

KNOW YOUR RIGHTS AS A WORKER

Youth Employment Facts - Know your Rights as a Young Worker under Manitoba Law

The Right to Know

- About any hazards you may encounter in your workplace, and how to protect yourself from them
- Receive safety and health training and instruction before you begin work, and when your work changes
- Be under the direction of a competent supervisor who can show you how to perform your work safely

The Right to Participate

- In a Workplace Safety and Health Committee if there are 20 or more employees in your workplace
- As the Worker Safety and Health Representative if there are between 5 and 19 employees in your workplace
- To ask for additional information or voice a concern related to safety and health hazards to which you may be exposed

The Right to Refuse Unsafe Work

- You have the right to refuse work that you believe is dangerous to your safety or health or the safety or health of another person

The Right to Protection

- If you exercise a right or carry out a duty under the Workplace Safety and Health Act or Regulations, you cannot be disciplined or discriminated against
- This includes using your right to refuse unsafe work, or reporting a safety and health concern to your supervisor or boss, a Safety Committee member, the Worker Safety Representative, your Union or Workplace Safety and Health

For more information call our Youth Employment Hub office at 204 783 5000 ext. 115, drop by our office located at 104-365 McGee Street, or email us at firstjobs@spenceneighbourhood.org.

Source: *Safe Workers of Tomorrow*



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COMMITTEE MEETINGS THIS MONTH:

HOLISTIC HOUSING: JULY 3
COMMUNITY CONNECTING: JULY 5
ENVIRONMENT & OPEN-SPACES: JULY 12

BED BUG STEAMER & VACUUM AVAILABLE FOR SPENCE RESIDENTS

SNA has some equipment available to renters who are dealing with bedbugs. The equipment can be used to treat personal belongings and furniture, and help a tenant combat the issue as they wait for their landlords to make extermination arrangements. Here is the criteria to borrow the equipment:

- You must rent within the Spence boundaries.
- Must provide proof of residency.
- Must be willing to leave a valid photo ID in exchange for equipment for two business days or a \$25.00 deposit fee, if you do not have a photo ID.
- Must watch a 3-minute tutorial video on how to use the equipment.
- Must sign a loaning agreement contract.

If you rent, the landlord must take care of an infestation but you and the landlord must work together. The landlord will arrange for an exterminator and tell the tenant when the exterminator is coming and how to prepare the rental unit for extermination. It is very important that tenants follow the landlord's instructions on how to prepare their unit before and after the treatment. Tenants must allow the exterminator into their rental unit to complete the extermination.

Renters concerned about bed bugs can call 1-855-3MB-BUGS (1-855-362-2847) or email bedbugs@gov.mb.ca to get more information. If you are on EIA and your landlord has given you notice of when the unit will be treated, you can use this notice to get benefits from your EIA worker for laundry and mattress covers for you and your family members. SNA also has mattress covers for those who are working or on Canada Pension Plan.

Contact Rental Safety Coordinator (204) 783-5000 extension 107

SNA VOLUNTEER SPOTLIGHT: MICHAEL PATRICK BELHUMEUR JR.

Michael Patrick Belhumeur Jr. is a Metis Elder and Senator. For the last year-and-a-half he has volunteered on the SNA Board of Directors as Area 8 Director. Michael has a long history of volunteering and advocating on behalf of Winnipeg's most in-need. He is the Founder of ABBLE House and UKARE Metis youth school scholarship program and Co-Founder of the Manitoba Coalition of Families of Homeless Metis Veterans in Manitoba. This year, in recognition of his volunteer work, Michael became a Member of the Order of Manitoba.

Why do you volunteer with SNA? Because of the great community organization and the people living in the area; it's like family, supporting one another from all walks of life.

What is one thing you are most proud of in your volunteer experience with SNA? Trying to help support WE24 during the winter via the military, since I am a veteran, through contacts and with possible donations of cots, blankets, gloves, and winter wear.

Do you have any advice to share with folks wanting to volunteer with SNA? Volunteering is one of the best rewarding experiences. Helping the community is a very fulfilling choice. I have been volunteering for over 40 years and my life and volunteer decisions show that anyone can achieve their goals and dreams if you persevere and don't give up. Serve with hope, vision, humility and pragmatism. No matter your past, you can make the choice to live your own life and serve others. SNA in particular is a very supportive organization and professionally and masterfully run by Jamil. I encourage people to get involved with the Board.

Spence Neighbourhood Association (SNA):

615 Ellice Avenue (Head Office): Community Connecting, Environment & Open Spaces, Finance, Homeless Outreach, Housing, & Rental Safety. The Head Office is open Tuesdays, Wednesdays, and Thursdays and Mondays and Fridays by appointment only.

430 Langside Street (Magnus Eliason Recreation Centre - MERC): Building Belonging, Children & Youth Sport, Newcomer Youth Outreach, West End 24 Hour Safe Space, & Youth Drop-In.

365 McGee Street (West End Commons): First Jobs 4 Youth, Wahkohtowin Strengthening Families Program, Homework Club, & Youth Crew.

231 Isabel Street (Central Neighbourhoods): Gang Action Interagency Network (GAIN)

350 Spence Street (Axworthy Health & RecPlex): Community Sports Program

Phone: 204-783-5000 | **Email:** liaison@spenceneighbourhood.org |

Website: www.spenceneighbourhood.org

Facebook: @SpenceNeighbourhoodAssociation | **Twitter & Instagram:** @SNACommunity

SNA JULY '18 PROGRAM/EVENT LISTING

Children and Youth Programs

Futsal (Soccer) Program for Spence youth 8-14 years:
May 15-August 21, 2018 | 5-6:30PM | 350 Spence.
Boys play on Tuesdays | Girls play on Thursdays. Equipment, coaching, uniforms (while supplies last), and limited transportation are provided. Free but registration is required. Contact: Sport Coordinator at 204-988-7635 or sport@spenceneighbourhood.org.

Building Belonging Summer Program:
July 9-August 24 | Monday-Friday | 12-4:30PM | 430 Langside.

Structured programming for kids ages 6-12 with lunch and snacks provided and pick up from home (11am-12pm) and drive home (4pm-5pm) available within the Spence neighbourhood. Summer Registration forms available at MERC. Contact: Building Belonging Coordinators 204-783-5000 ext. 112.

Summer Youth Program

July 10-31 | Monday-Friday | 6:30-9:30PM | 430 Langside.
Programming and outings for youth grades 7-12 with a meal provided and drive home available within the Spence neighbourhood, or bus tickets provided. Registration forms available at MERC. Contact: Newcomer Youth and Outreach Worker 204-783-5000 ext. 113 or newcomer@spenceneighbourhood.org

Kids Garden:

Tuesdays | 4:30-5:30PM | 430 Langside. St.
Kids ages 6-12 learn about food and nature while planting and taking care of a garden together. Contact: Environment and Open Spaces Coordinator at 204-783-5000 ext. 102 or greenimage@spenceneighbourhood.org.

55+ Programs & Events

55+ Cooking Class:

July 11, 2018 | 2:30-5:30PM | 365 McGee.
Adults 55+ are invited to learn healthy, affordable recipes and share their kitchen wisdom. Classes facilitated by Mary Jane's Cooking School. Registration required for this free program. It fills up fast! Contact: Community Garden Animator 204-783-5000 ext. 102 or email lara@spenceneighbourhood.org

55+ Social Club:

July 16 & 30, 2018 | 1-3PM | 625 Portage.
Spence and West-End adults 55+, elders, and seniors, please join us for a free light lunch and coffee/tea every. We offer conversation, learning, and fun activities in a relaxed and safer environment. Contact: Community Connector at 204-783-5000 ext. 106 or safety@spenceneighbourhood.org.

Workshops

Bed Bug Workshop:

July 25, 2018 | 4:30-5:30PM | 615 Ellice.
Contact SNA's Rental Safety Coordinator at 204-783-5000 ext. 107 or rentalsafety@spenceneighbourhood.org

Composting Workshop:

July 25 | 6-8pm | 446 Langside - The International Garden.
Learn the simple steps to turn kitchen waste into organic fertilizer for your plants. Composting is both practical and possible for everyone. Registration is required for this free event. Contact: Community Garden Animator, 204-783-5000 ext. 102 or email lara@spenceneighbourhood.org.

Committee Meetings

Holistic Housing Committee Meeting:

July 3, 2018 | 6PM | 615 Ellice.
Discuss issues or concerns about housing and homelessness in your neighbourhood, connect with your neighbours, and help shape the future of housing in Spence! Contact: Housing Coordinator at 204-783-5000 ext. 105 or housing@spenceneighbourhood.org

Community Connecting Committee Meeting:

July 5 2018 | 5:30-7PM | 615 Ellice. Contact: Community Connector at 204-783-5000 ext. 106 or safety@spenceneighbourhood.org

Environment & Open Spaces Committee Meeting:

July 12, 2018 | 6PM | Location To be Announced.
Contact: Environment and Open Spaces Coordinator at 204-783-5000 ext. 102 or greenimage@spenceneighbourhood.org.

More Ways to Connect with Your Community

Wahkohtowin Strengthening Families Program:

Thursdays | April 12-July 12, 2018 | 5-8PM | 365 McGee
WSFP is a free strength-based skill-building program that works with youth ages 11-17 along with their families/support circles to increase communication, decrease conflict, connect with culture, and increase bonding. Childminding, dinner, and transportation are provided. Registration is required. In July we will be recruiting new families for our next session which starts August 30th. Contact: WSFP Site Coordinator at 204-894-4288 or amber@spenceneighbourhood.org

Community Walkabout:

July 10 & 24, 2018 | Meet at 5PM (depart at 5:15PM) | 615 Ellice.

As a team, we walk/stroll a designated area's back lanes to identify safety concerns. All are welcome to participate. Registration is encouraged. Contact: Community Connector at 204-783-5000 ext. 106 or safety@spenceneighbourhood.org

Kitchen Circle:

July 23, 2018, 2018 | 5-7PM | 615 Ellice.
Cook and eat a healthy, affordable recipe together. Registration required for this free program. It fills up fast! Contact: Community Garden Animator, 204-783-5000 Ext. 102 or email lara@spenceneighbourhood.org.

Art with Gerry:

July 26, 2018 | 5-7PM | 615 Ellice.
Led by local artist Gerry Berard, AWG aims to create an accessible and inclusive space for community members to engage in free, recreational and skill-building art and craft activities. AWG is open to Spence community members of all ages and skill/experience levels. Registration required. Contact: Community Connector at 204-783-5000 ext. 106 or safety@spenceneighbourhood.org.

Our Place Safe Space:

Fridays | 4-10PM | 823 Ellice Ave.
OPSS is a "comes as you are" safer space for those who identify as sex workers, experiential folks, victims/survivors of sexual exploitation and victims/survivors of human trafficking (all ages, genders, and Nations), operating as a drop-in. Harm reduction services and fun free dinner provided. Contact: OPSS Outreach at 204-774-7005 ext.106 or bobbi@spenceneighbourhood.org.



SPENCE NEIGHBOURHOOD ASSOCIATION (SNA) JULY 2018

| 204-783-5000 | liaison@spenceneighbourhood.org | www.spenceneighbourhood.org |
 | Facebook @spenceneighbourhoodassociation | Twitter @snacommunity | Instagram @snacommunity |

Children & Youth Programming

WE24

Sundays-Saturdays
11PM-7AM

Building Belonging

Mondays-Fridays

July 3-6, & 30 Drop-In Only
10AM-4PM

July 9-Aug. 24
12PM-4:30PM

Kids Garden

Tuesdays
4:30PM-5:30PM

Sports - Futsal

Tuesdays (boys)
Thursdays (girls)
5PM-6:30PM

Youth Program

Mondays-Fridays
July 2-9
no program
July 10-31
6:30PM-9:30PM

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1	2 SNA CLOSED MERC open for WE24	3 Holistic Housing Committee: 6PM	4	5 Wahkohtowin: 5-8PM Community Connecting Comm.: 5:30-7PM	6 Our Place Safe Space: 4-10PM	7
8	9 Building Belonging Summer Program Starts	10 Summer Youth Program Starts Community Walkabout: 5PM	11 55+ Cooking Class: 2:30-5:30PM	12 Wahkohtowin: 5-8PM Environment & Open Spaces Committee: 6PM	13 Our Place Safe Space: 4-10PM	14
15	16 55+ Social Club: 1-3PM	17	18	19	20 Our Place Safe Space: 4-10PM	21
22	23 Kitchen Circle: 5-7PM	24 Community Walkabout: 5PM	25 BedBug Workshop: 4:30-5:30PM Composting Workshop: 6-8PM	26 Art with Gerry: 5-7PM	27 Our Place Safe Space: 4-10PM	28
29	30 55+ Social Club: 1-3PM	31	<i>Programming, hours, and locations may be subject to change without much notice. SNA is closed evenings, weekends, May Day, and national and provincial holidays.</i>			

@615 Ellice
Art with Gerry
Bed Bug Workshop
Community Connecting Committee
Community Walkabout
Holistic Housing Committee
Kitchen Circle

@365 McGee
55+ Cooking Class
Wahkohtowin Strengthening Families Program
@823 Ellice
Our Place Safe Space

@430 Langside
Building Belonging (6-12 years old)
Kids Garden (6-12 years old)
West End 24 Hour Safe Space for Youth
Youth Program (Grade 7-12)
@350 Spence
Futsal (soccer) Program (boys/girls)

@Location To Be Announced:
Environment and Open Spaces Committee
@466 Langside
Composting Workshop
@625 Portage
55+ Social Club

