March 1894, the Edmonton bulletin reported that W.J. Graham had "Recently opened a new coal drift on a seam about three miles down the river from town. Coal of a very superior quality; seam five feet thick. Partly below river level; workable in winter time." The exact location of the mine remains uncertain, although there are indications it may have been in the vicinity of the Clover Bar Mine, which was to open in 1897.

Coal mined in Beverly was almost all taken from underground and much of it came from



A copy of Built on Coal can be purchased through the Olde Towne Beverly Historical Society by calling Alene at 780-904-5530 or through the Beverly Business Association at 780-413-6244.

deep seams. Because it was on average a metre thick, miners spent most of their time on their knees. Far below ground, in the dark cool and damp, these workers toiled long hours in harrowing conditions. The work was strenuous and dangerous and there were a number of injuries and fatalities in Edmonton area mines. A big challenge for underground miners was, and is, a safe, orderly collapse of the roof. One of the methods utilized in the early days of the 20th century was the room-and-pillar system, where miners extracted a large rectangle of coal (a room), leaving pillars of coal to take the weight and then evacuating before the roof cracked and crashed down. Another method, not as frequently used, is the longwall system, where a face 100 to 300 feet long is mined by about 30 workers at once.

The coal was usually transported in rail cars to the foot of the shaft or slope by horses such as Welsh ponies. The production from the earliest mines was delivered to local customers by horse drawn wagon and so they came to be known as "team mines."

In those days the coal was used mostly for domestic heating in area homes. With the arrival of the railways, larger mines were able to expand aggressively and Edmonton coal was shipped as far east as Manitoba and westward into British Columbia.

As word got out about Beverly's hard, abundant coal, dozens of prospectors arrived, aiming to stake their claim along the river bank. A report in a January 1895 edition of the Edmonton Bulletin stated that "a seam of excellent coal is being mined on C. Stewart's farm on the north side of the river opposite Clover Bar." Information compiled by Richard Spence and reported in his 1971 book Atlas of Coal Mine Workings in Edmonton and Area indicates it is probable that these workings were opened up before 1894 and that mining continued on Stewart's farm at least until William Humberstone bought the property in 1899.

During the last years of the 19th century, several other mines were functioning in the vicinity, including those operated by Alex Macdonald, P. Linklater and two gentlemen named Elliot and Louisberg. At the western end of Beverly along the river, several operators started small operations between 1897 and 1904. Among them was George Hutton, who ran the Christie Mine along the north bank of the river just south of modern day Ada Boulevard and 48th street starting in 1897 and the adjacent Trimble Mine, whose operator remains uncertain.

More than 20 coal operations are documented as operating in Beverly in the first 50 years of the 20th century, but the actual number is undoubtedly higher because there were many more tiny and ephemeral mines - most of them seasonal ventures. These small scale mines, which usually started on the side of the river bank and followed the seam into the bank, were sometimes called "gopher holes." However the big Beverly mines and their counterparts on the east side of the North Saskatchewan River were much more than meager diggings into the side of the slope. These extensive operations provided much of Beverly's early employment. The coal taken from the mines warmed its citizens and gave Beverly a place shared only by coal towns in the socio-economic fabric of the province.



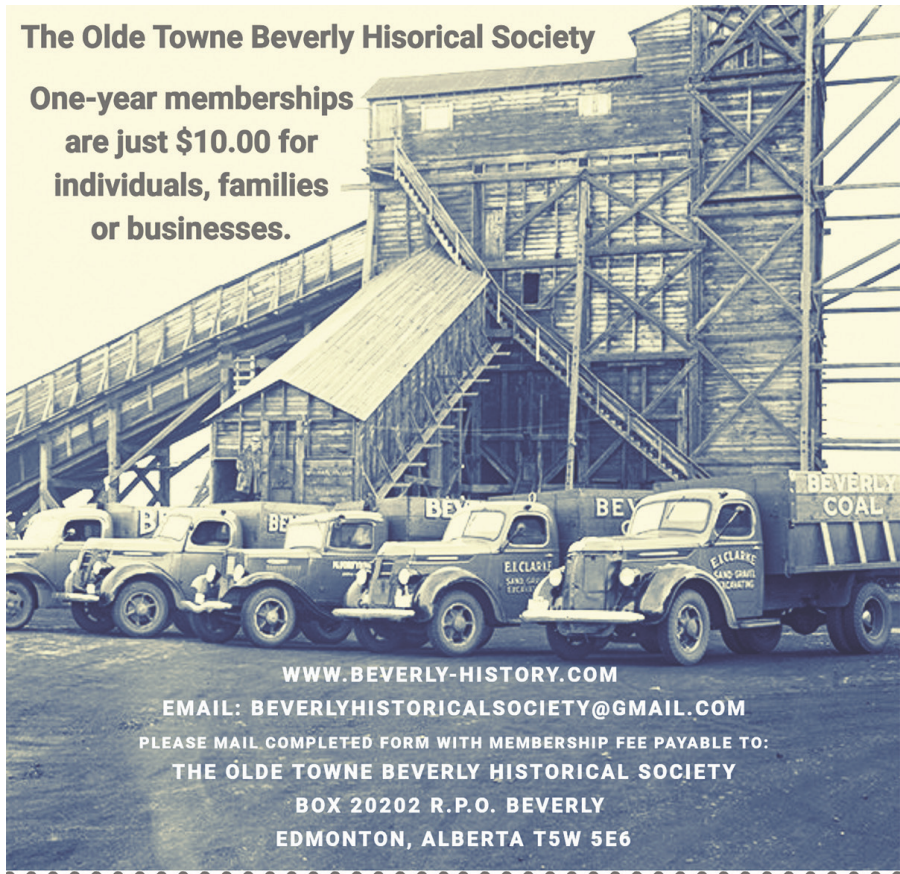
COAL HORSES 1947
City of Edmonton Archives, EA-600-600e



HUMBERSTONE COAL MINERS, 1916
Glenbow Archives, Calgary, Canada NC-6-2153

The Olde Towne Beverly Historical Society

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DID YOU KNOW?

In modern Edmonton, there are five neighbourhoods in the area within the former Town of Beverly – Abbottsfield, Beacon Heights, Bergman, Beverly Heights, and Rundle Heights – and the surrounding coal mines. While the coal mines are long closed, there are still many links to the old town today, from a park at the site of the Beverly Mine to buildings and neighbourhoods named for prominent residents of the old community.

Rundle Park, adjacent to the neighbourhood of Rundle Heights, has two distinctions. Named after Rev. Robert Rundle (1811–1896), the first Protestant missionary to serve at Fort Edmonton and was the first permanent missionary of any church to settle west of Manitoba. The other distinction is that the park was originally a landfill for the Town of Beverly. Pipe houses located along the riverbanks of the North Saskatchewan River help expel the methane gas compressed below the park.

Abbottsfield takes its name as an extension from the Abbott School, which was originally named after World War I veteran, Abe Abbott. Abbott moved to Beverly in 1912 and was caretaker of Beverly School from 1922 to 1958. Abbott School was opened in 1960 as an Edmonton public elementary school. Abbottsfield was originally all coal mines. Set along the riverbanks were dozens of mines and were the main source of income for the residents of the Town of Beverly. Over 60% of Edmonton's coal needs in the early stages of the 20th century came from Beverly mines.



The Past has a Present

Of late a fair number of older neighbourhood houses have served their time. With them, the history they harboured is gone, unless we share it's history.

One of those houses, built around 1910 on Knox, past Henry (now 114 ave and 46 street) was suddenly gone. It put me in a pensive mood. Somehow I connected this house with the Story Walter McDonald, Beverly's Historian, told of a veteran of WWI who returned home to Beverly. He survived the brutal war, but was blinded by mustard gas, which killed many in it's deadly path. He would greet neighbours by name, One day a few neighbours came his way. "Good morning Mr.Millan, how are you today?"

Mr.Millan looked surprised "How did you know it was me? They told me you are blind!" With a broad smile, he replied: "Blind.. yes, but I can hear!" He could recognise people by the clip-clip thread on the wooden sidewalk, Remember those?

His name and others are not on our Beverly Cenotaph, but they too sacrificed for the freedoms we now enjoy.

Years ago on a Wednesday afternoon at Alberts five to seven Beverly oldtimers would meet and many stories would be brought up. I listened with eager ears. Walter McDonald, now passed on, was an authority on Old Beverly. George T, remember when Mr.Lawton called you an ostrich? You were trying to read his answers on his desk, it caused many smiles and "har har" laughs when these stories were told. He told many more tellings of Beverly yore, recording it makes it last.

The Olde Towne Beverly Historical Society
loves to hear your stories!

Dan

To share your stories and pictures of Beverly please
contact a member of the board or email them to:

beverlyhistoricalsociety@gmail.com

We cannot wait to hear from you!



Dan Vriend

is a member of the
Olde Towne Beverly
Historical Society
and has lived in
Beverly since 1947.

The Olde Towne Beverly Historical Society welcomes your submissions that share stories with Beverly residents young and old. This community has a rich past which we are happy to publish on these pages.

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GET NEIGHBOURING

Warm greetings and wishing all neighbours a very Happy Spring,
So, here we are....into our second year of the Covid-19 pandemic. So much change, loss, inconvenience and isolation for so many. If there ever was a silver lining, I would like to think it is all the inspiring stories of neighbours helping out neighbours and their community. People pulling together to help one another out in difficult times, from right here in our neighbourhood to across the globe. We had local residents making and delivering food hampers, organizing yard/boulevard music concerts, delivering groceries to seniors and driving them to medical appointments.

The pandemic made us stay home, for work and play. Dining in, home improvement projects, spending time in back and front yards, all gave us the opportunities to see and meet neighbours we might not have otherwise. For many of us, those over the fence or sidewalk conversations were the most contact with others we experienced all year, and still are.

The 'neighbouring' program as we call it, officially known as Abundant Community Initiative is a program supported by the City of Edmonton, which offers resources and supports to for each community to create its own unique version of it. Here in Beverly and Rundle, our 'neighbouring' program is supported by the Beverly Heights Community League.

I am the Neighbourhood Connector, my role is to find the 'point person' or 'block connector' on each block, the person who connects with each person on their block and will arrange (when permitted) a casual get together for the block residents to meet one another. Nothing formal, or fancy, it can be a 'bring your own coffee and stand in the driveway spending 15 minutes saying

hello to the people you share your block with'. Anything that helps to create the opportunity for folks to meet.

What is "neighbouring"? The short and sweet answer is getting to know your neighbours.
We have all heard people talk about the "good old days" when neighbours looked out for one another, like picking up your mail, and watering your plants when you went on vacation. Back then, you knew them, you trusted them, and you could rely on one another to help when needed. It was an important, reciprocal relationship. This is the essence of what we are recreating.

Research has proven getting to know your neighbours makes your community stronger and healthier. It's absolutely true! A well-connected community is safer and healthier, more resilient, children do better scholastically, everyone's mental and physical well-being improves, the local economy thrives, and crime goes down when we share and utilize our community spaces.

Sharing on a more personal note, I have lived in Beverly for 12 years this summer. During my first 5-6 years of living here, I was quite isolated and unengaged, often walking by the community hall when there was an event and wondering and wishing I was part of the laughter and music I heard inside. I came to learn that many people feel the same way, in some form or another, and that there is a need/want to be part of a group and feel connected in a way that only neighbours who share the same ground can. I discovered it's through friendliness, curiosity, and invitation that people will respond, and are motivated to take action to become involved and interactive with their neighbours.

I recall a Sociology professor discussing how primal a need it is to be part of a group, and that

evolution hard-wired us to know that we are only safe when in a collective, which is part of the reason social isolation can have such a devastating impact on physical and mental health. In our society today we aren't likely to be eaten by tigers if living alone, yet our brains are programmed that our life is dependent on our ability to live as a member of a group. It is irrelevant what kind of group; professional, recreational, spiritual, community, our instincts still tell us it's required for our survival. Understanding this makes this initiative even more significant during a pandemic when people are cut off from the groups they are normally a part of, and of which Zoom cannot duplicate the benefits of.

I also learned that the assets of my community are as equally diverse. People have such varied life experiences, talents, passions, gifts, hobbies, that may seem ordinary to them, but putting them all together can create such a deep and wide pool of expertise that can benefit the greater community in so many ways when shared. Creating the invitation, context and means for people to share their skills is the challenging part, and we are inviting all of you to help meet this challenge by meeting your neighbours and sharing your knowledge and experience to benefit others.

For some time now, our society has been really anchored in the ineffectual and outdated "mind your own business" mentality when it comes to neighbours, and so leading by example, and making the invitation to act differently can be all it takes to begin to create a cohesive, connected community. Instead of just saying 'hi' to your neighbour, ask a question, invite a reply, ask about their home, how long have they lived here, if they noticed the new construction down the street, how their kids/dog/garden are doing. It matters less what the topic is, it matters most that you create the opportunity to chat.

As a representative for our Abundant Community initiative here in Beverly/Rundle, I oversaw the City of Edmonton Pop Up Community Garden project last year and wanted to share a bit about how that went.

We had about two dozen enthusiastic gardeners interested in taking on a plot to grow vegetables, however as gardens began to produce, the thefts and pilfering began. Everyone sustained losses here and there, then near the end of the season there were two sweeps of massive theft and damage that decimated everyone's harvest, and season's time, energy and expense of tending.

Continued on page 12

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Gardeners were upset, frustrated, and devastated and there was no remedy to restore any semblance of benefit, or so I thought. Some openly shared their sense of loss on social media, others quietly emailed me, everyone shared a feeling of loss and betrayal. I listened as best I could, as the discussion turned to “why?”. That seemed to be a turning point as most began to reflect on the past year, on how difficult it had been with Covid-19 and how much they had sacrificed and lost because of it, then attention turned to imagining the sacrifices and losses that others may have experienced within their community. Many, if not all, concluded that if someone was so desperate and in need of food to steal from a community garden, they were ok with it being taken, that the thieves were in more need of it than them. Then something unexpected happened, people began offering the community gardeners harvest from their own backyard gardens, and connections were made through the empathy and action of the community doing what it could to heal the wound. To me, it seemed profound as not only did it mirror the restorative forces in nature, but how in humanity, sometimes it takes the worst to happen to bring out the best.

The world was suffering from a pandemic, and people had to do things in a way they had never done before. People’s individual actions became responsible for the health of all, suddenly there was an awareness of how interconnected we all really are, and that we don’t live in isolated bubbles. Thinking and acting for collective good has not been at the forefront of people’s minds and with Covid it suddenly became a choice for everyone. I believe this thinking influenced everyone’s response to the lost gardens. And despite the losses, and hard work for “nothing”, and feeling defeated, I’m so proud to say that people want to try again this year. Not only for themselves, but there are offers to create beds and signage to designate a garden free for the taking for anyone who needs it, and post food resources available in our community. I could have never foreseen this outcome from the beginning.

It reminds of a line from “The Best Marigold Hotel” by Deborah Moggach; “Everything will be alright in the end, so if it is not alright it is not the end.”

Would you like to meet your neighbours? Would you like to introduce your block to one another? Do you want to know if your block already has a ‘point person’ or Block Connector?

Please feel free to contact me, I’m happy to tell you more, answer any questions, and would love to hear from you and about your experiences with your neighbours.

Best wishes and my sincere thanks to all my neighbours in making this the best community to live in. There is nowhere else I would rather call home.

Rayna Haythorne

Call or text: 780-710-5777, Email: neighbouringbeverly@gmail.com

An application has been made for another Pop Up Community Garden for 2021, we will know by the end of April if it has been accepted. Updates will

be posted on the Beverly Heights Community League Facebook page and in the On-Line Newsletter.

There are a few ways to keep up to date on ‘Neighbouring’ including:
Beverly Heights Community League On-Line Newsletter
<https://beverlyheights.ca/wp-content/uploads/2021/04/BHCL-Newsletter-Beverly-Heights-Community-League-Website-Abundant-Community-section>
Beverly Heights Community League Website – Abundant Community section
<https://beverlyheights.ca/abundant-community-edmonton-beverly-rundle/>
Beverly Heights Community League Facebook page
<https://www.facebook.com/groups/295693231823/>
Please check out the App called Next Door, it is a great tool to connect neighbours.

<https://ca.nextdoor.com/>
Abundant Community Edmonton (ACE)
https://www.edmonton.ca/programs_services/for_communities/abundant-community-edmonton.aspx
Resource for Block Connectors
https://www.edmonton.ca/programs_services/documents/PDF/ACE-Block-ConnectorsResourceGuide.pdf
Check out this workshop for Creating a Neighbourly Vibe
<https://www.eventbrite.ca/e/creating-a-neighbourly-vibe-with-abundant-community-edmonton-ace-tickets-106436157412>



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Medicine Shoppe leading the way in Home Health Care

New department in pharmacy helps provide local residents equipment for safer quality of life

APRIL 2021 (Edmonton, Alberta) – A new home health care department at Medicine Shoppe Pharmacy #315 has opened this year two local pharmacists.

The department at the 65th Street and 118th Avenue Medicine Shoppe pharmacy will feature devices and supports to keep individuals safe and independent at home, including aids like bed rails, security poles, sturdy walkers, and various bathroom safety products. These devices and supports will be on display in the store and be made available for purchase or rental.

“We invite you to come down and see what we have to offer you or your loved ones to remain safe in their homes. We are here to answer your questions and help you find solutions for home safety, as well as promote active living at home,” says Laurie Reay, Pharmacist/Owner.

“Michelle and I found that there is

a greater community need for these products, and we look forward to continuing to serve our neighbourhood with this new service,” says Reay. “We are knowledgeable and have access to a world of items that we can bring in for someone you love.”

“Living safely and independently is an important goal for all of us; sometimes we need different devices to make that happen. I am happy to offer those devices and my expertise in assessing safety so that my customers have the fullest and safest life at home possible. We know it is important to stay home and that seniors, soon-to-be seniors, and their family and friends want to ensure everyone is safe at home,” says Michelle Van der Molen, Pharmacist/Owner.

For more information – please call The Medicine Shoppe #315 at 780-479-2077; check out our website at www.medicineshoppe.ca or find us on facebook @medshop315.



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Taste of Candora



The Candora Society is still here to help!

As most know by now, we have had to make some changes to our day to day operations and move several programs on-line, but we assure you that we have some fun and interesting things on the horizon. Whether it be on-line, or hopefully someday soon outside (safely distanced of course), we hope to keep you and your family busy and engaged over the summer months; Family Play Time, the Pen Pal Program, Community Lunch and children's programming are some of the opportunities waiting for you.

The Candora Resource Center is open for visits.

In light of the ongoing restrictions however, and to ensure the safety of our community, participants, and staff, we continue to ask community members needing support to call the office to book an appointment or receive support over the phone or Zoom whenever possible. resources, supportive listening, filling out and faxing forms, or talking with others on your behalf. Our Family and Community Resource Staff are available in our main office located in #262 of the Riverview Crossing Mall 3210-118 Avenue and they are ready to help you with a variety of supports. Please be advised that our open hours have fluctuated a lot over the last several months so please be sure to call before you come.

Discovery Centre Programs- Summer.

Family Playtime is currently being offered online via Zoom. It is an opportunity for parents with children between the ages of 2- 4 to support child development through play. All supplies to participate in weekly activities are provided by Candora. Parents sign up for a session, that runs weekly for 4 weeks, and may include one of the following topics: sensory play, motor development, story time, or arts and crafts. Program is offered Wednesday mornings.

Circle of Security Parenting™ Program- Program runs weekly for 8 weeks.

Group Triple P- Program runs weekly for 8 weeks.

Zoom Coffee Chat- Program is offered every second Thursday at 4pm. Parents of young children come together via Zoom for social connection, to chat about parenting, and to learn about relevant child development topics.

Our Discovery Centre's Family Wellness Facilitator, Sam, is ready to help you all with a variety of community resources and referrals, parent education programs, and supportive listening. To reach Sam or register for one of our parent education programs, call 780-474-5011 ext 117, or email sam.trudel@candorasociety.com

Community Lunch

Lunch is served on Thursday's from 11:30 – 1:00 out of the Abbotsfield Recreation Center (ARC). Due to Covid restrictions lunches are for pick up only. But we look forward to the day when we can sit together once again and share a meal. ARC is located at 3006-119 Ave. Free Drop in

Tax Preparation

Candora is not currently doing income taxes for the 2020 tax year. Our staff is more than happy to help you find a FREE tax clinic in Edmonton.

Need information call 780-474-5011.

Health for Two

Beverly communities I would like you to take a moment and read this!

Health for Two is a wonderful program offered throughout Alberta! We at Candora are very excited to be offering this program again

which started 2 months ago already we now have 12 participants and would like to get the word out to everyone that could benefit from this great program.

So, if you know someone who is having a baby send them our way!

All contact information is on the poster.

HEALTH FOR TWO



MONDAY – THURSDAY
10:00am–12:00pm and 1:00pm-4:00pm
FRIDAY'S 10:00am–12:00pm

This is a **Drop-in Program** for:

PREGNANT Women and New Mothers of young infants

Up to 2 months of age. For safety during COVID-19 appointments maybe by telephone, via zoom or in person whichever is safer for you!

For more information speak with Gail in the Family Community Resource Centre **Room 262**

Riverview Crossing Mall 3210-118Ave

Or Call 780-474-5011 to register.

CEPP/STEPs program

Candora Employment Preparation Program (CEPP/STEPs) is a part-time program for women in north-east Edmonton. This twelve-month program is designed for low income women who have little work experience and require additional support in the job search. In the STEP's program Literacy and/or English Language Support is provided. The program is offered on-line and includes the following components:

- Employability sessions twice per week.
- One hour of computer training per week.
- A minimum of 10 hours of work experience upon full acceptance.
- 40 hours of PAID work experience over the course of the program and upon full acceptance.
- Short training courses as required (First Aid, WHMIS, Food Safety) and based on participant interest.

The Candora English Language Learning Program (ELL) is a part time program designed for people who are interested in learning English or improving their English Language skills: reading, writing, listening, and speaking. This is a ten-month program from September till June. We offer English classes at three levels from beginners to intermediate. The program is offered on-line. Please contact Natasha at natasha.milovanova@candorasociety.com for more information.

Candora Volunteers

To our esteemed volunteers, thank you so much for the inspirational work you have done. Your dedication is so important to the work that we do. We look forward to teaming with you again and continuing to make a difference together. We are also looking for volunteers to help with the Pen Pal Program. Please contact our volunteer coordinator Bob at bob.magumba@candorasociety.com for more information.

We are looking for community members with a few hours available each month to serve as Board Members for The Candora Society

Goals of The Candora Society include:

Self Sufficient Individuals

Candora participants have a voice enabling them to make or influence choices in their lives.

Supportive Community

Candora participants and staff are rooted in the community and the organization with exceptional connections, healthy relationships, and collaborative partnerships.

Learning Engagement

Life-long learning benefits the community and the organization. Continuous learning builds capacity, self-sufficiency, and allows for professional and personal growth.

Community Enrichment

Candora participants are contributing members of their community.

The Candora Society is Thriving

The Candora Society is a vibrant, financially stable, and innovative organization with strong stakeholder connections and community engagement. Candora maintains the integrity of our programs and activities in meeting the expectations of our funders and community.

Effective Board Governance

Candora is supported by a diverse board that thinks strategically and is accountable to funders, community partners and participants. The Board supports an environment promoting continuous learning, partnerships, and capacity-building for staff and community members.

Satisfied, Supported Staff

The Candora Society creates a culture of support, openness, diversity, inclusion, and growth for staff. We recognize the unique strengths and contributions of staff who are connectors to the community.

If you are interested in learning more about this volunteer opportunity please contact Val Cudmore, Executive Director.

Contact information by email: val.cudmore@candorasociety.com or by phone: (587) 501-2619

Candora is closed on:

Victoria Day: Monday, May 24, 2021

Canada Day: Thursday, July 1, 2021

Labour Day: Monday, September 6, 2021

**People Helping
People Make a
Difference**

Adding plants to backyard ponds

Water features can make for relaxing and eye-catching additions to outdoor spaces. According to the online gardening resource Garden Know-How, a water feature is any landscape enhancement that uses water and other material to bring tranquility and beauty to a space.

Thanks to their soothing sounds and aesthetic appeal, water features like ponds and fountains are often included in healing gardens. But they can be used in any and all landscapes.

Homeowners can explore various water features, such as waterfalls, koi ponds and even rain bells, which offer soothing chime sounds when it rains. One consideration when installing a water feature is whether or not to incorporate live plants. Certain plants are better suited for water features than others.

Surrounding plants

It is possible to create a miniature ecosystem in a yard by surrounding a water feature with certain plants. Gardening Know-How advises using canna lily or taro at the edge of a pond.

These plants thrive with roots in mud and their tops in shallow water. Broadleaf arrowhead is another option, as it can do well in a pond's shallow edges. It's a perennial so it will come back and requires little maintenance.

Floating plants

Many plants can live on the surface of the water and provide hiding spots for wildlife in a natural water feature setting. Lotus, also called water lily, is a popular and fragrant option. Water hyacinth produces vibrant lavender flowers that pop on stems that can reach three feet in height. This stunning species can be invasive, but it can be managed by planting within a hoop or submerged woven basket, indicates Happy DIY Home. Other free-floating plants to consider are duckweed, fairy moss and butterfly fern. Floating plants look beautiful and they can help filter water and control algae growth.

Submerged plants

Submerged plants are a necessity in water features that have fish. Submerged plants are

grown in weighted pots placed on the bottom of the pond. They provide shelter for fish and help oxygenate the water. Hornwort, anacharis, water milfoil, and dwarf sagittaria are some examples of submerged plants.

Water features attract wildlife, including potentially pesky insects. Planting pitcher plants in submerged pots can help reduce the presence of unwanted insects in a water feature.

Some water-loving plants are invasive, so it is always best to check with a local agricultural extension or the Department of Environmental Protection to see if certain floating or submerged plants are restricted where you live. For those who want to contain plants, placing pots of cascading greenery and flowers near to fountains, pools and ponds is another way to add appeal without having to dig in the ground.



Certain plants are better suited for water features than others.



Keeping you informed

The Suncor Edmonton Refinery would like to notify local residents of a maintenance activity that will be occurring at the refinery starting mid-April and continuing until early June. During this time, there will be potential for increased flaring or emissions as process units are shut down and re-started again. There is also potential for increased noise from the site due to maintenance activities. Alberta Environment and regional stakeholders have been informed of this activity.

Please note that during this planned outage there will be additional traffic along Petroleum Way resulting from an increase in workers on our site.

Suncor will work diligently during the shutdown and startup activity to minimize any impact on the community and our neighbours. You can visit Suncor's Facebook or Twitter pages for more information. If you have concerns, please call **780-410-5642**.

The Strathcona Industrial Association (SIA) 24 hour telephone message board, called UPDATEline, provides information for the public regarding unusual or non-routine activities at heavy industry operations in east Edmonton and Strathcona County.

For more information, call **1-866-653-9959** or follow **@SIA_Alberta** on twitter

suncor.com/livingourpurpose

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ON THE AVENUE
NEWS FROM THE BEVERLY BUSINESS ASSOCIATION
2021 SPRING EDITION



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FARMERS' MARKET

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Tuesday's 3:30 -7:30

Riverview Crossing Mall
(Formerly Abbottsfield Shopping Centre)
118 ave @ 34 Street

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community during this time.

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