

James-Alexander Neighbourhood Newsletter

January/February 2009

NEWSLETTER COMMITTEE

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

BEAT THOSE WINTER BLAHS WITH GREAT FOOD, MUSIC AND A STORY OR TWO!

It's been a long cold winter, time to get together with neighbours and have some fun! The James-Alexander Neighbourhood Working Group is hosting an evening of food, music and cultural awareness.

- **When:** Friday, February 27th from 5 to 8 p.m. (dinner from 5-6 pm)
- **Where:** Alexander Elementary School Gym, 2471 Beverly Street.

The idea is for people who live in the James – Alexander neighbourhoods to come out for a **FREE** evening of fun. Bring the kids, listen to a Marimba Band and First Nations Storytellers, enjoy some home cooking, games and art. For more information contact **Thanya Al-Saadoon at 250-748-7000**.



SHELTERS FOR ABUSED WOMEN DO MORE THAN PROVIDE SHELTER

Shelters for women, like Somenos House operated by **Cowichan Women Against Violence**, do more than provide emergency housing and food for women and their children: they offer counseling and support to help women rebuild their lives, programming for children who have witnessed violence to help them heal, legal advice, and assistance finding affordable housing. Many shelters also raise awareness in their communities about domestic violence.

The cost of operating shelters for abused women in Canada totals more than \$135 million each year.

Shelters play a critical role in stopping violence against women, but are only part of the solution. Support for women involves a wide range of services and programs that prevent abuse (e.g. teaching youth about healthy relationships) and help abused women rebuild their lives after violence.

(adapted from www.stopviolence.ca)

COWICHAN VALLEY RESIDENTS WILL SOON HAVE THEIR OWN CAR SHARING CO-OP

Car sharing is a new way to own a car. Co-op members jointly share ownership of vehicles for short and long term trips. A small fee covers administration of the program and related costs including maintenance, gas, insurance and cleaning. Cars, vans and trucks are reserved through a website and parked in accessible areas. The Co-op is run as a non-profit organization.



"We definitely saw interest in a Care Sharing Co-op at our recent food security event, "Island on the Edge." We had overwhelming response and ran out of brochures in the first half hour," said Judy Stafford, Executive Director Cowichan Green Community.

Find out more about this Co-op at the Cowichan Green Community's Care Share Co-op Community Meeting:

- Saturday February 21, 1-3pm
- City Hall building downstairs at Volunteer Cowichan

The Cowichan Green Community is also hosting a fundraising dance:

- **Bijou du Bayou's Lucky-unlucky Valentine's Fun-raiser** February 13, 8pm Brigantine Pub, Maple Bay
Come hang out with great music, great fun, and help raise money to build a community greenhouse. Admission is by donation. For more information contact **Judy Stafford 250-748-8506**

FRIDAYS ARE FUN NIGHT AT ALEXANDER ELEMENTARY SCHOOL

Looking for something to do with the kids on Friday evenings? Why not take part in Parent and Family Fun Night from 6 to 8 p.m at James Alexander School. This is a facilitated program for families and children, open to all families wishing to have family time together. The only requirement is that parents attend. The program is run by Johnny Harry, a practicum student. If you would like to know more, please call the school at **250-748-8148**.

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Municipality of North Cowichan: www.northcowichan.bc.ca

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.



FITNESS SUBSIDIES

Last October, **Social Planning Cowichan (SPC)** held community focus groups about physical activity and adults with limited resources. Many thanks to all those who took part. We are applying for more funding to hold a physical activity public awareness campaign. In the meantime, here are some programs offering subsidies. For more information, please contact the recreation facility.



- **Island Savings Centre:** One time \$40 subsidy toward any program at the Centre. 250-748-7529
- **Cowichan Aquatic Centre:** Leisure Access Program for low income adults and families. 26 free drop in passes for use in the pool or gym and \$125 toward fitness programs. Adults required to pay first 10% of the program cost, remaining fees covered by the \$125 subsidy. Child minding available, volunteers receive free monthly pass for pool and fitness use. 250-746-3100
- **Frank Jamison Community Centre (Ladysmith):** Free adaptive fitness classes on last Friday of every month and free swim on birthday (adults). Leisure Access Program for adults with income below \$16,544. Adults in this income bracket receive 50% off pool and fitness fees. 250-245-6424
- **Kerry Park Recreation Centre and Shawnigan Lake Community Centre:** Don't offer subsidies for low income adults, but if requested through a government agency subsidies can be made available. 250-743-5922

Michelle Nowzek, Social Planning Cowichan

PLAYOFF FEVER



It has been a very exciting hockey season here in the Cowichan Valley and playoff fever is just around the corner for our Cowichan Capitals Jr. A Team! The regular season play is coming to an end and all the hard work and determination is paying off! With four regular season games remaining on the schedule the Caps have managed to secure their spot in the playoffs. The first round of playoffs will be a best of five series and promises to be an exciting one as they take on island rivals, the Nanaimo Clippers. Make sure to come out and cheer on your hometown Caps to Victory! Guaranteed the best entertainment value in town! Tickets are available at the Island Saving Centre. Thank you to all of our fans for your continued support!

- ▶ **Kal Tire Game Night:** Sat. Feb. 7, Capitals vs. Alberni @ 7:30pm
- ▶ **Thrifty Foods Game Night & \$5.00 Student Night:** Wed. Feb. 11, Capitals vs. Surrey @ 7:00pm
- ▶ **Island Savings Game Night:** Fri. Feb 20 vs. Alberni @ 7:30pm
- ▶ **Final Regular Season Game:** Sat. Feb. 21 vs. Victoria @ 7:30pm
- ▶ **First round of playoffs begin Feb. 27 and 28 in Cowichan.**

See you at the Stick!

PREVENT AUTO THEFT!

Here are some tips to help protect you and your vehicle:

- Close all windows, lock all doors, and take the keys with you. Many of the stolen vehicles had the keys in them.
- Never hide a second set of keys anywhere on your vehicle. Thieves know all the hiding places.
- Never leave your vehicle running, even if you will only be gone for a minute; vehicles are commonly stolen at convenience stores, gas stations and ATMs.
- Park in well-lighted areas. Over 50 percent of vehicle thefts occur at night.
- Use your garage; lock both the vehicle and the garage. Locking both doors greatly reduces the chance of theft.
- Keep your garage door opener with you. The thief may attempt to get into your house.
- Don't leave your original registration or title in your car. File the title at home in a safe place and carry a copy in your purse or wallet. When sharing a vehicle, provide a copy of the registration to other drivers to carry in their purse or wallet. If a thief has these two documents, your car will be easier to sell.
- Check out the lot. Thieves don't like witnesses.
- Park your vehicle with the wheels turned toward the curb, even when parking in driveways and parking lots. This makes your vehicle difficult to tow.
- Put all packages and personal items out of sight. Items left in the open make your vehicle a more desirable target.

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Phone 250-701-9146

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