

The Barnacle

Bulletin



ALEXANDRA NEIGHBOURHOOD HOUSE

Annual General Meeting

5:30 pm, Monday September 20, 2010
in the Dining Hall at Alexandra Neighbourhood House
ALL ALEXANDRA NEIGHBOURHOOD HOUSE MEMBERS WELCOME!

MEETING AGENDA

1. Call to order.
2. Review and adoption of the minutes of 2009 Annual General Meeting.
3. Alex House Community Board Chairperson's report.
4. Alex House Building and Facilities Committee report.
5. Review of financial statements for the fiscal year 2009-10.
6. Alex House Board Development Committee/nomination report
7. Election of Board members for 2010-11.
8. Volunteer Recognition Dinner.
9. Adjournment

Volunteer Recognition Dinner

"Do all you can with what you have, in the time you have, in the place you are."

Nkosi Johnson, a Zulu boy, who died at the age of 12.

Volunteers are special people who help others get a job done without being on the payroll. When the work is finished, try to say "Thank You" to volunteers and they are likely to say "The pleasure was all mine!"

Mary Lawrence, Anne Brandt, Lorraine Jensen "Lightgivers"

Our annual recognition event will take place at 6pm Monday September 20th immediately following the Annual General Meeting. As a volunteer driven organization, Alex House relies on the help of our many dedicated volunteers who help with everything from clerical work to gardening and everything in between. We are honored to have such a special group of people working alongside us and look forward to this opportunity to say 'Thank You'.



Collene Ford If you've been to Alex House over the summer you couldn't help but notice the big change in the grounds and gardens. Under the leadership of Master Gardener Collene Ford, who has donated countless hours to our Green Thumbs Gardening project, a small army of volunteers has been putting their backs into our extensive garden plots. They have created a kitchen garden, cleaned up and resurrected the demonstration garden and spruced up every corner of the Camp.



Al Proctor Al Proctor has been diligently weeding, digging, pruning and hauling debris from our gardens and grounds for more than three years. He arrives prepared to work hard, digs in, gets dirty and tired and for a one man crew, gets an amazing amount of work done every week - all with quiet efficiency. Drop by and see what these wonderful volunteers have accomplished!

Programs

Alexandra Family Place Drop In, Tue/Thur 10am-12:30pm. \$4 family. Starts Sept 14th.

Parent Child Mother Goose program for parents and their young children focuses on the pleasure and power of using rhymes, songs and stories to nurture the bond that is growing between parent and child. Next registration date for fall is Sept 13. Fall sessions begin in October.

Parent Connect Drop In provides parents of children ages 5-12 an opportunity to share, learn about and discuss parenting skills, and to receive support and encouragement. We meet the 1st Wed/month, 7-8:30pm at the White Rock Library. For more info call 604-538-5060 ext 22.

More Tools for Your Parenting Toolkit is a FREE 6 week parent education group for parents and caregivers of children ages 4-12. Develop your strengths as a parent and build strong relationships with your children. For more info call 604-538-5060 ext 23.

Cool Cuisine for children 8-12 and seniors will resume next month focussing on harvesting and preserving garden bounty. The program runs Wed 3-5pm at First United Church in White Rock. For more info call 604-538-5060 ext 23.



Hot Lunches for seniors, supported adults, newcomers and community members will begin Sept 22. Good food - good company!

'Body by Desiree' is an energetic, fun, drop-in exercise group Mon/Wed/Fri 9:45-10:45am in Alex Hall. The emphasis is on stretch and strength with some cardio. Call 604-536-4607.

Tea & Chat Friendship Group, a social gathering of community members who enjoy good conversation with light refreshments will resume Tues 9-11:30 am in mid-September. For more info call 604.535.0015 ext 236.

Watch for your September/October issue of the Barnacle with all program and event information in early September.



Rental Promo

Are you looking for a space for a weekend retreat or are you organizing a reunion? Alexandra Neighbourhood House Retreat & Conference



Centre is the perfect facility!

As a special promotion we are offering a 15% discount * on the camp accommodation fee if you book with us by

October 15, 2010 and your stay is completed by December 31, 2011. We look forward to having you stay with us! Call (604) 535-0015 ext 231 for more information. * Please mention this promo to receive your discount.



Alexandra Neighbourhood House Children's Centre at Kensington Prairie Community Centre will provide daycare and school-age care for infants, toddlers and school aged children beginning in January 2011. Watch future issues of *The Barnacle* for detailed program information.

Beebe Cline
 Business: 604-531-1909 (24 Hrs)
 Cell: 604-830-7458
 Website: www.whiterocklifestyles.com

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 Register early for September. Space is limited.
604-542-2026
 www.janmasonsyoga.com

Garden Talk
Estelle Bogoch
 Diploma: Horticulture & Landscape Design

- College Hort. Instructor
- Garden Design Consultant
- Author
- Guest Speaker

(604) 538-9466
 www.gardentalk.ca / email: estelle@gardentalk.ca

Coming Up



3rd Annual
 'IT TAKES A NEIGHBOUR ...'



FALL FAIR

Connecting Families and Community through Stories

Sun Oct 3rd 2010

1-4pm

at Camp Alexandra



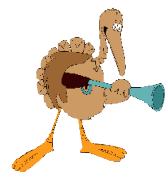
Join Us For ...

- Story Times
- Early Childhood Resource Fair
- Story Wall
- Imagination Dress-Up
- Music
- Bouncy Castle ... and More!

ALL WELCOME!

For information call 604-535-0015 ext 229
 info@alexhouse.net www.alexhouse.net

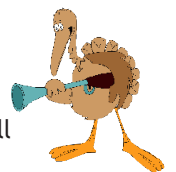
Alexandra Neighbourhood House Thanksgiving Community Dinner Monday October 11th



Happy Half Hour

5:30pm

Dinner at 6pm in the Dining Hall



If you would like to join us please register by calling 604-535-0015 or drop by the Camp office before October 8th.

Bring Your Whole Family - We even Do The Dishes!

Members: Adults \$10, Children 6-12 \$6, Under 6 Free
 Non-Members: Adults \$12 Children 6-12 \$8, Under 6 Free



ALL WELCOME

Alexandra Neighbourhood House
 Retreat & Conference Centre

WESTCOAST WOMEN'S WEEKEND

October 15-17
 2010
 Friday 5pm-Sunday 2pm

**REVIVE
 REFRESH
 RENEW**

- ✓ Wine & Cheese Reception
- ✓ Motivational Speaker
- ✓ Workshops
- ✓ Activities
- ✓ Networking
- ✓ Silent Auction
- ✓ Evening Entertainment

Registration Information
Early Bird
 Before Aug 15, 2010
 \$250
 After August 15, 2010 \$300
 Alex House Members, \$235

2916 McBride Avenue, Crescent Beach,
 Surrey BC V4A 5G2
 604-535-0015
 rfrederiksen@alexhouse.net

For details on weekend program, workshops and speakers go to
www.alexhouse.net

PeaceArch news
 www.flickr.com/photos/lucymetro/

