

CEED CENTRE SOCIETY

CONNECT. ENGAGE. GROW.

ANNUAL REPORT 2020



PRESIDENT’S MESSAGE



The challenges of 2020 have not gone unnoticed by most organizations, and that certainly includes needed community groups like the CEED Centre. Reflecting back on the year that was 2019, and contrasting it with the limitations of 2020 have certainly highlighted the gap in community services and outlets when a center as vital as CEED has to close to the public even temporarily due to this unprecedented time. Our past programs have helped everyone from seniors and youth, from the at-risk to the well-established, from green thumbs to those with thumbs covered in paint. In as many ways as one year is the same as the next, the CEED Centre has striven, and will continue to strive, to innovate and include programs delivered to and by every part of our community.

Richard Farrance

BOARD OF DIRECTORS



Gerry Pinel
Vice President



Carol Waters
Director

2019-2020

Wendy Cook
Secretary



Martin Dmitrieff
Treasurer

EXECUTIVE DIRECTOR

Roller coaster. Wake-up call. Opportunity. Chance to innovate. Reflect. Re-organize. Find new ways to connect community.

—Just some of our reactions to an ongoing COVID-19 crisis that left few untouched. Not to gloss over other crises demanding fast collective action—climate change, the opioid crisis and unsustainable economics.

The CEED Centre Society in all its incarnations has always served to look critically at the world and come up with holistic approaches that can be implemented at the community level—through awareness raising or direct action.

We focus on social innovation—the combination of ideas, knowledge and people in new configurations to solve the challenges of the day.

We do it by incorporating elements of all three frameworks—social, environmental and economic—into our initiatives. Take the *Velorganix* youth eco-employment program for example. It supports anxious youth entering the workforce while modeling low-carbon transport and diverting organic waste.

Despite COVID, we look forward to reconvening our podcasting initiative with SFU and SD42 student partners to give voice to local issues as traditional information sources wane. And we have a modest start on our food hub to address food security concerns using our electric cargo trike to carry local produce straight from farms to homes.

Meanwhile, we are finding new ways to continue ongoing programs. We are grateful to the Maple Ridge Commu-

nity Foundation for funding a new garden pavilion roof to make it safe for our Seniors Volunteer Inclusion Program (S-VIP) participants to gather. And we have taken our Wednesday Community Discussions online via Zoom, allowing far-flung community members to join.

We anticipate more abrupt change ahead—secure in the knowledge that connected communities have the greatest resilience.

So we will continue to advance our mission to connect people and share ideas on sustainability.

Of course, all of this is made possible by our volunteers, funders and participants. I am eternally grateful for their support and encouragement. It makes my work a joy.



Re-roofing Pioneer Park Organic Community Garden shed

Christian Cowley

CEED CENTRE NEIGHBOURHOOD HOUSE



- drop-in centre
- meeting room rentals
- offices for community organizations
- information referrals and advocacy
- free Internet access featuring computers, skype phone, scanners, printers
- one-on-one computer training
- distribution of public information pamphlets
- community events, movie nights, games nights
- workshops, seminars and forums
- weekly programs
- organic community garden

We respectfully acknowledge that the CEED Centre Neighbourhood House is on the unceded traditional territories of the Kwantlen Nation and Katzie First Nation.

BUILDING HISTORY



The CEED Centre Neighbourhood House was built by the Japanese-Canadian pioneers of Maple Ridge in the late 1920s or early 1930s as a one-room kindergarten. It originally stood at the corner of the streets now known as Dewdney Trunk Road and 232 Street. It is registered federally as a protected heritage building.

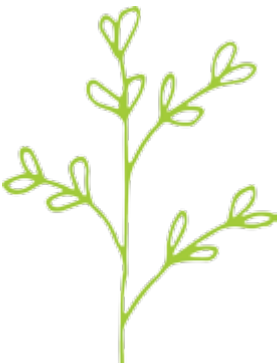


A kindergarten class



The building in its original location

A new property owner donated the building to the Fraser Information Society, our predecessor, in 1989. The building was moved to its current location with the support of the City, local businesses and many generous donors. A youth project led by executive director Don Mallais restored the building. Mayor Bill Hartley presided at the opening on Earth Day in 1990.



CHARITABLE PURPOSE

The CEED Centre Society is dedicated to community education on environment and development. The Society is a registered charity and was originally formed in 1984 as the Fraser Information Society.

MISSION

We foster the development of social connections and sustainable living practices within the communities of Maple Ridge and Pitt Meadows.

PROGRAM SCOPE

We operate the CEED Centre Neighbourhood House, where we offer programs and services related to community development and food security. Our partners offer additional programs and services from the neighbourhood house. We provide a welcoming atmosphere for people who wish to connect to their community by volunteering. We also accept youth and others on work experience placements or who need to fulfill community service hours.

VALUES

We believe:

- that communities should be built “*from the inside out*” by mobilizing the talents, skills and knowledge of the people, organizations and institutions in the community;
- that all human endeavours should fit within the earth’s natural carrying capacity;
- that all people should be treated with dignity and respect, standing equal and valued in the eyes and deeds of the community.

PROGRAMS AND SERVICES

Seniors Volunteer Inclusion Program (S-VIP)

Humour & Activities For Elders, Including People With Dementia And Caregivers

There is a certain magic created by diverse people coming together to share humour, refreshments and conversation. First envisioned by Susan & Gerry Kennedy and their friend Bev Collins, SAGE is an inclusive group of elders with a special place in their hearts for people with dementia and their caregivers.

The primary focus is social activities- -but there are plenty of opportunities to share vital information and resources that make the challenges of living with dementia easier.

The award-winning group meets weekly at the CEED Centre Neighbourhood House or heads out on adventures in the community.

And you don't have to be involved with dementia to participate, you just have to identify yourself as a senior.

The program has enjoyed the support of the New Horizons for Seniors program of the Government of Canada, to whom we are most grateful.

The program runs Tuesday mornings from 10:00 am to 12:00 noon at the CEED Centre Neighbourhood House, or during COVID times in the garden pavilion. Refreshments are supplied. Most activities are free. We frequently carpool to off-site locations to explore our communities.



Susan and Gerry Kennedy, inspiration for the program

Participation is open to all Maple Ridge and Pitt Meadows seniors regardless of health status. The seniors plan to create a cookbook featuring local stories and favorite recipies.



fishing expedition



Award from the cities of Maple Ridge and Pitt Meadows for supporting inclusion



gathering in the garden pavilion

Wednesday Community Discussions

Informal forum to discuss and connect

For more than a decade, we have hosted a weekly community discussion that provides newcomers a place to connect with community and long-time residents a forum to exchange ideas, opinions and stories. The topics are suggested by the participants each week and the talks are facilitated by



celebrating a birthday

Society director Gerry Pinel. Currently, we utilize Zoom to meet. When we are able to meet in person, we provide local baked goods and fruit to whet the appetite for great conversations.

All ages welcome. We are happy to receive post-secondary students for their community learning sessions as well.



Gerry keeps track of the topics

CEED Centre Art Group

Companions in art

First started as Warren's Art Workshop, the Group morphed into a space where artists of all abilities gather to paint or draw, share great conversation and teach each other.

Artists bring their own supplies to use on our tables, drop cloths and chairs.



The Group often displays its works at public festivals, such as GETI Fest, and local galleries and cafes.

It meets Tuesday afternoons from 1:00 pm to 3:00 pm.



CEED Centre Sewing Group

Sharing a common thread

The Sewing Group is a newer program at the Neighbourhood House started by Elise Gouin. A small but dedicated circle of experienced seamstresses, fashion designers and new learners take on community projects and share their knowledge of textile techniques.



Willow prepared memory blankets from donated scraps

This year their projects ranged from a removeable sign for the Velorganix trike and special memory blankets for residents of care homes.

They are planning a series of workshops for the autumn.



Elise and Willow showing their handiwork

CEED Centre Walking Group

Walking to mental health

Well-known for its beneficial effects, walking is a gentle form of exercise suited to many. Group host Lavene arranged moderate hikes in local parks around Maple Ridge and Pitt Meadows to share stories, get out into the outdoors and connect with others.



We are looking for additional hosts to arrange walks.

Community Computer Program

Bridging the digital divide

Information and communications technology is not equally available to all citizens, creating a digital divide. Our program is designed to bridge this divide for people who may have limited digital literacy or income.

We offer public Internet access via computers, printers, scanners and a Skype phone. We also offer basic training on

browsing and email access on a one-to-one basis for individuals by appointment. While we observe COVID precautions, we are making the site available by appointment.

Common uses are to write and print resumes, access government online services and contact family.



Information, Referrals and Advocacy

Providing answers

Visitors and local residents alike come to the Neighbourhood House to pick up public service brochures, service agency pamphlets, event notices and posters. Some just come for organic gardening or sustainability advice,

while others need help finding services and advocates. We assist them or guide them to the appropriate agency. We also receive inquiries by telephone and email on a weekly basis.

CanadaGrowSmart Pesticide Alternatives

Problem solving nature's way

CanadaGrowSmart is a CEED Centre initiative to inform people about pesticide alternatives. It grew out of the Campaign for Pesticide Reduction! Maple Ridge (CPR!MR), an ad hoc citizen group.

In December 2006, Maple Ridge became the 124th Canadian municipal-

ity to enact a pesticide control bylaw (Pesticide Use Control Bylaw No. 6413 – 2006).

We operate a hotline and maintain an extensive website to inform people about alternatives to applying pesticides for cosmetic purposes on lawns and gardens.

Workshops and Training

Sharing knowledge of culture and sustainability

This year, we launched a special training series on cob oven building to teach sustainable building techniques using local materials. Clay from east Maple Ridge soils were added to river sand and local hay. We will use the portable cob oven for community events.

Our second series was lead by local artist Michael Sawyer, who used painting to assist in recovery from a traumatic brain injury. Although the COVID lockdown forced us to interrupt this 6-part series, we plan to resume it in September in the garden pavilion.



Inner layer of the cob oven, formed over sand



Inner layer of the cob oven, formed over sand

As always, we are on the lookout for instructors to teach topics of interest to the general community.

We plan to offer a beginning gardening series in the fall taught by our executive director. He will base the course on organic master gardening techniques, Korean Natural Farming practices and no-till cover crop concepts.

Podcasting

Connecting community with the spoken word

Local reporting has suffered as financial models for conventional media collapse with the advent of digital media. However, podcasting has potential to fill the gap by making it easy for community members to take to the air with information about local events, personalities and contemporary topics.

We have teamed up with an SFU department and students from a local high school to produce a series of podcasts focusing on local stories. The arrival of COVID temporarily postponed our initiative, but we plan to resume via Zoom in late 2020.

Velorganix Youth Eco-Employment Program

Transitioning smoothly into the work force



Pictured here is the fantastic Vancity team in Maple Ridge, which sponsored our electric cargo trike.

The trike is the means by which we intend to support youth aged 16-24 to enter the workplace at a pace suited to their mental health. Anxiety is a growing concern for many youth. And as a society, we are still playing catch-up to meet the demand for mental health resources.

The program is designed to gradually increase responsibility to avoid overwhelming the youth while building their confidence on the job.

We will have the youth ride the trike to offer delivery services and host seniors on outdoor expeditions.

The secondary goals are to model carbon-free transport, divert organic waste from landfills and avoid greenhouse gas emissions while creating fun jobs.

At the moment, we are using the trike to pilot a farm-to-home delivery service between Wandering Row Farm and its customers. We hope to expand the program as a modest start to a food hub, a long-term food security goal.



Angela Dixon

Wandering
ROW FARM
EST. 2015

CEED Centre Organic Community Garden

Growing community



We maintain 20 planting beds for families and individuals at this organic community garden. They are available on a first-come, first-served basis and returning gardeners have priority. Gardeners pay our \$15 membership fee for the first bed and \$10 for a second one.

We owe a large debt of gratitude to volunteer Elizabeth Bukala for her incredible dedication to cleaning and restoring the display gardens.



the old pavilion roof

Pioneer Park Organic Community Garden

Growing in your neighbourhood



This little garden is home to six plots, including one used by a community organization and several gardened by families. Nestled inside Pioneer Park on 230th Street, the garden received a new shed roof this summer. We are currently examining the potential to expand its arable area by one-third. Community gardens are a great way to share complex growing information and improve individual food security. They are also good for horticultural therapy.



Volunteer Appreciation

Meaningful engagement

A society involved in multiple aspects of civic life owes its success to the people that step up to volunteer. We understand that meaningful engagement is critical to personal balance and well-being.

But we are especially appreciative of our many volunteers--from those that can spare a few hours each month to those that contribute almost daily.

They lead programs, arrange fundraisers, donate, serve as ambassadors, run events, flip pancakes, serve spaghetti, teach bike safety, sweep, clean, garden, write letters, solicit donations, paint, sand, drive and tweet.

They have our sincere gratitude. Because together we make community—better.





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