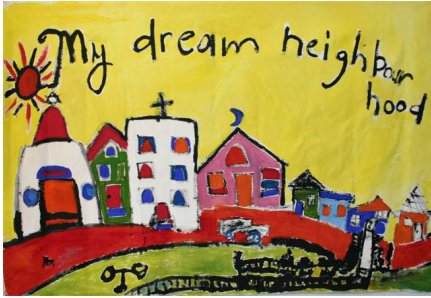


James-Alexander Community Newsletter

July/August 2007



NEWSLETTER COMMITTEE

Thanya Al-Saadoon
Norm and Genny Bowden
Kim Burt
Chris Hall
Daniella McGrath
Veronica Scott
Diana Wiebe
Laurie Williams

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

DID YOU KNOW? There was a flower farm where the Christian School is today. It was called the Alexander Farm. Alexander Street was named after the farm. They sold flowers to local markets for resale. In 1964 the farm was no longer running but there were still daffodils growing in the field and the old house was still on the property. Local families were allowed to dig up the bulbs and some of them are still flowering today.

When Mrs. Nesbitt, the last owner of the farm, passed away her relatives in Ontario sold the farm. The original home for the farm was near where Sands Funeral Home is today.

Your neighbour,
Genny Boden



WELCOME TO THE FIRST ISSUE OF OUR COMMUNITY NEWSLETTER!

There's a lot going on in the James-Alexander communities. It's a happening place. A newsletter is a good way to share information. If there's anything you'd like to see included, please let me know. You can track me down through the Safer Futures office at 748-7000, or e-mail me at verscott@telus.net

Veronica Scott

HELLO FROM SAFER FUTURES

Hello! My name is Thanya and I work for Safer Futures, a program of Cowichan Women Against Violence Society. Safer Futures helps communities work toward becoming safe, healthy and offer equal opportunities for a good life. I coordinate community projects with folks on the Neighbourhood Resident Working Group. These are people - **just like you** - working to improve the quality of life for people living in this area. We meet every month to talk about what services we need and how to go about getting them. Here are some great things happening in our community:

- **Neighbourhood Plan** – in the works (see next page)
- **Kinsman Park Community Garden** – like to grow your own food but don't have space? Community Gardens are the answer.
- **Alexander and Quamichan Schools** – big plans to make the green space more attractive and useable.
- **Housing Resource Centre** – the property where the Cowichan Housing Resource Centre will be built has been purchased by BC Housing. The Canadian Mental Health Association will manage the facility. Right now, they are working on the budgets as well as meeting with architects and local contractors. Stay tuned!
- **Lakes Road Dog Park** - a great spot for dogs to run around safely with their doggie friends.

Like to join the **Neighbourhood Resident Working Team**? Meet your neighbours, have fun and make a difference in your community. Call me for more details!

Thanya Al-Saadoon

Safer Futures, 748-7000 (extension 229).

Let us know what you'd like to read about in your community newsletter (please check all that apply):

- Activities taking place in my neighbourhood
- Housing
- Child care
- Community safety
- Government subsidies and benefits
- Transportation
- What other people are doing

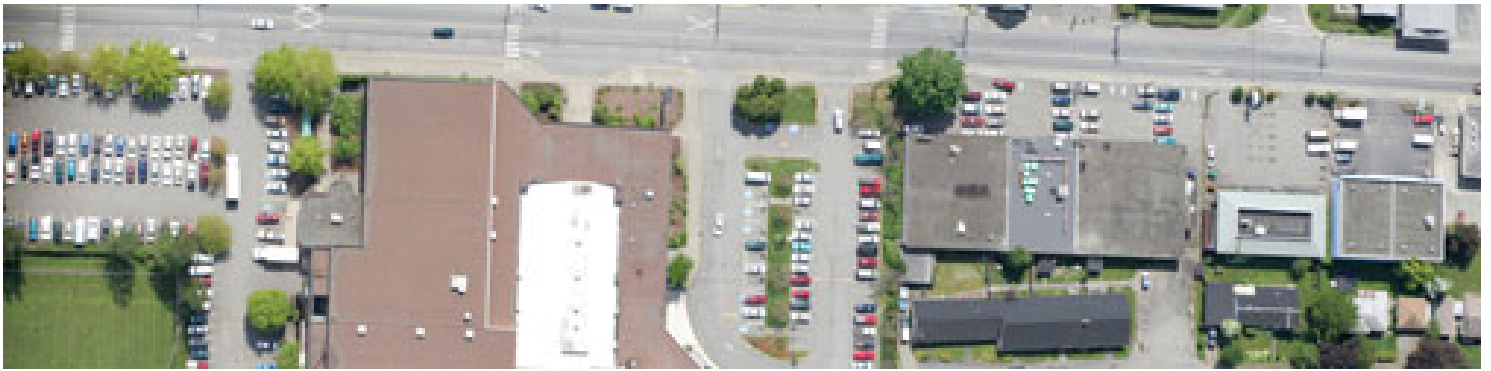
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Municipality of North Cowichan

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Safer Futures

255 Ingram St., Duncan, BC V9L 1P3 Tel: 250.748.700 Fax: 250.748.9364 E-Mail: saferfutures@cwav.org Web: www.saferfutures.org



OUR NEIGHBOURHOOD ROCKS!

Isn't it great that we have a project to improve our neighbourhood? I've lived on Beverly Street for nearly twenty years. I've been fortunate to have considerate, friendly and helpful neighbours and I find this a very convenient place to live. I'm also aware of things that can be improved and have concerns about the future development of the area.

Now I have somewhere to take my ideas. I've attended all the community meetings so far and I'm pleased to tell you that our ideas are taken seriously and have been acted upon. If you haven't already seen the plans for the grounds around Quamichan and Alexander schools, you should try to come out to the next event.

I'm finding my involvement in the neighbourhood project very rewarding. I would encourage you to become involved or at least stay in touch with what is happening.

Your neighbour,
Laurie Williams



BEVERLY BOUTIQUE: STORE HAS FREE CLOTHING - AND FANTASTIC VOLUNTEERS

In case you haven't heard, the **Beverly Boutique** at Alexander School has free quality clothing. The boutique is open:

- Tuesday 12:30 to 2:30 p.m.
- Wednesday 9:30 to 11:30 a.m. and 12:30 to 2:30 p.m.
- Thursday 10:30 a.m. to 12:30 p.m.

The store follows the school year and is closed on holidays and professional development days.

The store is part of the **Cowichan Family Life** program and is operated by a group of wonderful, dedicated volunteers, says coordinator Debbie Savory. Because space is limited, the store handles mainly clothing. Sometimes they make some exceptions and take things like bedding, towels and small appliances in good repair.

HEALTHY CHILDREN, HEALTHY FUTURES

The **Hiiye'yu Lelum (House of Friendship) Society** and **Cowichan Family Life Association** present a Community Action Plan for Children (CAPC) funded program, **Healthy Children Healthy Futures**, a drop in support and discussion group for parents and caregivers of children aged 0-6 years, to discuss your issues of the day.

Potential topics are include:

- Families and blended families
- Abuse Prevention
- Discipline & Responsibility
- Anger and Conflict
- Daily Living
- Child Safety & First Aid
- Stress Prevention & Recreation
- Goal Setting & Problem Solving
- Community Resources & Peer Support

Meetings take place at Alexander Family Resource Centre behind Alexander School, 2471 Beverly Street, on Thursday from 10 am to 1 pm. Free child minding and lunch are included. This group will run from April 19 to June 21, 2007.

For more information

Call Cowichan Family Life Association at 748-8281, or Mark at the House of Friendship, 748-2242.

NEIGHBOURHOOD PLAN COMING SOON! North Cowichan planners, Chris Hall and Brigid Reynolds, report that the Neighbourhood Plan is still being worked on. Look for a first draft by the end of summer. The plan will include information from the Community Schools Connection program and other activities in the neighbourhood. "We continue to look for creative ways to address many of the ideas that residents have presented us with," says Chris.

Please fill out the survey on the other side of this page and return it to:

Safer Futures
255 Ingram St.
Duncan, BC V9L 1P3

Call us at 250.746.7000
E-Mail us: saferfutures@cwav.org

ECO FACTS

- One fast dripping tap can waste 2,000 litres of water a month.
- One dripping tap can waste 24,000 litres of water per year.
- In one year, a single tap dripping at a rate of one drip per second wastes enough water to flush 700 toilets.

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