

# James-Alexander Neighbourhood Newsletter

September/October 2008

## 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](mailto:verscott@telus.net)**



## GOODBYE TO DANIELLE MCGRATH

We're sad to say that long time Neighbourhood Working Group member, **Danielle McGrath**, is moving to northwest British Columbia with her family. Danielle has been an active member of the group and she will be missed!

"Keep up the amazing work you all do. Each one of you is an integral part of the whole picture. You have shown me what can come from a small group of people who care," says Danielle.

Thanks for all your hard work and best wishes Danielle!

## CANADA WORLD YOUTH GUESTS AT LAURIE WILLIAM'S HOUSE



*Above: Wambui (Ruth) Mwangi (L) from Kenya and Steph Boudreau (R) from Kitchener, Ontario*

Life has become very busy for Beverly Street's Laurie Williams. Laurie is hosting two young women in her home for three months as part of the Canada World Youth Program. Wambui (Ruth) Mwangi comes from Kenya and Steph Boudreau is from Kitchener, Ontario. Both are 22 and 23 years old. "It's a pleasure to have their company, they have added new energy to our home," Laurie said.

Canada World Youth is an international educational program for youth with a focus on volunteer work and community development. As a team, youth live and work in communities in Canada and overseas, learning about local and international development and gaining job skills for the future.

Ruth and Steph are now volunteering two days a week each at Glenora Farm and the U-Fix-It Bikeworks on Trunk Road. You are likely to run into these girls, or one of their sixteen team mates who are all helping with various community projects. Don't be shy to introduce yourself and ask them to share their stories about home, Laurie said.

## DID YOU KNOW?

How many people remember Sonny Lum who used to deliver fruit and vegetables to many families in the Cowichan Valley? He also sold to the Cowichan Hospital, the Quamichan Inn and many other stores around here. As some of his customers aged, he made sure that they were okay each week, even if they did not need many groceries from him any more. He also made sure that they got their mail. It was his way of thanking them for the years of loyalty to him.

The children of Sonny's customers would run out to greet him as his truck came up their street. They loved his cheerful way of teasing and joking with them. Sonny delivered his vegetables to the people of Duncan for over 25 years. He and his wife and two of their children moved here in 1958. He bought the business from another Chinese man who had delivered door to door before. Sonny sold his business in the mid eighties and then went to work for Joe Gergel at Garner's Building Supplies. He loved that job too!

Genny Boden, Community Resident

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**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 Centre is a partner in this initiative.



**DRAFT PLAN FOR JAMES-ALEXANDER TOPIC OF NEXT NEIGHBOURHOOD MEETING**

Members of the Neighbourhood Working Group will have a chance to review a draft of the James – Alexander Neighbourhood Plan at their next meeting on October 24th .

North Cowichan planner Brigid Reynolds, and Pam Alcorn of Safer Futures will present the plan to the Neighbourhood Working Group for their feedback. The plan includes things like traffic and transportation, parks and open space, public safety and community services.

If you would like to know more about the James Alexander Draft Plan or the Neighbourhood Working Group, please call **Pam Alcorn**, Supervisor Safer Futures at **250-748-7000 ext.230**



*Pictured above is the welcome sign that members of the James Alexander Neighbourhood made to welcome NAIG participants. It was truly a team effort by the Working Group and those who kindly donated supplies.*

**COWICHAN WOMEN AGAINST VIOLENCE – ANNUAL GENERAL MEETING**  
**When:** September 29, 2008 at 6:30 pm  
**Where:** Clements Centre, 5856 Clements Street, Duncan.  
  
 Food and beverages provided. Please RSVP 250-748-7000 or cwav@cwav.org

**WARMLAND HOUSE CONSTRUCTION TO START SOON**

All that's needed is a building permit for construction to start on Warmland House (the new Housing Resource Centre on Lewis Street), says **Chris Martens**, Executive Director of the Canadian Mental Health Association (CMHA) Duncan branch. The centre will have 15 emergency shelter beds and 24 transition-housing units for adults with mental health issues and those at risk of homelessness. In the meantime, the CMHA is looking for a suitable location for an Emergency Cold Weather Shelter for Cowichan's homeless this winter. It will be open nightly from October 15 through March 31.

**COWICHAN FAMILY LIFE WORKSHOPS**

- **Enhancing Personal Power & Self-Esteem workshops:** This series covers the five topics of Self-Esteem, Healthy Boundaries, Asserting Yourself, Conflict Resolution, and Communication Skills. Cost is \$15.00 each or \$60.00 for all five. Monday evenings, 6:30-8:00 p.m. We are part way through this series: Remaining workshops are as follows: Asserting Yourself (Sept 22), Conflict Resolution (Sept 29), Communication Skills (Oct 6). We will be offering this again. People are welcome to sign up now for the next series or attend the remaining ones.
- **Anger Management Program:** 10 Sessions, cost \$250, with 2 subsidized seats. Fall program is in progress. People are encouraged to sign up now for the Spring Session.
- **NEW!!! Couples Counselling** with a Registered Clinical Counsellor: Cost is \$50.00 per session. No waitlist.
- **Mother Goose:** Wednesday mornings, September 24- November 26, 10:30-11:30 am at St Andrew's Presbyterian Church. Free.
- **Triple P Parenting Program** in partnership with CMHA: Tuesday evenings, September 23 - December 9 at Alexander Family Resource Center. Free.

Please call Cowichan Family Life Association at 250-748-8281 to register for these programs.

**FOOD FOR THOUGHT FROM THE COWICHAN INTERCULTURAL SOCIETY**

'Food, Friends and Conversation' hosted by the Cowichan Valley Intercultural Society was held on September 20th at Moose Lodge in Duncan. The event was part of a year-long program of events called 'Everyday Elsewhere.' People of all ethnic backgrounds gathered to enjoy great food and conversation.

**ECO SENSE**

In the near future, the City of Duncan and possibly the Municipal District of North Cowichan will be looking at by-laws to regulate the use of pesticides. Here is a safe weed killer you can use to kill weeds that will not hurt the environment.

Mix together in a spray bottle:  
 1 liter white vinegar, 2 Tbsp. liquid dish soap, and ¼ cup salt

Spray the mixture on weeds only. Do not spray it on grass because it will kill the grass as well. You can make smaller amounts by halving the ingredients. Give it a try now so you will be ready for Spring.

Genny Boden, Community Resident



Safer Futures is a program of Cowichan Women Against Violence Society, a non-profit organization. Contact us at 250-748-7000.

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