

James-Alexander Neighbourhood Newsletter

September/October 2007

NEWSLETTER COMMITTEE

Thanya Al-Saadoon
Norm and Genny Boden
Kim Burt
Trina Craven
Chris Hall
Danielle McGrath
Veronica Scott
Diana Wiebe
Laurie Williams

We'd like to thank everyone who contributed to this newsletter!

DID YOU KNOW?

In the 1960's, a couple built a home on Beverly Street across from where the schools are now. They put in all hardwood floors. The winter rains came and the water rose and ruined the floors, which had to be replaced. When the house was sold they disclosed that there was trouble with flooding in the area and they had water in their house. The man buying the house said "Don't worry, I know what to do about that. I am from Holland where we know all about flooding. A dyke must be built to keep the water out." The original owner then went to the council he served on and soon after a dyke was built.

Community Resident
Genny Boden

GREAT TIME AT THE NEIGHBORHOOD WORKING GROUP BBQ!

The weather was hot and the pool was cool as a dozen members of the James-Alexander Neighborhood Working Group, and their children, met at **Kim Burt's** house on Chesterfield Street, for a scrumptious BBQ (see pictures below). Co-hosted by **Thanya Al-Saadoon** of **Safer Futures**, the purpose of the get together was to review what's been happening in the neighborhood over the past year and to plan for the future. Neighbours getting to know each other makes for happier and safer communities, Thanya noted.

As the kids splashed in the pool, Working Group members talked about many things including traffic concerns, community gardens, green spaces and trees, local history, the partnerships between the school and community and our newly formed newsletter.

The afternoon capped off with water melon and ice cream - a big thank you to **Kim** for generously offering her garden and pool. Everyone agreed that the afternoon was both productive and loads of fun! If you'd like to know more about the James-Alexander Neighborhood working group, please call **Thanya** at **748-7000**.



Pictured left: Standing: Barb Smith, Rob Bolton, Thanya Al-Saadoon, Genny Boden, Veronica Scott, Rhoda Sam, Diana Wiebe. Seated: Kim Burt, Trina Craven



Pictured above: Kim Burt, Nicole Burt, Trina Craven

Pictured right: Rhoda Sam and son Robbie



Blackberry Cobbler Delight (Trina Craven, Community Resident)

- 1/2 cup Butter or margarine
- 3/4 cup Sugar (can use less)
- 3/4 cup Milk
- 2 tsp Baking powder
- 1 cup Flour
- 4 cups Blackberries with juice

Directions on reverse.

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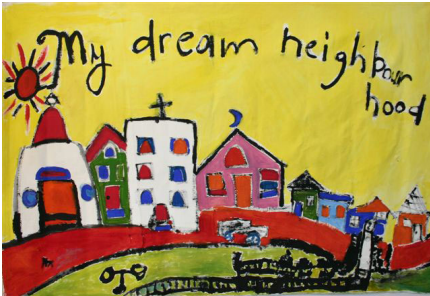
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NEW PROGRAM AT ALEXANDER ELEMENTARY SCHOOL GIVES YOUNG CHILDREN A TERRIFIC BEGINNING!

Come and play with your young children, listen to stories, do crafts, enjoy music and have fun with other parents and children.

Strong Start Centre, is for children 0 to 5 years and their families. Drop in anytime from Monday to Friday, 9:00 a.m to 12:00 noon
For more information, please call **Adriana** at 748-3936

NEW JAMES STREET DAY CARE CENTRE OPENS

Kidz Co. Learning Centre is pleased to announce the opening of a new Day Care Centre at 2739 James St. The Centre helps children build on their success and helps them to develop in areas where more experience is needed, notes the centre's organizers. "We work closely with families to help give their children all the experience they need to be successful," says **Al Lawrence**, owner-manager. For more information, please call **746-4020**.

ARCADIAN DAY CARE CENTRE EXPANDS

It's wonderful to see a neighbourhood pull together to make positive changes that benefit the larger community. The Duncan Day Care Society is also in the process of making some positive changes by building an addition to the Arcadian Day Care Centre that will expand our services to include infant and toddler care.

We hope to offer 16 new infant/toddler spaces; we are looking to open some time in early fall. This project began with community need and has continued with community support as well as the support of our volunteer board of directors and staff. This project would not have happened without the good people of this community we live in. Keep up the good work!

Kathy Weismiller
Head Supervisor
Arcadian Day Care Centre

CONNECTING WITH YOUR CHILDREN – SOME WORDS OF WISDOM

September has arrived! We are all now wrapped up in the hustle and bustle of busy schedules. Throughout this frantic time, however, it's important to find a place for the family. Our children are important and they can easily get lost in all the 'busy-ness'. Making a point of reading with them, involving them in meal preparation or simply asking how their day went is critical toward developing close relationships and providing security.

It's also important to find games and activities that are suitable for your child's age. This helps to reduce frustration and increases understanding – for both the child and other family members. Suggestions include 'age appropriate' puzzles, games of inclusion rather than competition and books. Have your child read to you or help you read to your child. You may also want to invite your child to set the table and cook meals. These activities help children feel an important part of the family. They also help with the transition from home to school.

Danielle McGrath
Community Resident.

- Preheat oven to 350 degrees.
- Melt butter in a 9 x 13 cake pan.
- Mix next 4 ingredients into a smooth batter.
- Pour melted butter into flour mixture without scraping pan.
- Stir until blended.
- Pour blackberries with juice over batter.
- Bake 1 hour. Serve hot, warm, or cold.

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HATS OFF TO JAVA WORLD

PLANS MOVE FORWARD FOR HOUSING RESOURCE CENTRE

The Canadian Mental Health Association is 'moving ahead with 'plans for the Cowichan Valley's first Housing Resource Centre on Lewis Street. The Centre will include many resources to help people who are challenged with shelter issues. **Anne Balding** of the Canadian Mental Health Association says that the shelter's organizers are in the final stages of the building's drawings. If all goes as planned, ground breaking will take place in early 2008. For more information, please call **Anne** at **746-5521**.

Have you been to **Java World** yet? It's the great little coffee house on the highway in the James Alexander Neighbourhood. **Ron Jang**, the owner, is a life-long Duncan resident and a very committed and involved community member. He has been providing the James Alexander Neighbourhood Working Group with delicious coffee and goodies for our meetings – the get-togethers where residents discuss improvement ideas for this great neighbourhood. **Ron** has also welcomed us to use Java World for our meetings, which has been a blast!

Thank you, **Ron!** It is business owners who take pride in their neighbourhoods and get involve that can really make a difference. You rock.

Thanya Al-Saadoon

Community Development Coordinator, Safer Futures

ECO SENSE: If every household in Canada installed one energy-efficient lightbulb, it would equal a drop in emissions equal to taking 130,000 cars off the road. Each energy efficient bulb saves 14 kilograms of greenhouse gasses a year. Put these bulbs in places where lights are left on for extended periods because frequent switching on and off leads to a shorter life-span of the bulb.

Contributed by **Genny Boden**

LOVIN' LIFE ON LEWIS STREET!

Hi. My name is Lynne. I've just moved to the neighbourhood, onto Lewis Street. I moved here for the affordable housing and the clean, friendly apartment building I moved into. I enjoy the trees in my block, especially the huge willow tree I look out at. I also like looking at Mr. Prevost where I used to live.

I am not used to living with so many neighbours, but I'm noticing how friendly people are and how some of them have created great flower gardens on their decks. I think I'm going to hang some colourful Buddhist flags on mine to celebrate the diversity of the neighborhood.

Lynne
Your Neighbour

MOBY'S MEATS MOVES TO OUR NEIGHBOURHOOD!

As a conscious local consumer, I can't tell you how happy I am that Moby's Meats has moved to our neighbourhood. Mr. Hing Jang will be providing local vegetables and hormone free beef, venison and buffalo. With so many people having health issues with hormone filled foods, this is a huge bonus for us. You will be met with smiles and friendly helpful information and superb customer service. Plus, Moby's is within walking distance for so many. He has yummy ice cream too.

Diana Wiebe

Community Resident

RAINBOW PROGRAM RUNNING AGAIN

The **Canadian Mental Health Association's (Cowichan Valley Branch) Rainbows Program** has started again this September. **Rainbows** is a support group program for children who have suffered a significant loss in their lives, either by death, divorce or any other painful transition.

The purpose of Rainbows is three fold: to provide children with an opportunity to meet new friends who have shared similar experiences; to have trained caring adults are present for children while they sort through and understand their grief and to help the children come to a healthy acceptance of what has happened to their family.

For more information, please call **Dave Ehle** at **746-5521**.

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Emily (*pictured left*) harvests her bumper tomato crop at the Community Gardens. She rides her bike to the gardens and shares a plot with two other gardeners. Also seen at the gardens were ten feet high sun flowers, egg plant, swiss chard (two different types) and broccoli. For more information about the Community Gardens please call **Cowichan Green Community** at **748-8506**. The gardens are located at Kinsman Park.

The Community gardens are fabulous. We live in an apartment; the garden is something we can do with the kids, all of us together. We've been growing beets, beans, peas – it's great. The children love eating vegetables right from the garden.

Barb Smith
Community Resident

COWICHAN FAMILY LIFE ASSOCIATION OFFERS HELPFUL PROGRAMS

The **Cowichan Family Life Association** is offering the following programs. Please call **748-8281** if you would like more information. Hope to see you there!

Personal Power & Self Esteem Workshops

Self Esteem:

- October 16, 10:30 a.m. to noon.
- October 17, 6:30 to 8:00 p.m.

Healthy Boundaries:

- October 23, 10:30 a.m. to noon.
- October 24, 6:30 to 8:00 p.m.

Asserting Yourself:

- October 30, 10:30 a.m. to noon.
- October 31, 6:30 to 8:00 p.m.

Conflict Resolution:

- November 6, 10:30 a.m. to noon.
- November 7, 6:30 to 8:00 p.m.

Communications Skills:

- November 13 10:30 a.m. to noon.
- November 14, 6:30 to 8:00 p.m.

Cost: All of the Personal Power and Self Esteem workshops cost \$15 each or \$60 for the series. These fees can be adjusted based on income, if needed.

Anger Management Group:

October 2 to December 4 (6:30 p.m. to 8:30 p.m) (Fee for program)

Triple P Parenting:

September 18 to November 27

Beverly's Boutique, our popular second-hand store, re-opens in September.

Special thanks to **Fiona** and **Shannon** from the **District of North Cowichan** (our project partner) for happily assisting with the newsletter production. Great customer service!

Thanya Al-Saadoon
Safer Futures

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