

# James-Alexander Community Newsletter

November/December 2007



## 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 733-2441 Email: verscott@telus.net



## DID YOU KNOW?

In 1927, a well known man, **Sue Lim Bing**, bought eight lots of land in a wooded area of Duncan for \$80 each and proceeded to build himself a home and grow vegetables for sale. Part of the large storage shed on his property was used to house people who were down on their luck and to provide them with two square meals a day. As it turns out, the place where his house stood is right where the new Homeless Shelter (Housing and Resource Centre) will soon be built – to help people in need of a hand up. He would have been happy to know about it.

**Genny Boden,**  
Community Resident

## JOIN YOUR NEIGHBOURS AND FRIENDS FOR A CAROLING AFTERNOON!

The **Neighbourhood Working Group** would love it if folks could join hands and hearts and sing Christmas carols with us at the **Cowichan Sportsplex** on Chesterfield Street on Sunday, December 23rd from 3 pm to 5 pm. We'll provide carol sheets, hot apple cider, hot chocolate and cookies!

For our communities to be safe and healthy we need to get to know each other. One of the ways we can do this is by getting back to the basics of friendship and community activities – like the good days when we never even owned keys let alone dead bolts! Remember when neighbours would visit with a plate of home made cookies? As well as a social activity, it was a way of seeing if everything was okay or if assistance was needed.

I love Duncan and see the potential in all of us pulling together and having the safest and happiest community on this Island! If children love their neighbourhoods, they are a lot less likely to vandalize. Through love and friendship we can create peace and serenity. Hate and loneliness creates wars. I prefer the love!

From all of us at the James Alexander Neighbourhood Working Group, have a safe holiday season – and don't forget to come and carol with us on Sunday, December 23<sup>rd</sup>. See you there!

**Diana Weibe, Community Resident**



## HEALTHY CHILDREN HEALTHY FUTURES PROVIDES SUPPORT TO PARENTS AND CAREGIVERS

If you have a little one 0 to six years old, you may want to join other parents and caregivers in a supportive discussion group sponsored by Hiiye'yu Lelum (House of Friendship) and the Alexander Resource Centre.

Every Thursday until December 13<sup>th</sup>, when it closes for the holidays, parents and caregivers meet at the Alexander Family Resource Centre (behind Alexander Elementary School) at 2471 Beverly Street to talk with Barb and Bonnie about the joys and challenges of raising children. The group meets from 9 am to 12:30 pm and lunch is provided.

Like to know more? Please call **Bonnie** at 701-9122 or **Mark Turner** at 748-2238.

## SAFER FUTURES NEWS

As you may know, **Terri Dame** left her position as Program Supervisor of Safer Futures on October 16th to accept a position with the Provincial Government in Victoria, where she now lives. Terri had been with Safer Futures for many years. She was one of the founding participants and played a significant role in the organization's success. We wish Terri all the very, very best in her new life.

While the search for a new Program Supervisor is underway, **Theresa Gerritsen**, Executive Director of Cowichan Women Against Violence, will oversee the program. Theresa can be reached at 748-7000, ext. 228.

**Thanya Al-Saadoon** is away from Safer Futures on a sudden, urgent personal matter. We look forward to seeing her smiling face in the new year!

Newsletter sponsored by:

**Municipality of North Cowichan:** [www.northcowichan.bc.ca](http://www.northcowichan.bc.ca)

**Safer Futures:** [www.saferfutures.org](http://www.saferfutures.org)

**Vancouver Foundation:** [www.vancouverfoundation.bc.ca](http://www.vancouverfoundation.bc.ca)

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



**ATTENTION YOUTH!**

Nothing to do after school? Why not drop by the Cowichan Centre on James Street? There are lots of fun activities going on for **FREE!**

**Youth Corner** is a drop-in Centre for youth **12 to 18 years** to hang out with leaders from the Recreation Youth Outreach program, friends – and friends you haven't met yet. Youth Corner is open Mondays to Thursdays 3 to 6 pm, Fridays 3 to 9 pm, Saturdays 5 to 9 pm, closed on Sundays. The atmosphere is safe, relaxed, fun and open minded. Activities include movie nights (with popcorn and juice), homework time, guest speakers and games.

**Breakout Recreation** is also for youth **12 to 18 years** on Wednesdays from 6 to 8 pm. It takes place in the Quamichan School gym where you can hang out, shoot hoops, play soccer – or invent an entirely new game. Activities are supervised and free.

The Cowichan Centre outreach workers welcome you to join up. Hours will be extended over the Christmas holidays. They've got a great new donated pool table and they're also on the lookout for a small bar fridge, cross word books, board games and a newer TV so they can play video games. But please call first if you have anything to donate.

For more information call **746-0420** or email [youthoutreach@cvrd.bc.ca](mailto:youthoutreach@cvrd.bc.ca).



*Season's Greetings!*

**STRONG START EARLY LEARNING CENTRE**

The StrongStart Early Learning Centre is a **FREE** drop in program for children 5 and under with their parent, grandparent or caregiver.

- Alexander Elementary School, 9:00 AM to 12:00 PM  
Phone: 748-3936, local 207
- Koksilah Elementary School, 12:00 to 3:00 PM  
Phone: 748-3138



**CRIME PREVENTION THROUGH SOCIAL DEVELOPMENT**

About 30 people attended a recent workshop called Crime Prevention Through Social Development. It was sponsored by RCMP Crime Prevention and hosted by the Cowichan Community Policing Advisory Society. Diana Weibe and her friend Bev Edwards attended. Here's what Diana had to say: *I was fortunate to attend thanks to Thanya Al-Saadoon of Safer Futures. The information was immense and very well presented. It brings to focus that united we have the power to help prevent crime in our neighbourhoods. I, for one, am all for the that - aren't you? Becoming involved is the key.*

*Bev Edwards added that she was quite astonished to learn of all the facilities and resources that are there for people - which brings us back to the point that knowledge is power.*

For more information, contact Carol-Ann Rolls, Manager of Community Policing and Crime Prevention Programs: 701-9146.



**MOVIE NIGHT AT COWICHAN INDEPENDENT LIVING**

*Surf's Up* is the title of the December movie at Cowichan Independent Living. Everyone is welcome to watch the free movie which starts at 6 pm on December 18th at the Independent Living building at 321 Coronation Avenue. There will be popcorn as well! For more information please contact Alicia at [a\\_a\\_johnson27@hotmail.com](mailto:a_a_johnson27@hotmail.com) or call Independent Living at 746-3930.



**DAYCARE SPACES AVAILABLE**

Looking for child care? Spaces are available for ages 3-5 daycare, preschool, Kindercare and after school care at Tansor Elementary on Auchinachie Rd. Please call 748-4631 for information.

**GREEN LIVING TIP - SAVING WATER**

A family of four, who each flush the toilet an average of eight times a day, can save 13,000 gallons of water a year by using a dual-flush toilet instead of a standard modern toilet, and 52,000 gallons of water compared to older toilets.

By switching to a low flow showerhead, a family of four who each shower for 10 minutes a day, can save 58,000 gallons a year!

Genny Boden,  
Community Resident

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