

# The Barnacle

## Bulletin



## 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

### Clothing Exchange

The times they are a-changin' and our Clothing Exchange, which has been operating here for more than 25 years, has suffered declining usage in the last two years. So sadly, it seems that it's time to say good-bye. We are planning to donate all items currently in stock to South Fraser Women's Services Society, who run a clothing exchange full time.

We'd like to hear from you if you feel that you need and will use this service - nothing is carved in stone! Please call Donni at 604-535-0015 ext 223.

### Blue Moon Coffee House

Last Sunday of every month

Acoustic Jam, 6-10pm

Bring your instrument and a snack to share

\$2 drop-in

Everyone Welcome!

Camp Alexandra is operated by **Alexandra Neighbourhood House** and is a member of the Association of Neighbourhood Houses of BC. We are situated at 2916 McBride Avenue in the village of Crescent Beach. Visit us at our website at [www.alexhouse.net](http://www.alexhouse.net) or e-mail us at [info@alexhouse.net](mailto:info@alexhouse.net)

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

### Programs

Alexandra Family Place Drop In, Tue/Thur  
10am-12:30pm. \$4 family. Oct 5- Fall painting  
Oct 7- Making Turkey's, Oct 12- Red + yellow  
make ORANGE, Oct 14- Paper bag pumpkins, Oct  
19- Pumpkin Faces, Oct 21- Spider Painting,  
Oct 26- Pumpkin sticker art, Oct 28- Orange Day fun

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. **Fall sessions are full.**

Positively Parenting... Your Toddler **Free!**

Join this interactive 6 wk program for  
parents/caregivers with children 8 mos-3 yrs of  
age and explore topics on child development,  
temperament, emotional literacy, and  
strategies to promote positive behaviour. The  
next session runs **Tuesdays Oct 12 to Nov 16,  
6:30-8:30pm** in the Lodge at Camp Alexandra.  
Childminding may be available. Register at 604-  
538-5060 ext 23.

Growing Green Gardening Project  
**It's time to get back into the garden**

This fall we will be tidying up the gardens,  
pruning, doing some general repair and  
maintenance and prepping for next year's  
gardening season. If it rains, our Master  
Gardener will lead classes to improve your  
gardening knowledge. **All welcome.** We will  
meet rain or shine every **Thursday from  
12.30-3.30pm.** The first meeting will be  
Thursday September 30, 2010.

Tea and Chat Friendship Group

Chat over tea, make new friends and go on fun  
outings in the community. **Tuesdays 12.30-  
2pm.** All Welcome.

Community Lunch and Drop-in

Every **Wednesday 12-2pm** enjoy a five course  
lunch for \$6, then join us for fun and activities  
afterwards in the Lodge Lounge. All welcome

Soul of the World Choir

Join an inclusive community choir celebrating  
diversity in B.C. It's free and all levels,  
languages, abilities and ages welcome. No  
audition necessary. Rehearsals will run Oct  
2010 to March 2011. Call Alex House reception  
if you are interested in joining in.

Youth Advisory Committee

Build leadership skills, gain volunteer hours  
and make new friends. Meet every **Monday &  
Thursday 3.30-5.30pm.**



## 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. Check the November issue of *The Barnacle* for registration information.

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

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**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

## Chili, Chili Everywhere

Camp Alex entered the chili cook-off competition hosted by the White Rock Rotary Millennium Club on Saturday Sept 11<sup>th</sup>. We were more than happy to enter our Alexandra Neighbourhood House "Beach Bomb Chili". Volunteers Ruth Sebastian, (Community Board),



Sandy Marantz (Hot Lunch programs), Alison Nichol (youth) joined me and Lois Peterson (Alex House Fund Development Officer) on this wonderful, sunny day! Although we didn't win the contest, we placed very highly with the more than 250 tasters who wolfed down 5 gallons of our chili. We hope to enter again next year - and win!

*Stella Buttner*



Participants in the Cool Cuisine Community Kitchen program practicing their culinary skills in the kitchen.

Working alongside older adults, we have learned how to make pickles, soup, butter and much more. Look for the next session in Winter 2011, funding pending. To learn more about this unique group, or to become involved as an older adult participant-volunteer please call 604-538-5060 ext 23. This program is funded by the United Way.



## Volunteer Opportunities

Alexandra Neighbourhood House is currently looking for:

An administration volunteer to manage phones/mail/photocopying and other clerical duties as required, afternoons Monday to Friday.

Seamstresses that could sew some new cushion covers for couches and chairs in the Games Room.

Please contact [rfrederiksen@alexhouse.net](mailto:rfrederiksen@alexhouse.net) for more information.

Participants with experience in program development and/or an interest in hosting upcoming activities, helping at lunches or acting as a host. Please contact Maxine Larmour, Community Services Manager at 604.535.0015 for more information.

