

Cherry Park Neighbourhood Association Newsletter



Spring 2023

Parents and kids – you'll be thrilled with the new programs CPNA is bringing to our community

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Annual General Meeting March 8th, 2023



The CPNA Annual General Meeting is quickly approaching on Wednesday, March 8th. It will be in-person this year at Calvary United Church from 7 to 9 PM (91 Gruhn Street). All residents of the neighbourhood are invited to come - **hear** about what we have been able to do in the last year, **discuss** any future projects or concerns and **vote** for this year's Board members. We do have a vacancy on our Board and we are eager to hear from anyone who may be interested. Please contact us before March 1st. Board members are expected to attend our monthly meeting (10 a year). They should be listening to people in their area and representing what they hear to us. Any additional duties are chosen by you, according to your interests and gifts. We are looking for someone to be our secretary too. Join us now!

President's Comments



Dear neighbours,

We are past the middle of winter and our thoughts are now turning towards the spring. Thank you to the many "snow angels" this winter who helped to clear the sidewalks of their neighbours. As a couple of elders with mobility issues, I know that we appreciate it and I'm sure others do as well.

We have a full slate of programs offered for this Spring. See our offerings on page 11. Registration starts March 7th and runs until March 26th. Any courses without enough people to run by that date will be cancelled, so don't delay registering too long. Most classes will start the first week of April.

Please note a couple of new courses being offered in Calvary United Church this spring, courtesy of the creativity of a couple of our neighbours: Garden to Table Food Prep & Ode to the Sun Crafts. Check out the details in this newsletter. We would love to offer more classes at Calvary, but we need you to come up with the ideas, and even better if you volunteer to teach them. We are planning our regular schedule of events for this spring and summer:

- **Spring Cleanup & BBQ** will be on Saturday, April 29th. There is plenty of litter to pick up, so we encourage you to get out and start cleaning up, even if you can't help on the 29th. We always need volunteers to run this event, so contact us if you can help.
 - **Perennial Plant Sale** will be both on-line and in-person. May 10th & 11th (Wed. & Thurs.) will be the on-line sale, so watch our Facebook site that week for the catalogue. The in-person sale will be on Saturday, May 13th, at 110 Strange Street from 9 AM to 1 PM.
 - **Neighbour Day** will be on Saturday, June 17th. We plan to have a BBQ and I've heard that the pretzel bake will be back in 2023.
 - **Cherry Festival** will be on Saturday, July 8th. We need lots of volunteers, so please contact us if you can help. If you want to be a vendor, please contact cpna@execulink.com ASAP or at least before June 1st. We are unable to accept last minute vendors.
 - **Labour Day Corn Social** will be Monday, September 4th. Stay tuned to our announcements for further details.
- There may be additional events, such as Bread Oven Bakes, organized on shorter notice. So, if you are not already on our CPNA email announcement group, I encourage you to contact us so you can be added (cpna@execulink.com). This group is an important way that we can communicate with you between newsletters.

Shirley Gosselin, CPNA President



CPNA Newsletter
Spring 2023 Edition

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FOR THE LATEST



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Volunteer Opportunities



We need volunteers to help with many works:

- Organizing events
- Serving on our Board
- Delivering newsletters
- Cooking and serving food
- Caring for flower gardens
- Teaching classes/programs
- Writing articles for newsletters
- Helping to manage social media sites
- Muscle & vehicles (set up and take down events)

If you think you may be able to help in those areas, or have some other ideas to contribute, please contact us at cpna@execulink.com or (519) 742-3248.



Dear Ward 9 neighbours,

Wishing everyone all the best in 2023! I hope you have been able to get outdoors and find ways to enjoy the winter season.

I thought it might be helpful to share some of the guidelines and bylaws specific to winter months. First, there is no overnight parking on city streets from December 1 to March 31. Learn more about overnight parking exemptions at kitchener.ca/parkingbylaws. Additionally, all sidewalks must be shoveled within 24 hours of the snowfall finishing. The bylaw requires that sidewalks be maintained to bare pavement the full width of the sidewalk.

I encourage you to check out the Cherry Park Neighbourhood Association (CPNA) website as well as the city's website for programming options. I hope you will join me on Wednesday, March 8th, at the CPNA's AGM, 7 PM, at Calvary United Church.

It's not too late to submit your nomination to our City of Kitchener Senior of the Year Awards. All nominees must be 65 years of age or older, be a current resident of Kitchener, not be a member of MACKS and have given consent for their nomination. I regularly hear about the great work done by seniors across our community, so I encourage you to nominate a senior in your life who is making a difference in our community and show them how much their work means to you. Details can be found at kitchener.ca/senioroftheyear.

Contact me with your ideas or concerns at debbie.chapman@kitchener.ca or call me at 226-752-7104. I am always happy for the opportunity to assist the residents of my ward.

Sincerely,

Councillor Debbie Chapman | Ward 9

Members of the

CPNA have maintained several flower garden beds around the neighbourhood since 2008: at Old Willow Green Community Garden and the Extension Garden; at the KW Badminton Club; and the largest at the Strange Street entrance to Cherry Park (Cherry Commons). We are looking for someone

CPNA Flower Gardens



who enjoys – or who may *aspire* to enjoy – flower gardening to assist with caring for and renewing the gardens. No experience is necessary. Contact Shirley Gosselin at cpna@execulink.com or 519-742-3248.

For this year's plant

sale, we will have a hybrid model. We will continue with an on-line sale for two days – Wednesday and Thursday, May 10th and 11th. An online catalogue of the plants for sale will be posted to our Facebook site on that week, and sales will open on Wednesday. Plants ordered will need to

Perennial Plant Sale



be picked up within 24 hours of their order being ready. The rest of the plants will be available for an in-person sale on Saturday, May 13th, at 110 Strange Street. The in-person sale will be from 9 AM to 1 PM, and all plants must be taken away immediately. Sales on Saturday will be cash only. Don't miss the dates!

Garden & Oven News

By Shirley Gosselin



The winter is mostly passed now and our minds are turning to the spring season. There is a lot of interest in places in our local community gardens. If you haven't already gotten your name on our wait list, please do not delay - email cpna@execulink.com to get on the list. Soon many of us will start our indoor planting. The Kitchener Horticultural Society will be having their annual Seedy Saturday on February 25th from 9 AM to 2:30 PM in the downtown branch of the Kitchener Public Library (85 Queen St N). This is usually a good chance to buy seeds from vendors, or score something interesting in the free seed swap. Check out their website for more details <https://www.kitchenerhs.ca/events/pea-horseradish-azuki-bean-lettuce-avocado-asparagus-okra/>

We hope to have a good schedule of baking at our Outdoor Bread Oven this season, but it is dependant on volunteers being trained to lead them. Please consider getting trained by us and taking a turn. It only takes helping out at a bake from beginning to end to be trained. You are not expected to teach baking, only to manage the fire and baking session. The date and time of each bake is based on the availability of the leader. Our first bake of the season is usually the last weekend of March (unless it is really bad weather, then it would be early April). Stay connected through our announcement group for the dates.

In Praise of Gardening

By Myron Steinman

Exercising from weeding a vegetable bed and turning over the soil is good for us physically. Gardening strengthens muscles, improves muscle tone, and promotes better balance.

The sun plays a role in the creation of vitamin D. Vitamin D is important for strengthening bones. A garden needs to be cared for: we have to nurture what we have planted, and that is one way to take care of ourselves.

Gardening may promote a sense of belonging, especially in a community garden where we can chat with other gardeners. We may improve our cognitive health by showing up, starting a task, and following through to the point of harvesting the fruits of our labour.

Gardening may improve our self-esteem. We can be proud of their work. Horticulture therapy is practiced all over the world.





Spring Clean-Up & BBQ

Our annual spring clean-up is only weeks away – **April 29th**. As the snow melts away, make a note of where the trash has blown to during the fall & winter months. As in previous years, meet us at the Picnic Shelter on Cherry Commons (Strange Street) to pick up bags & gloves, and to choose the route that you will work on that morning. Come back at noon time to celebrate the good work and share a lunch with neighbours & friends. We need volunteers to help clean up, organize this event and the BBQ, and to pick up and transport the filled bags to the landfill. Please let us know if you can help.

For those of us who do not have cottages, we like to have a lovely Corn Social on Labour Day. This is an opportunity to enjoy the end of summer, have some great corn and mingle with your neighbours. This event will be at Gildner Green (Iron Horse Trail & Glasgow Street) on Monday, September 4th. We start the event at noon and go to about 3 PM. Food will be served only as long as supplies last (about 1:30 to 2 PM). There will be a BBQ, cold drinks and lots of corn. As usual, the food is free, but we do take donations to support our events. We keep this event simple, but we still need helpers to set up, clean up and cook. If we get the helpers, we like to have some games too. Contact us if you can help: cpna@execulink.com or 519-742-3248.



Parent-Tot Drop In

WHERE

Calvary United Church:
91 Gruhn St, Kitchener, ON

WHEN

Fridays in February and March, starting
February 10th, 10 to 11 AM

Join us for a social hour for kiddos and their parents. Toys and space are being generously provided by Calvary United church. Let's get together and chat over a cup of tea and coffee! A perfect reason to get out of the house during the long Canadian winter.

Details: the entry door is accessible from Gruhn Street and parking is available in the accompanying lot or on the street adjacent.

Kids from ages 0-7 welcome.
For any further questions, email us
at lioudvinevitch.o@gmail.com

New programs await families this spring



Ode to the Sun Crafts (Code 110797)

Join us in celebrating the return of summer with a sidewalk parade on Saturday, **June 17th**.

To prepare for this, we will meet and create props for our parade: lanterns, sun catchers, banners and flags. This fun prep work will start on Wednesday, May 10th, running each Wednesday through June 12th from 5 to 7 PM at the Calvary United Church (91 Gruhn St). What about a wearable piece of art? Let your imagination come alive. Bring your ideas & let us make it happen.

Ages 7 through 17. Under age kids should be accompanied by an adult.

Spring cleaning? Donations of art supplies will be greatly appreciated.

Do actors, dancers and musicians want to participate? We want to hear from you. Any question, you can contact us through this email: maques2000@gmail.com

CONTINUED

Garden to Table Food Preparation (Code 110165)

WHERE: Calvary United Church - 91 Gruhn St (corner of Strange St and Park St). Entrance off Gruhn St.

WHEN: Wednesdays, 6 to 8 PM, starting April 19th running until June 7th (8 weeks).

COST: \$20.00 per person, 8 students maximum. Minimum participant age: 16. Facilitator: Laura Lee Roberts

DETAILS: the church is accessible for mobility devices. Food grade gloves and mask are optional. Please bring a baggie or small container with you to each class.

This class aims to answer questions like: "I grew all this kale, now what do I do with it?" We will discuss what and when to grow in Zone 5B-Kitchener area. We will prepare food for immediate use and some for longer term storage (drying and freezing, we do not have the time for canning in this particular class). The produce will mostly be grown in the Cherry Park neighbourhood community gardens with some coming from the market. There will be time for photographing the end products that you can share in your social media: #CherryParkNeighbourhoodAssociation #CommunityGardens #FoodSustainability #Foodies. We are allowed to taste a bite of the end product, but we are not able to eat a sit-down meal in the building due to Covid prevention standards. Samples will be available for your take home. We are passionate about maintaining a low carbon footprint and about saving money, and gardening has been a natural extension of that. Laura has combined 6 years of gardening experience with decades of food preparation. Class idea sharing is a strong focus. Class participation in discussions, food preparation and post sanitizing are encouraged, but not mandatory. Let us know if you have any food restrictions in advance. Recipes will be adjusted accordingly.



Neighbour Day



The City of Kitchener will be celebrating Neighbour Day on Saturday, **June 17th**. They will have events all over the city and we hope to have something going on here too. We will have a pretzel bake again at our Outdoor Community Break Oven in Raddatz Park (inside the Willow Green Extension Garden). The bake will begin at 10 AM and run until noon. You don't need to bring anything with you, just the willingness to learn. It is open to anyone from 3 to 93 years old. At noon, meet up at the Picnic Shelter on Strange Street for a BBQ & picnic. It's been shared that there may be a small parade going around the neighbourhood with art to celebrate the Summer Solstice that will end up at the BBQ too. If you have more ideas to celebrate neighbours, we would love to hear from you. As usual, we need volunteers to step up and help make this event happen. If you can give a hand, please contact us at cpna@execulink.com or 519-742-3248. Mark this date on your calendar!

All things cherry... Here we go again! 😊

Our **Cherry Festival** came back strong last summer, and we are anticipating another great edition this year. It will be on Saturday, **July 8th**, from 11 AM to 5 PM in Cherry Park. We hope to have lots of vendors, good



food, live music, rides, games, car show and a silent auction. As usual, this event requires a lot of volunteers to pull off. We need up to 80 individuals on the day, and a crew of about 20 people to organize and plan. Please consider joining in on this with us. If you are interested in becoming a vendor, please contact us at cpna@execulink.com. We must turn in the names of all vendors to the City a month before the event, so no last-minute entries. Hurry up!

GARDEN PESTO



By Laura Lee Roberts

Recipe with money
saving and vegan options

Ingredients:

- 1 and 1/2 cups of basil leaves (you can substitute kale, but you need to blanch it first)
- 1/3 cup of nuts (you may opt for cashews or walnuts because pine nuts are pricey and hard to find)
- 1/3 cup of shredded parmesan cheese (you can substitute 2 tablespoons of nutritional yeast flakes for a vegan option)
- 1 or 2 cloves of minced garlic (more if you like it)
- Juice of half a lemon
- 1/4 cup of oil (olive oil or vegetable oil)
- 1 pinch of salt
- 1 pinch of black pepper

Directions:

Pulse the nuts, lemon juice and garlic first, then add the rest of the ingredients and gently blend (use a food processor or a blender, or a mortar and pestle set). Freeze pesto in ice cube trays, store in a baggie or container. Use two cubes of pesto per serving of pasta or salad. Enjoy!

2023 Spring Activities - Registration starts March 7th



Deadline is
March 26th

Programs - Kids, Youth and Adults	Code	Age	First Date	Last Date	Start Time	Duration	Cost	Location
American Sign Language - Beginners I (TUE) Learn to communicate with your hands.	110156	12 +	04-Apr	06-Jun	6:45 PM	1 hour	\$60	Downtown Community Centre
American Sign Language - Beginners II (TUE) Upgrade your signing skills beyond Beginner I.	110158	12 +	04-Apr	06-Jun	8:00 PM	1 hour	\$60	Downtown Community Centre
Basketball (TUE) Practice key techniques & improve your play.	110170	7 to 12	04-Apr	06-Jun	6:30 PM	1 hour	\$50	King Edward Public School
Crafts for Kids (TUE) Bead making, macrame bracelets and origami.	110171	8 to 12	04-Apr	23-May	6:30 PM	1 hour	\$10	King Edward Public School
Dungeons & Dragons for Youth (WED) Join a classic role-playing cooperative game.	110174	11 to 15	05-Apr	07-Jun	7:45 PM	1 hour	\$10	Calvary United Church
Yoga (WED) Relieve stress and improve your flexibility.	110163	12 +	05-Apr	07-Jun	7:00 PM	1 hour	\$60	Calvary United Church
German - Beginners (WED) Learn basic German phrases for a trip abroad.	110159	16 +	05-Apr	07-Jun	7:00 PM	1 hour	\$60	KW Badminton Club
German - Intermediate (WED) Improve on your next vacation to Germany.	110161	16 +	05-Apr	07-Jun	8:00 PM	1 hour	\$60	KW Badminton Club
Pickleball for Kids (WED) Learn about this growing sport for all ages.	110172	7 to 12	05-Apr	07-Jun	6:30 PM	1 hour	\$50	King Edward Public School
Table Games for Kids (WED) Enjoy traditional board games with friends.	110173	7 to 12	05-Apr	07-Jun	6:30 PM	1 hour	\$10	King Edward Public School
American Sign Language - Beginners I (THU) Learn to communicate with your hands.	110166	12 +	06-Apr	08-Jun	6:45 PM	1 hour	\$60	Downtown Community Centre
American Sign Language - Beginners II (THU) Upgrade your signing skills beyond Beginner I.	110167	12 +	06-Apr	08-Jun	8:00 PM	1 hour	\$60	Downtown Community Centre
Spanish - Beginners (THU) Learn basic Spanish phrases for a trip abroad.	110168	16 +	06-Apr	08-Jun	7:00 PM	1 hour	\$60	KW Badminton Club
Spanish - Intermediates (THU) Level up your fluency on conversations.	110169	16 +	06-Apr	08-Jun	8:00 PM	1 hour	\$60	KW Badminton Club
Dungeons & Dragons for Kids (THU) Join a classic role-playing cooperative game.	110176	7 to 12	06-Apr	08-Jun	6:30 PM	1 hour	\$10	King Edward Public School
Yoga for Kids (THU) Little ones also get to work on stretching.	110175	7 to 12	06-Apr	08-Jun	6:30 PM	45 min	\$50	King Edward Public School
Garden to Table Food Prep (WED) Cook using sources straight from the garden.	110165	16 +	19-Apr	07-Jun	6:00 PM	2 hour	\$20	Calvary United Church
Ode to the Sun Crafts (WED) Make crafts to celebrate the Summer Solstice.	110797	7 to 17	03-May	14-Jun	6:00 PM	2 hours	\$10	Calvary United Church



Welcome to ACTIVE Net!

Our new online program registration and facility scheduling system makes it easier to register for programs and activities and view facility availability. Sign in to activate your account or create a new account and get started!

[Sign In](#)

[Or Create an Account](#)

- If you had a **Webreg** account before, all you need to do is activate your new **ACTIVE Net** account by contacting any Community Centre or Indoor Pool, or by calling at 519-741-2200 extension 2907.
- Sign into www.kitchener.ca/activenet to activate or create a new account, and then register for a program. Payment for online registrations by credit card only.
- You can also register in person for a program at any Community Centre or Indoor Pool, or even on the 7th floor at City Hall. When registering in person, you can pay by cash, cheque or debit / credit card.



- KW Badminton Club: 69 Agnes Street
- King Edward Public School: 709 King Street West
- Calvary Memorial United Church: 91 Gruhn Street
- Downtown Community Centre: 35-B Weber St. West

GUIDELINES

- 1) Registration will continue until the class is filled or the deadline is reached. Classes with low enrolment may be cancelled.
- 2) Registration is on a first come, first served basis.
Most courses have a maximum number of spaces available.
- 3) NSF cheques will be charged \$35.00.
- 4) The Cherry Park Neighbourhood Association has the right to cancel or change programs if necessary.
- 5) All class transfers must be done before the start of the 3rd class.
- 6) A 100% refund will be given if you withdraw from a program more than 7 days before the first day of the program. Refunds will only be given in the same form as payment made. Cash refunds over \$20 will be refunded by cheque. If credit is left on account, the credit will expire after three years. No refund will be given if a request to withdraw is made less than 7 days prior to the first day of program.
- 7) Participants who show a current Leisure Access Card when they register at the Victoria Hills Community Centre, will receive a \$10 discount on courses over \$30, or a \$5 discount on courses under that amount.
- 8) Please print your receipt and bring it to your first class, which is your proof of registration, to show to the instructor. Instructors cannot register you or take payments.
- 9) If the participant has a disability or special need, and requires accommodations to attend the class, one-to-one assistance may be available. Please contact (519) 741-2200 Ext. 7229 / TTY 1-866-969-9994.
- 10) There will not be programs on statutory holidays.