

Cairnsmore Community Newsletter

July/August 2008

NEWSLETTER COMMITTEE

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The Cairnsmore Newsletter is published bimonthly. If you would like to contribute an article about the Cairnsmore Community please contact **Veronica Scott at 733-2441** or verscott@telus.net

SAFETY TIPS:

Coming out to fun events like summer BBQ's and picnics, and taking part in projects that improve our surroundings creates a sense of community and connection. It's like that 'small town' feeling where people of all ages and backgrounds care and look out for each other. Knowing our neighbours and being in touch with what's happening around us improves quality of life and makes for safer communities.

There are more formal ways of making communities safer as well. Here are some ways of improving your home security from Carol-Ann Rolls, Manager, Community Policing Programs and Projects.

- when you leave home for a short time, do you lock all doors and windows, including any outside shed or garage?
- do you make your home look and sound occupied when you are away?
- do you have secondary locks on windows rather than just simple latches?
- are entrances clearly visible (clear shrubbery, well lit)?
- do you leave outdoor lights on at night or use motion-sensing lights?

BLOCK WATCH is another way that communities can look out for each other. If you would like to know more, please contact **Carol-Ann** at **250-701-9146** e-mail: warmlandcops@shaw.ca

M'AKOLA HOUSING SOCIETY'S ANNUAL BBQ



Thanya Al-Saadoon of Safer Futures and M'Akola Housing manager Nelson Folland enjoy the BBQ with resident children.

There's nothing like a Cowichan salmon BBQ in the summer. Sixty or so M'Akola residents got together on July 23rd to enjoy the M'Akola Housing Society's Annual BBQ. The event is for people who live in M'akola housing units throughout the Cowichan Valley. It provides an opportunity for fellowship and fun says Nelson Folland, General Manager of the Duncan area M'Akola Housing Society.

EVENTS HELP OPENING DOORS TO UNDERSTANDING

'Food, Friends and Conversation' is one of five multi-cultural events to be hosted by the Cowichan Valley Intercultural Society as part of a year-long program of events called 'Everyday Elsewhere.' People of all ethnic backgrounds are invited to the Moose Lodge on September 20th to share ethnic culinary treats and great 'food for thought' from a variety of countries. For more information, please call **Jacki Martin** at the Intercultural Society **250-748-3112**.

GALA VISTA RESIDENTS TO WORK ON WISH LIST

Residents and management of the Gala Vista Apartments along with Safer Futures staff will meet on September 17th to revisit a 'wish list' of projects and priorities. The list was developed several months ago and includes such things as safe crosswalks, block parties, first aid courses, community kitchens and playgrounds. The Neighbourhood Working Group is linking up with management and residents of the apartments. for more information, please call **Thanya** at **250-748-7000, ext 229**.

CAIRNSMORE RESIDENTS: YOU'RE INVITED TO JOIN THE NEIGHBOURHOOD WORKING GROUP

Come out and see what's happening in your neighbourhood. Get involved. Meet your neighbours. Be included in decisions about things that really count!

For more information please call **Pam Alcorn** or **Thanya Al-Saadoon** at Safer Futures: **250-748-7000**.

Newsletter sponsored by:

Safer Futures: www.saferfutures.org

Vancouver Foundation: www.vancouverfoundation.bc.ca

The Government of Canada's National Crime Prevention Centre is a partner in this initiative.





SUMUN'EEN AFTER SCHOOL PROGRAM
at
Khowhemun Elementary
Starts September 2, 2008

Students in Grades 1-6 are invited to enroll in a new after school program at Khowhemun Elementary school.

Registration is **FREE** and starts at the school on **August 25**.

Program:

- Recreation (gym time)
- Homework help
- Games
- Play based learning
- Field trips

Time: 2:30pm – 6:00pm

Funding provided by the Royal Bank of Canada. For more information please call **Khowhemun Elementary School** at **250-746-7845**.



Larry Mattin, Principal of Cowichan Valley Open Learning Cooperative (CVOLC), talks to students about the school's new mural. The colourful mural was designed and painted by the students.

STRONGSTART EARLY LEARNING CENTRE

FREE drop in programs for children 5 and under with their parents, grandparents or caregivers

- Alexander Elementary School
9:00 am-12:00 pm Mon-Fri
- Khowhemun Elementary School
8:30 am-11:30 pm Mon-Fri
- Koksilah Elementary School
9:00am-12:00pm Mon-Fri

LOTS HAPPENING AT ST. ANDREW'S CHURCH

Mother Goose Program: St. Andrew's is providing the facilities for Cowichan Family Life to provide this special program for parents and their babies, from birth to 18 months. The program (ten sessions) provides helpful information about parenting. Wednesdays 10:30 a.m. to 11:30 a.m., starting September 24th at St. Andrew's 531 Herbert Street, Duncan. **FREE**. Call **250-748-8281** for more information.

St. Andrew's Youth Activities: start this September. Kevin Carrigan, the new Youth Director, replaces Chris Yue who has moved to Victoria. Kevin is very musical and has a heart for the teens. Youth meetings take place most Fridays and include all sorts of activities. Students in grades 7 – 12 who live in the Cairnsmore Neighbourhood are most welcome. For more information please call **Kevin** at **250-746-7413**.

Enabling Gardens: These are community gardens for seniors at the church. Last June we held a Garden Party to celebrate the start of gardening season. It was a great success. We'll be cooking up the garden offerings at a September 'soup day'.

- **Jan McIntyre**, Parish Nurse
St. Andrew's Presbyterian Church

COMMUNITY LEADERS MEET TO DISCUSS INTER-RACIAL RELATIONSHIPS

Thanks to a meeting of leaders in mid July, plans are progressing towards building respectful relationships across and within all communities and cultures in the Cowichan valley. The meeting included Cowichan Tribes Chief Lydia Hwitsum, Duncan Mayor Phil Kent, Pam Alcorn of Safer Futures, members of North Cowichan RCMP including Inspector Kevin Hewco, and News Leader reporter Krista Siefken. These leaders came together to discuss hard questions about fostering respectful community relationships. The group looks forward to finding ways that people can connect respectfully in their everyday lives. The residents of Cowichan will be called on to participate. For more information, call **Pam Alcorn** at Safer Futures at **250-748-7000, ext 230**.

ATTENTION WOMEN!

Would you like to:

- Increase your self-esteem and confidence?
- Learn new skills and explore employment possibilities?

If you are ready to move forward with your life in a supportive environment the **HORIZONS** program may be for you.

Horizons offers:

- Personal Development
- Employability Skills & Development
- Employment Exploration & Preparation

We are currently accepting women for the September 2008 program

FREE! Call Now **250-748-7000** ext. 232

Sponsored by **Cowichan Women Against Violence Society** and funded by the **Ministry of Employment and Income Assistance**

WHAT IS SAFER FUTURES?

Safer Futures is a program of Cowichan Women Against Violence Society (a non-profit organization) that works with people in the Cowichan Valley to create neighbourhoods that are safe, healthy, and offer equal opportunities for a good life. A safe and healthy community is one that works to connect people, community organizations, business, and local government to narrow the gaps between advantage and disadvantage, and to ensure healthier, stronger, and more cohesive communities.



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