

the barnacle

jan 2012

facebook



THIS ISSUE

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All the best in 2012
to our clients, neighbours, friends, funders,
donors ... our community

Saturday, January 14th 1-3pm **Building Community in Your Neighbourhood**



Part ideas, part planning, part fun!

What are the needs of our community?

What strengths do we have to share?

How can we work together as community?

At Alex House we meet many enthusiastic, creative and inspired community members and volunteers who share their ideas, talents, questions and answers - the most important element of a neighbourhood house - being driven by the community!

Join us on January 14 to make connections

with our neighbours, share ideas on building a welcoming community for seniors, families, newcomers, youth, etc. and explore how we can work together to continue this important conversation with the larger community.

We hope you will join the conversation!

Please RSVP by Wednesday January 11
to Jenn at communityprograms@alexhouse.net
or call 604-535-0015, Ext 236

Nurturing Creativity

is important to staff and parents at the Alexandra Children's Centre at Kensington Prairie.

In December, local artist Ellen Bradley-Cheung worked there with three to five year-olds for five sessions, exploring artistic expression and interpreting the work of well-known artists.



These are just two lovely examples of the young artists' interpretation of works by Emily Carr and Vincent van Gogh.



LETTER FROM THE ED



Neighbourhood Houses are volunteer-driven organizations, a point made so well in Dee Walmsley's recent letter in the *Peace Arch News*. As she mentions, without the heart and commitment of our volunteers we would not be able to do the work we do.

What distinguishes neighbourhood houses from other social service organizations is that we move beyond *providing* service to *engaging* individuals in strengthening community.

Dee's letter underscored the challenges all not-for-profits face during this economic downturn. As funding streams dry up and some grassroots organizations respond by merging with larger organizations, Alexandra Neighbourhood House continues to work with community to meet changing needs. Through Children's Centre programs and childcare, services for at-risk youth and families, Building Welcoming and Inclusive Neighbourhoods activities and participation at local planning tables, we remain committed to building a healthy, vibrant community.

Do we need help? Absolutely. Just as we have for many years. Our historic buildings need care, our childcare programs need champions, and our older adult and community programs need sponsors. But more importantly we rely on committed volunteers and donors to help us rebuild our beloved 'Camp A', respond to changing needs and strengthen our shared community.

On page six we feature 'Spotlight on Volunteers'. Their contribution to our organization and the community cannot be overstated. And I'm always thrilled to have yet another opportunity to recognize their efforts. If YOU would like to join this energetic band of community volunteers, contact Maria Siccardi, Coordinator, Volunteers & Seniors Engagement at 604-535-0015 or msiccardi@alexhouse.net. Meanwhile, a happy and healthy 2012 to you all.

Penny Bradley

Alexandra Neighbourhood House Membership Form

Individuals: \$15 a year; Couples/Families (2 voting members): \$20 a year

Name(s): _____
Last Name(s) First Name(s)

Street: _____ City: _____

Postal Code: _____ Phone: (H) _____ (W) _____

e-mail: _____

Would you like to receive the newsletter by e-mail? (Yes) (No)

May we call on you for volunteer work? (Yes) (No)

Date: _____ Signature: _____

I also want to support Alex House! (Tax Receipts are issued for donations of \$25 or more)

Please accept my donation of: \$500 \$250 \$100 \$50 \$25 Other

Do not send me information about fundraising appeals

Do not publish my name in the newsletter or on the website

Alex House membership includes membership in ANHBC. There are many benefits to membership with ANHBC including voting privileges at the Annual General Meeting and notice of events, news and other timely information.

Include me on the ANHBC mailing list. (Yes) (No)

Association of Neighbourhood Houses of British Columbia (ANHBC) is an umbrella organization of six Neighbourhood Houses and two outdoor camps including Alexandra, Cedar Cottage, Frog Hollow, Gordon, Kitsilano, Mount Pleasant, Sasamat Outdoor Centre and South Vancouver Neighbourhood Houses. At the forefront of community development and capacity building, ANHBC bridges community programs with individuals and families of all ages, abilities and nationalities in more than 20 neighbourhoods across the Lower Mainland and BC. We provide innovative and inclusive programs that engage people to live healthy, full lives and create vibrant neighbourhoods.

PRIVACY STATEMENT: We collect personal information in order to maintain contact with you, to invite you to Alex House & ANH General Meetings and to provide you with information about programs, services and events. We do not share your personal information with any external individual or group without your written permission.

EARLY CHILDHOOD EDUCATION PROGRAMS

Alexandra Family Place

Join us at Alexandra Family Place in the Children's House where we have been providing families with opportunities for play and making friends for over 95 years!

It's all about having fun together, discovering together, learning together, sharing together, laughing together and making friends together.

Parenting young children can be an amazing experience, but it can also present challenges and questions. Alexandra Family Place Drop-ins provide an opportunity to connect with other families to learn, share, to support each other and enjoy new experiences with your child.

AFP is open Tuesdays and Thursday from 10am to 12:30pm from September to June, excluding statutory holidays.

Information on parenting and positive discipline is always available.

Coming up in January

- 10th We are making snow paintings
- 12th Sparkle white painting
- 17th Snowflake creations
- 19th Gadget painting
- 24th Stamping art
- 26th Tin foil painting
- 31st Making the color pink

*Family Place Drop-in sessions cost \$4 for parent and child.
Pick up your book of 10 tickets for \$30.00 at our main office.*



Positively Parenting Your Toddler

Don't miss out on this informative parent education program.
Thursdays 6:30-8:30pm, Feb. 16 to March 22

The toddler years can be a wonderful time of exciting growth and learning. But they can also be challenging! This interactive program for parents and caregivers of children eight months to three years addresses child development, temperament, emotional literacy, and discussion on promoting positive behaviour.

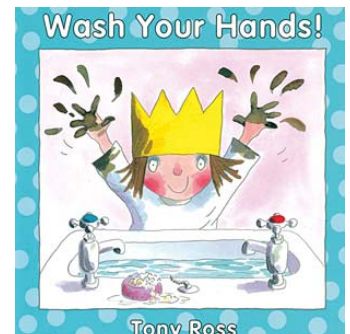
Registration: In person at Alex House or by phoning Cindi at 604-538-5060, Ext. 23.

\$40.00 per family
No family will be turned away due to inability to pay.

(Please note that childminding is not available for this group.)

As we head into cold and flu season, we are reminding program participants about the health policies for our Early Childhood Development Programs. One of the most important and effective ways to keep everyone healthy is regular handwashing.

We encourage families to wash hands when they arrive and when they leave programs, especially the drop-in. Using warm water and soap – and a song – ensures children keep their hands clean, and germs at bay.



PARENT EDUCATION

More Tools ... for your Parenting Toolkit

Develop your strengths as a parent/caregiver in this six-week program for parents and caregivers of children ages 5-12.

Topics include understanding the behaviour of children, building strong relationships, and providing effective encouragement and communication. For more information, or to register, call Dianne at 604-538-5060 ext 22.

NEW DATE!

Tuesdays April 3 to May 8, 2012, 6:30-8:30pm

Location: TBA

\$40/family (No one turned away due to inability to pay)

Parent Connect

This monthly support group for parents of school-age children, is on pause. **Contact Dianne at 604-538- 5060 Ext 22 for information about current parent programs.**

CHILDREN'S GROUPS & CHILDCARE



Kensington Prairie & Beach House Children's Centers

Community-based licensed childcare inspired by the Reggio Emilia approach to learning.

For Children 0-12 years of age

Kensington Prairie - 604-541-3273

Beach House - 604-560-5520



School's Out After School Program

for children aged 5 to 12 at two locations:
White Rock Elementary and **Peace Arch Elementary**
Monday & Tuesday Wednesday & Thursday
2:30 pm to 4:30 pm

healthy snacks & cooking sports and physical activities
social and life skills homework support
arts & crafts music & drama



To inquire or register call
604-541-3273
Pre-registration required. \$25 one time registration fee
(no one turned away for inability to pay)

facebook www.alexhouse.net 

Kids Conference 2011

This year's Kids Conference was a lot of fun. Two of the highlights included helping Science World perform some amazing experiments (firing a cannon and the Chain of Pain to name a few!), and learning the basics of Wheelchair Basketball.

Our group, seen below, had a great time.

A big thanks to Kent for driving us to and from this amazing event! The Kids Conference is a free annual event, hosted by the City of Surrey.

Watch for it in next year's Fall Leisure Guide and come join the fun!



YOUTH

Youth C.O.R.E.

*Community. Opportunities.
Recreation. Experiences.*

Thursdays 4-5:30pm

Lodge Lounge at Camp Alexandra.

This weekly youth group for youth in Grades eight to 12 provides opportunities to participate in activities, play games, go on outings, earn volunteer hours and more.

Contact Daylene at 604-538-5060 Ext. 25.

Youth Leadership *(formerly Outdoor Leadership)*

Youth in Grades 10 and 11 are invited to join this unique Youth Leadership Program, the largest in the Lower Mainland, offered through the Association of Neighbourhood Houses of BC.

Join over 80 youth and learn the skills necessary to get the job you want, meet new friends and develop valuable leadership skills. Optional certification is also offered for tandem or solo canoeing, Emergency First Aid, Food Safe level 1, and more. There are weekly theory sessions and three overnight camping trips at Sasamat Outdoor Centre.

The program runs from late January-April 2012 in the Longhouse Lounge at Camp Alexandra. (Date & times to be confirmed)

To register or for more program information call Maxine at 604-538-5060 Ext 28.
Limited spaces available.



Vine Youth Clinic

15455 Vine Ave. White Rock.

604-542-3926. www.vineyouthclinic.com.

This free, drop-in clinic for youth ages 12- 21 provides integrated health and wellness services, with physicians available to meet with youth about general health issues, as well as sexual health, eating disorders, mental health, addiction, pregnancy and more. A Youth Worker is also available during this time to provide one-to-one support, information and referrals.

Drop-in hours are 3:30-6:30pm Mondays (except STAT holidays-open the Wednesday of that week instead) and the 4th Wednesday of each month.

*A partnership between
Alexandra Neighbourhood House,
Ministry for Children and Family Development
and Fraser Health.*

Many thanks

to everyone who contributed to the
World of Youth Food Drive
in December.

Thanks to your generosity
we were able to deliver a trunk full
of canned goods, staples, juice etc.
to the White Rock/South Surrey
Food Bank.

And the participating youth
had a firsthand look
at the great
work done by this vital
community organization.

SPOTLIGHT

on our Volunteers



For almost 100 years, Alexandra Neighbourhood House has relied on volunteers to help deliver programs and services. This month, **The Barnacle** begins a new feature, profiling a volunteer or group of volunteers who have chosen to give their time and dedication to our association.

One very popular attraction for members and visitors alike is the weekly **Community Drop-in**, which includes a light lunch. Regular participants are not only community members, but also the volunteers who help cook and serve the meals. Many of these generous individuals have volunteered with Alexandra Neighbourhood House for decades.

Edna Salisbury first came here as a camper/visitor at the age of 17, continuing to be involved after retirement. Naturally, Edna has seen many changes over the years. She recalls that only seniors attended the lunches at the beginning, but she welcomes the fact that group homes for supported adults now regularly join us for the lunches, and that younger community members sometimes attend. Edna enjoys the companionship of her fellow team members and has recruited several other volunteers from her own pool of friends. One such friend is **Phyllis Dyke**, who worked with Edna in a medical office for several years. Phyllis likes the way the group works collaboratively and feels that is why they have been together for so long. Everyone appreciates the group camaraderie, which naturally translates into long-term commitment to their volunteer program. And speaking of commitment, **Joan Bjarnasson** has been with the lunch program on and off for the past 30 years. She remembers making muffins in the Longhouse Lounge, and has great memories of the chestnut roasts that were a popular feature during the holiday season.

All the volunteers seem to have a particular reason for continuing their volunteer involvement here. **Sandy Marantz** retired as a Special Education teacher six years ago and has adopted the Camp Alex kitchen as her home. She says it reminds her of her Burnaby home, and she considers the other volunteers as her second family.

Another volunteer who found a second home here is **Judy Chen**, a relative newcomer to the group, and a newcomer to Canada. Shortly after she arrived from China, Judy was invited to accompany a friend to the Wednesday drop-in and immediately fell in love with it. She decided it would help her practice her English, and now her volunteer buddies feel Judy is the one who sets an example for the rest of them, due to her dynamic nature and willingness to help.

Rita Milan started with the United Church lunches. She was recruited for this group by Stella Buttner, who was cooking for both the United Church and Alexandra Neighbourhood House. Rita has now been with the group for several years, and it all stems from her involvement with a different group to begin with.

The Wednesday program also seems to have been a natural fit for **Jean Roe**, whose involvement grew out of her participation with the Crescent Beach United Church Walkers, who meet for a walk every Wednesday morning, ending with a coffee break in our Longhouse Lounge. From there, Jean goes to the Dining Hall, where she collects payment for the lunches and takes attendance. It seemed only natural that she should be involved in this way - Jean is a 1981 recipient of the Order of Canada, awarded in recognition of her volunteer work. The thing Jean feels should be mentioned is the way the supported adults enjoy the entertainment provided after each lunch. She believes that Alexandra Neighbourhood House is fulfilling its mission of building a welcoming, inclusive neighbourhood and that is why she supports it so strongly.



A few of the volunteers who are always ready to step up to the (hot)plate.

Alexandra Neighbourhood House salutes these dedicated people and thanks them for their participation in our programs.

*Absent on the day of the interview, but included in the thanks, are **Elaine Haupt** and **Joan Cook**.*

Thank you one and all!

JANUARY GARDENING

by Estelle Bogoch



So far, so good.

The winter weather has been just fine, both for me and my garden. The difficulties lie in a cycle of freezing and thawing. When it becomes mild after a deep freeze, plant roots are tricked into believing that spring is coming, and they begin to grow. Then, if the ground freezes again, these tender roots go into stress and die. This is what happened the past two winters and a lot of plants never recovered in the spring.

The best scenario for our area is to have a period of below zero temperatures, and then above zero until spring. Plants become dormant and begin growing again when the risk of damage has past. But, just in case the weather changes over the next month or two, here are some ideas for protecting your plants:

- Cluster container plants together to decrease the exposed areas.
- Eliminate wind tunnels in the garden by placing objects such as statuary, garden chairs, or trellises in the direct path of the wind, to cause the airflow to deflect sideways.
- Cover the garden soil with coniferous boughs, but be sure to remove them when the temperature rises, or the plant roots will warm up and begin growing.
- For severe weather only (and for a very short time), loosely wrap tender plants in burlap.

This is the month to collect seed catalogues. The best local seed company is West Coast Seeds, located in Delta. Catalogues can be found in garden centres or you can check their website: www.westcoastseeds.com.

January and February are the ideal months for indoor seeding of spring and summer plants.

Until March...

Estelle Bogoch graduated from Algonquin College in Ottawa with a diploma in Horticulture & Landscape Design. Originally from Montreal, she now lives in White Rock. Estelle does garden design consultations (Gardentalk), teaches courses at VanDusen Botanical Garden and White Rock Leisure Services, and works as a certified horticultural therapist at three local long-term care homes. She is a guest speaker and workshop leader for clubs and groups.



English Corner

Practice conversational English in a friendly environment
Everyone is welcome to drop-in and join the conversation

免费英语角	探讨生动话题	Where and When
• come discuss interesting topics	练习英语	Alexandra Neighbourhood House 2916 McBride Avenue in the village of Crescent Beach
• practice conversational English	结交新朋友	Saturdays starting Oct 22 10am-12 noon in the Media room
• make new friends	增加词汇	FREE OF CHARGE
• improve vocabulary	中级到高级的	

(upper intermediate to advanced)

For more Information:
604-560-9478 yekta@moom.com





Who Says You Can't Write? Creative Writing Shows You How ...

Calling All Nature Lovers

Join writer, Dee Walmsley at Alexandra Neighbourhood House
Wednesdays, 1:30-3:30pm,

Have you ever wanted to write about a pet, a nature walk or an ocean visit?
Not sure how to SHOW rather than TELL?
If so, this is the course for you.

Who Says You Can't Write? Jan 18 & 25, \$24 (2 sessions)	• a 2 session introduction to creative writing • if you've been bitten by the writer's bug, register for <i>The Nature in You & Delving Deeper</i>
The Nature in You Feb 8-29, \$48 (4 sessions) ** Pre-requisite to <i>Delving Deeper</i>	• who are you and how do you view nature? • if you read what you wrote at a campfire, would everyone be focused on your every word, or on the smores? • being descriptive: the difference between metaphors and similies • now you're ready for that 1000 word essay!
Delving Deeper Apr 4-25, \$48 (4 sessions) ** the Nature in You is a pre-requisite	• point of view...write a story from an animal's perspective • more being descriptive...forget the cliches • the web of life...how are we all connected • time for research

Sample pieces will be available with each lesson. Class size limited to 12.
Please bring a looseleaf binder with lined paper, two pens and a coffee mug.

Register a minimum of one week before session start date.

Call 604-535-0015



Gallery



Sharing a Canadian tradition with the newcomers Tea and Chat group.

Pictures from recent Alexandra Neighbourhood House activities



Christmas songs at the Community Lunch



A new take on pumpkin carving



*Getting the hang of Wheelchair Basketball
at the fall Children's Conference.*



*Youth CORE participants
enjoy each others' company*

Alexandra Neighbourhood House

RETREAT & CONFERENCE CENTRE



The **Lodge Lounge**, located on the second floor of the Lodge (Dining Hall), accommodates 30 people in a well lit, relaxed setting. Amenities include tables, chairs and couches, VCR, DVD, TV, cable and internet, elevator access and two washrooms.

The **Dining Hall**, located on the main floor of the Lodge accommodates 90 people in a heritage setting. Amenities include tables and chairs, pull-down screen and projector, wood burning fireplace (presto logs), two washrooms.

Alexandra Hall accommodates 80 people in a heritage setting. Amenities include tables and chairs, a wood burning fireplace (presto logs), two washrooms and a mini serving bar for beverages and snacks.

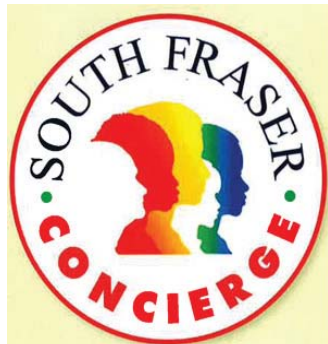
The **Activity Room** on the second floor of the Longhouse, accommodates 35 people. Amenities include tables and chairs, an elevator, a wood burning fireplace (presto logs), a white board, two washrooms.

The **Longhouse Lounge** accommodates 24 people in a casual setting. Amenities include round oak tables and chairs, a wood burning fireplace (presto logs) and washrooms.

Beecher Place is located on the water at 12160 Beecher Street. The perfect setting for weddings, socials, workshops, presentations, and meetings, its amenities include tables and chairs for 80 people (maximum capacity), a panoramic ocean view, pull-down projector screen, mini kitchen with fridge, stove, microwave, sink and counter, two washrooms and elevator.

Unique, affordable options for your social, recreational or business activities.

To enquire about available dates, rental costs, etc. contact Vanessa Neil, 604-535-0015, Ext 231 or vneil@alexhouse.net



Doing the work for you.

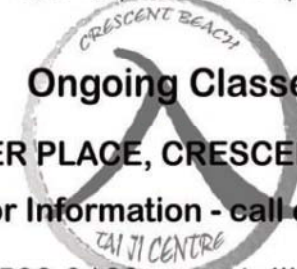
House and Home Services
Seniors Support Services
Errand Services

604-536-9611 ext 223
604-828-0253 cell

concierge@sfwomensservices.com
www.southfraserconcierge.com
... cleaning, house-sitting, packing,
organizing, shopping, meal prep,
estate sale prep, companion visits
and more

A division of South Fraser Women's Services Society

TAI CHI



Ongoing Classes

BEECHER PLACE, CRESCENT BEACH

For Information - call or email

Ph. 604-538-9128 or taiji@shaw.ca

UPCOMING

Jan 14

Building Community (p.1)

Jan 18

Nature Writing begins (p. 3)

Feb 16

Positively Parenting Your Toddler begins (p. 3)

Apr 3

More Tools for Your Parenting Toolkit begins (p.4)

ONGOING

Mondays

Vine Youth Clinic (p. 5)

School's Out (Mon–Thur p. 4)

Tuesdays

Family Place Drop-In (p.3)

Wednesdays

Vine Youth Clinic (p. 5)

Thursdays

Family Place Drop-In (p. 3)

Youth CORE (p. 5)

Saturdays

English Corner (p. 7)

Alexandra Neighbourhood House
2916 McBride Ave
Crescent Beach, Surrey BC V4A 3G2
Phone: 604-535-0015 Fax: 604-535-2720
info@alexhouse.net

ALEXANDRA NEIGHBOURHOOD STAFF

Camp Alexandra: 604-535-0015

Executive Director: Penny Bradley
Program/Communications Director: Donni Klassen
Director, Core Operations: Rita Frederiksen
Administrative Projects Coordinator: Simone Grewal
Property Manager: Mark Klassen
Coordinator, Sales & Admin: Vanessa Neil
ECD Community Programmer: Shelley Cranstone
Coordinator, Volunteers & Seniors Engagement: Maria Siccardi
Community Programmer: Jenn Beavington
Caretakers: Lisa Lucow, Jayne Baxter

Vine Avenue Youth & Family Services: 604-538-5050

Director, Youth & Family Programs: Rhea Hubbard
Team Leader: Maxine Larmour
Family Support Counsellor: Dianne Schwartz
Youth & Family Programmer: Cindi Mercer
Youth & Family Worker: Daylene Marshall

**Alexandra Children's Centre at Kensington Praire
604-541-3270**

Doni Koskela	Alicia Compo
Rebecca Cheng	Vicki Chang
Jennifer Barton	Talecki Mulu Abay
Jamie Choo	Crystal deBruyn
Sheila Bergland	Donna Lambier

**Alexandra Children's Centre at the Beach House
604-560-5520**

Erica Levitt	Jennifer Valente
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Alexandra Neighbourhood House Office Hours

9 a.m. – 4 p.m. Monday to Friday

Please call ahead

to schedule an after-hours appointment

**ALEXANDRA NEIGHBOURHOOD HOUSE
BOARD OF MANAGEMENT**

Jane Bird (Past Chair)	David Hughes	Jean McKendry
Eryn Moore	Elva Reid	Sue Vanin
Dino Zanni		

MISSION STATEMENT

Alexandra Neighbourhood House provides opportunities for people to gather, grow and build a spirit of community

