

Cairnsmore Community Newsletter

November/December 2008

NEWSLETTER COMMITTEE

Thanya Al-Saadoon
Kathy Coster
Larry Mattin
Kerry McIntyre
Jessica McPherson
Lorna McPherson
Veronica Scott
Kathy Williams

The Cairnsmore Newsletter is published bimonthly. If you would like to contribute an article about the Cairnsmore Community please contact **Veronica Scott at 250-733-2441 or verscott@telus.net**

LOTS HAPPENING AT ST. ANDREW'S PRESBYTERIAN CHURCH

Redemption Gardens will be expanding with several new garden beds for next year. These will be enabling beds for seniors and raised beds for other gardeners. This year was a great success and most of our gardeners, who ranged in age from three to ninety-three years, will be returning. Four garden beds were for the Food Bank in Duncan. We raised potatoes, squash and tomatoes. All of the produce was gratefully received. Stay tuned for updates. If you have any questions about the gardens and how you may become involved, please contact **Carol Avon at 250-748-0090**.

Jan McIntyre
Parish Nurse

NEWS FROM THE GALA VISTA APARTMENTS

Residents **Monica and April** say they are happy with ongoing improvements to the apartments. The buildings are much more welcoming. Washers and dryers have been replaced and parking lines were installed. The highlight of the summer was a wedding held in the apartment's green space. Everyone had a terrific time.

NEWS FROM COWICHAN GREEN COMMUNITY



Everyone had a great time at the Cowichan Green Community's Fall Harvest and Sustainability Festival held at Providence Farm on September 14th.

More than just the leaves are changing around town; Cowichan Green Community has been a whirlwind of transformation lately. **Andrew Goudey**, Past President has moved temporarily (we hope) to Dawson Creek. **Amy Rienzo**, Project Coordinator is taking some much needed time off, and **Judy Stafford** has been appointed the new Executive Director.

Harvest time is our busiest time of year with FruitSave still in full swing and Grow-a-Row celebrating a very successful launch. There's a lot in the planning stages such as writing the Food Charter for the Valley, a new Grass to Garden project, and organizing an Environment Conference, June 2009. Please have a look at our new revitalized website, www.cowichangreencommunity.org to see what else is new, or stop by our office at 277 Craig Street to say hi or shop at our Green Store.

Judy Stafford
Executive Director
Cowichan Green Community

COWICHAN VALLEY OPEN LEARNING COOPERATIVE IS HAVING A GOOD YEAR

Larry Mattin, Principal of Cowichan Valley Open Learning Cooperative (CVOLC), reports that the school year is off to a great start with more students registered than last year.

The school was awarded a grant to help former students who had dropped out or who were at risk of dropping out to return to school. The program is called Reclaiming At-Risk Youth. Principal Mattin is very pleased with the results. "We tracked 144 youths in the Cowichan Valley. Of the 144, only 26 were unaccounted for, the rest were either in school or moved to a new district."

SHARE A TABLE. SHARE IDEAS

City of Duncan two-part community event. Learn why voting is important, and then, meet candidates in a friendly 'round table' format. Free supper (first come first served).



Thursday November 13
Duncan Fire Hall, 468 Duncan Street
Learning event and Supper: 5:00 pm – 6:30 pm
Meet Candidates: 6:30 pm - 8:00 pm
Hosted by: Safer Futures, Cowichan Green Community, and Community Options Society
For more information call Pam or Thanya at 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.



FIRST STAGE OF DUNCAN EL'S PLAYGROUND READY

The École Duncan Elementary Parent Advisory Committee (PAC) says that much needed playground equipment has been purchased thanks in large part to an anonymous donation of \$35,000. School District 79 will do the installation. Members of PAC sold Halloween pumpkins fund the next stage of the playground.



Kathy Williams, Growing Together

NEWS FROM GROWING TOGETHER

Growing Together now has a twenty-two foot sign on the Cairnsmore side of the building. The sign makes it much easier to find us, it also advertises the services we offer.

We have started a moms' group with mothers from Cowichan Valley Open Learning Cooperative and Adult Education. The group meets once a week at Growing Together. Our leader is Karleen McGregor, a practicum student from the Community Options Society and our own practicum student, Courtenay Wylie from the First Nations Child and Youth Care program. The group put together a recipe book in their first week. Next week they plan to work on a 'visioning board.' This group is a really wonderful addition to our program.

**Kathy Williams
Growing Together**



If you're separated or divorced, the holidays can be a lonely, stressful, depressing time. But there's hope. Join us for an encouraging seminar that will help you survive the holidays and discover new ways to enjoy them again.

Sunday, November 23 from 2 to 4 pm
St. Andrew's Presbyterian Church
531 Herbert Street, Duncan
Call to register: 250-746-7413



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.



No matter how long it's been since your loved one died, grief can make the holidays a painful time. But there's hope. Join us for an encouraging seminar that will help you survive the holidays and discover new reasons to enjoy them again.

Sunday, November 23 from 2 to 4 pm
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UPDATE FROM THE NEIGHBOURHOOD WORKING GROUP

At the last meeting of the Cairnsmore Neighbourhood Working Group, Mayor Phil Kent reported that improvements to Centennial Park are moving forward. The City is also working with the Cowichan Valley Regional District (CVRD) to build walking and biking trail networks to access the Cowichan Common. The plan is to have a circuit of trails around the city. He also noted that the Graffiti Taskforce has been busy doing community clean up work as well as painting over graffiti. Although most areas have been done, clean up will be an ongoing project.



The Neighborhood Working Group also talked about the possibility of hosting a Safety Walk. The purpose of the walk, which would include several community agencies, would be to highlight safety concerns including poor lighting and visibility and discarded needles and refuse. If you would like more information, please call **Thanya Al-Saadoon** at 250-748-7000 ext 229.

SECOND ANNUAL FUND-RAISER FOR SERENITY HOUSE



Serenity Child and Parent Society is hosting a silent auction and dance.

When: Saturday, November 22, 7:30 p.m. to 1 a.m.
Where: Duncan Curling Club

Tickets are \$15 and are available at Duncan Bowling Lanes, 2701 James Street, or by calling 250-746-6446. Snacks at 10:30 p.m. Door prizes (50/50)!! DJ music!!

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