



Photo: Winnipeg Arts Council

Opening Doors Youth WITH ART

Guest Article by
Winnipeg Arts Council

This large-scale outdoor mosaic project was spearheaded by youth from its inception. Youth worked together with Spence Neighbourhood Association (SNA) staff to apply to be matched

with an artist through WAC's Youth WITH ART community public art program. After a rigorous review and interview process, the youth chose artist Dimitry Melman to collaborate with on an artwork that would transform the outside of the MERC (Magnus Eliason Recreation Centre) to better reflect all of the great things going on inside.

Over the course of a year, Dimitry worked with children and youth from the afterschool and evening programs to design, cut and lay out the tile for the mosaic. There were over forty children and youth between the ages of six and sixteen that contributed along with their families and other community volunteers.

The community wanted to reference sports, music, art, learning, creativity, teamwork, development, growth and opportunity in the artwork. They also wanted to honour the five volunteers who started the SNA by including five open doors and five figures. The life in the figures comes from the youth who posed for them. "This public art installation is a celebration and tribute to the SNA and the community." - Dimitry Melman, Artist

While the artwork was being imagined and created, the City of Winnipeg was working to further enhance the MERC's outdoor space with the installation of a new play ...Continued on page 2

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Spence Neighbourhood Association (SNA):

Head Office: 615 Ellice Avenue
Gang Action Interagency Network (GAIN) Office: John Howard Society - 583 Ellice Avenue
Youth Employment & Wahkotawin Strengthening Families Program Offices: WestEnd Commons - 641 St. Matthew's
Youth & West End 24 Hour Safe Space Offices: Magnus Eliason Recreation Centre (MERC) - 430 Langside Street
Phone: 204-783-5000 | Email: liaison@spenceneighbourhood.org | Website: www.spenceneighbourhood.org
Facebook: @SpenceNeighbourhoodAssociation | Twitter: @SNAcommunity | Instagram: @SNAcommunity

structure and green space.

“Everything we do at SNA is about building relationships and connections with our youth, community members and the community we live in. Being able to improve, enhance and bring to life the outside space and the walls of the building is amazing! It highlights the dreams and opportunities we all work to make happen for our community and puts it into a beautiful artwork.” – Jamil Mahmood, Executive Director, SNA

Opening Doors was celebrated with a community BBQ at the MERC on October 17, 2016.

For more information and pictures, please visit: <http://winnipegarts.ca/wac/artwork/openingdoors>.



Photos by Spence Neighbourhood Association

We have been having a blast with our community this fall in the Wahkohtowin Strengthening Families Program!

Five families have participated week after week in workshops, family feasts, and sharing circles since September. It has been great to see families, staff, youth, and parents getting to know each other, discuss important topics as a group, and support each other in learning and life.

Up to this point, we have discussed the following topics and skills (but not limited to): spending quality time together, mindfulness, positive thinking, stress management, family systems for rules, rewards, and responsibilities, positive discipline, and problem solving as a family.



Photo: Spence Neighbourhood Association

This month we are celebrating and learning about our cultures over a potluck dinner and storytelling, and will be joined by an Elder in the community. Graduation Ceremony is set for December 15!

Our next session will run January to March of 2017, once a week, for 14 weeks. If you or someone you know would be interested in joining our next session please contact Kristen by calling 204-783- 4685 or emailing kristen@spenceneighbourhood.org. You may also visit our website at: www.spenceneighbourhood.org/wahkohtowin-strengthening-families.

Building Belonging: We



Photo: Spence Neighbourhood Association

On October 17, 2016, we celebrated our new mural and playground in style with a community BBQ. During the event one of our BB kids, who participated in making the mural, stood at the front of the crowd with the artist, Dimitry Melman and was interviewed about her experience. We took our kids on a special outing to the Art City Halloween Party on October 28. The theme for the party was "Eaten Alive: A Hairy Journey Through the Anatomy of a Monster", and we had a lot of fun with our costumes.

Some projects we are currently working on are: incorporating aspects of homework club into our program, with reading time available on Tuesdays, and for those who have participated in reading time, computer time on Thursdays. We are also starting our planning process for the Holiday Party in December! Please refer to page seven (7) for more information.

A special thanks to our partners: David Heinrichs, Dimitry Melman, and Art City Outreach. For more information about Building Belonging, please call 204-783 0292 or visit <http://www.spenceneighbourhood.org/building-belonging>.

The fall is a busy time of year, refocusing on school, and trying to find a balance between school and other commitments.

For First Jobs 4 Youth, the process is similar as we transition to supporting youth through the school year in the ways that they need. Many of our youth have started their school year placements with businesses such as Strong Badger Coffeehouse, Artist's Emporium, and The WRENCH. A few of our youth are concentrating on school or have found employment in the service industry on their own.

Youth Crew has had a busy last few months, jobs have included tree banding,

many catering jobs including providing dinner for the Wakhotawin Strengthening Families Program, and Barbequing hotdogs for the Community March for Peace on September 28, 2016.

First Jobs 4 Youth offers part-time employment/training opportunities for local youth, ages 16-18 every summer within SNA's programming. After graduating from our summer program in August, each youth receive a school year work placements with local employers. Every spring, our office assists past participants with applications to the City of Winnipeg for jobs as Recreation Technicians at local community centres.

For more information, please visit us at 104-641 St. Matthew's Avenue Monday to Fridays from 3-6PM, call Leslie or Aaron at 204-786-3470 to book an appointment, or you may email us at firstjobs@spenceneighbourhood.org or aaron@spenceneighbourhood.org

Youth Crew offers occasional odd jobs/training opportunities for local Youth, ages 11-16.

Youth develop skills in yard care, snow and ice removal, cooking, baking and catering, building projects and community relationships.

For more information, please call Ana at 204-786-3470 for an appointment or email at youthcrew@spenceneighbourhood.org.



Photo: Spence Neighbourhood Association

As the outdoor gardening season for 2016 starts to wind down, we reflect on the harvests we have had over the warmer months.

Those harvests are both physical and mental.

The feeling of digging your fingers into the dirt seems to have a relaxing effect on the mind, allowing you to slow your pace down and take a deep breath. Gardening is also an activity that really allows people to take control over an important aspect in their life, food. Having the opportunity to grow good food close to home is not only therapeutic to some, but also has a very real effect of saving money. Some gardeners are able to grow enough vegetables to last them well into the winter months, whether it is by freezing, drying, canning, or cold storage.

Community gardeners throughout Spence were able to grow foods both familiar and new to themselves. Some of the vegetables grown in Spence this year include staples of Manitoba gardens like carrots, potatoes, beets, corn and squash while other gardens had okra, mchicha, and kangkong. Over time, we may see these newer vegetables become staples in our communities as people share seeds and recipes.

This past summer I was able to see many gardeners enjoying spending time outside, benefitting from the fresh air and being surrounded by so much green. As winter sets in some people find they really miss the feeling of being surrounded by plants. Try having houseplants in your living and work spaces to keep those benefits all winter. Whether you have a low light or high light space, or whether you are an experienced caregiver to plants or a new gardener, there is a plant for you. Over the winter months you can take the time to reflect on your last summer's garden; think about what worked well and what didn't work, as well as what you would like to try next summer so that you are ready when spring arrives again.

For more information, please contact our Environment & Open Spaces Coordinator (EOS), David Heinrichs at 204-783-2834 or greenimage@spenceneighbourhood.org.

Welcome to SNA Rune Breckon!



Photo: Corinne Mason

Hello Spence Neighbourhood Community! My name is Rune Breckon and I am SNA's newest Community Liaison and Communications Coordinator.

Similar to the Community Liaisons before me, I am the first point of contact for you you connect with when you have questions, need referrals, or want to become involved in Spence Neighbourhood Association. Additionally, I support all SNA staff in their endeavours and am responsible for the day-to-day operation of the MERC Building.

In my role as the Communications Coordinator, I write the SNA newsletter, post on our social media platforms, maintain our website, create posters and outreach materials, co-facilitate the Community Incentives Program (formally called the Small Grants Program) with a team of people, contribute to *Our West Central Times*, and participate in community activities, initiatives, events.

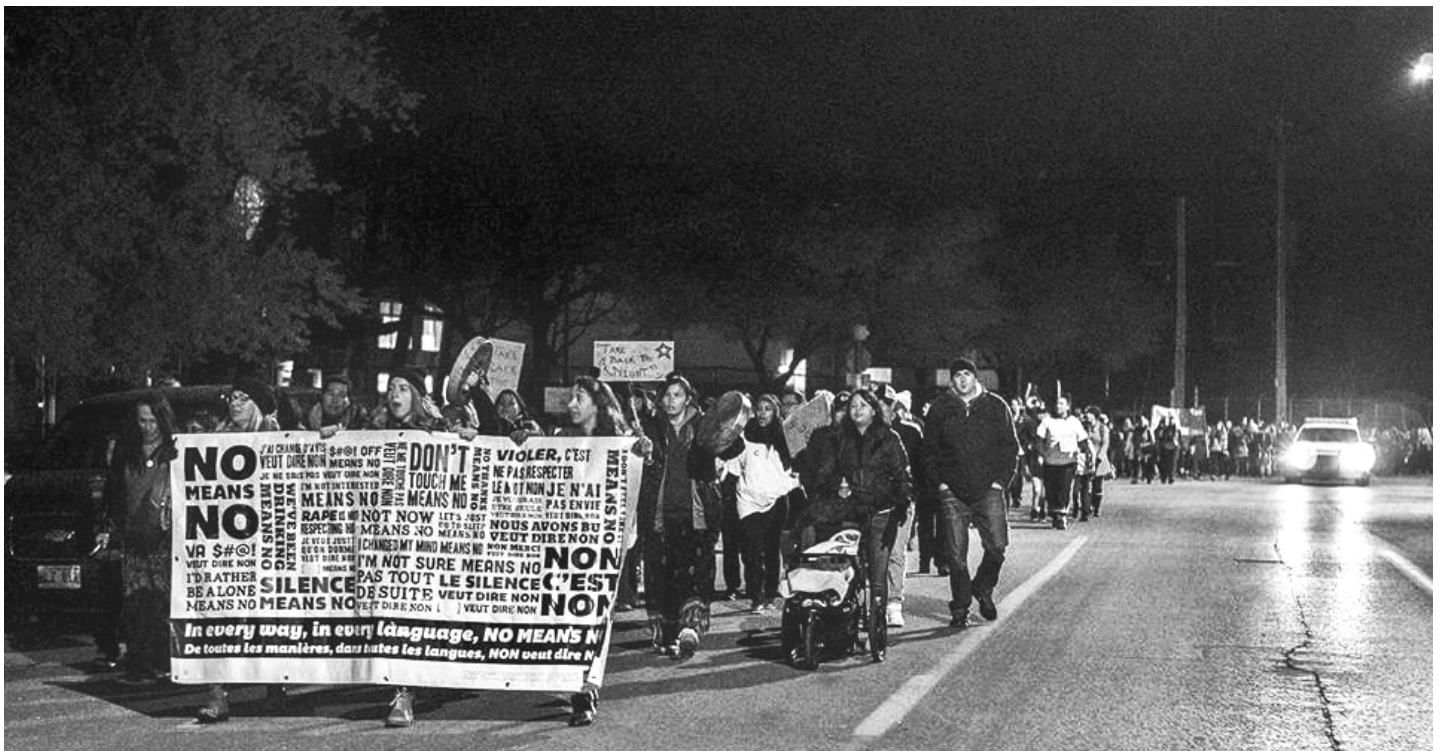
Personally, I am a social justice activist,

Feel free to connect with me through telephone (204-783-5000) and e-mail (liaison@spenceneighbourhood.org).

SNA's Girls Night starts this month!



FRIDAYS | 6:30-9PM
RECPLEX - 2ND FLOOR MPR | 350 SPENCE ST.
NOVEMBER 2016 - JUNE 2017



Take Back the Night (TBTN) 2016: TBTN is an international movement to protest sexual violence, intimate partner violence, and street harassment in our communities. Winnipeg's 2016 theme was "Take Up Space" because too often women, and people who face oppression(s) based on race, gender expression, sexuality, class and ability are taught to be small and quiet in our society. On October 20th, Elder Leslie Spillett, guest speakers Alexa Potashnik and Michelle McHale, The Dream Catchers Drum Group, and 100+ marchers, were lead by Mama Bear Clan from the Indian and Metis Friendship Centre, through North End streets, and back to The Friendship Centre. For more information about Winnipeg's Take Back the Night, please visit <https://www.facebook.com/tbtnwpg> or email tbtnwinnipeg@gmail.com. #tbtn2016. Photo: Eric Fillion.

Renting in Winnipeg can become very challenging when trying to find safe, affordable housing for those who are low income.

Many people are now taking on the option of finding roommates to share rent. This allows a person more options to finding a suitable place but it can also pose problems to come in the future. If you are seeking a roommate or considering living with another person, take the time to have a conversation on what the living arrangement are going to look like, and what would be the steps to resolving any issues.

Here are a few tips to think about when rent sharing:

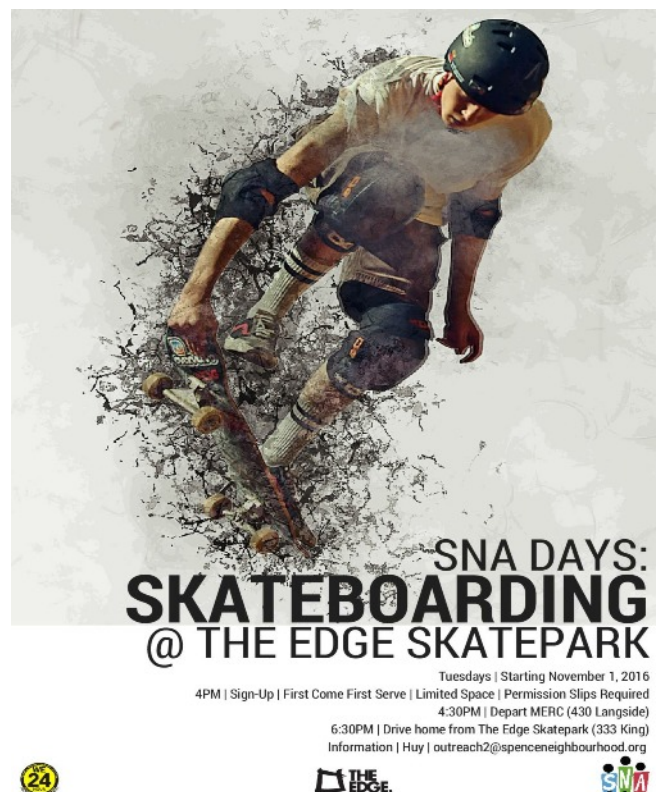
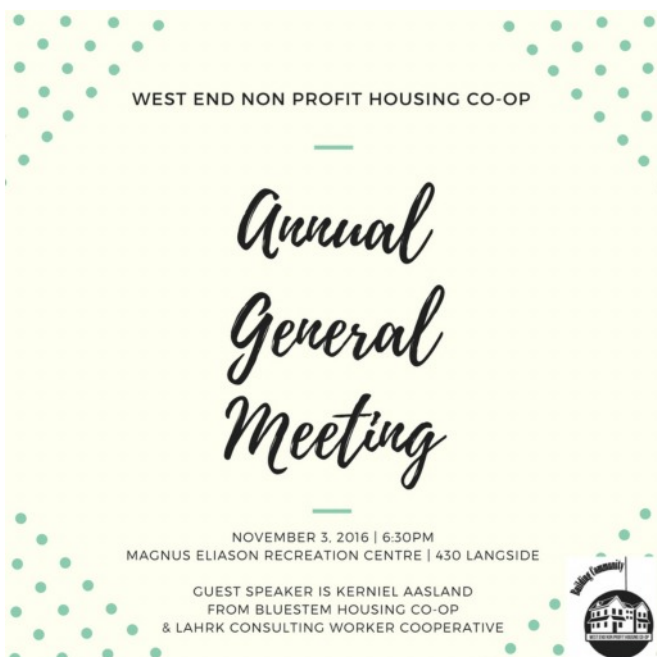
1. Take the time to talk about the responsibilities of bills, ask if the person has a good name with MB Hydro and/or City of Winnipeg Water department. Make sure to put both names on the utilities bills. This way if the roommate arrangement does not work out, one person won't get stuck with the bill. The utility company will only hold the person on the account responsible. If both names are on the bills, leave the bills in a visible area, along with receipts, so everyone is on the same page of what is owed.

2. Discuss how the communal spaces will be taken care of by each person. Would you prefer everyone clean up after themselves promptly after cooking.

3. Take the time to talk about personal habits and acceptable behaviour. Would a non smoker like to find out they moved in with a chain smoker? Would a non-drinker like to be awoken by their roommate stumbling in at 3AM?

4. Lastly ground rules for overnight guests...this could save a whole lot of frustration. Take the time to talk about how long significant other(s) and/or guests can stay over. One or two nights a week, only weekends, etc. You wouldn't want your roommate's significant other(s) and/or guests to stay a whole month and when rent is due, that person say "why would I pay rent when I don't even live here"

The Rental Safety Coordinator hosts a monthly Tenants Committee on the 3rd Monday of the month, which covers various topics. Our next meeting is on November 21, 2016 at Magnus Eliason Recreation Centre - 430 Langside Street. 6PM. Topic: Privacy, Abandoned Units and Abandoned Property, and Hearings at the Branch. For more information, please call Cortney at 204-783-4141 or email rentalsafety@spenceneighbourhood.org.



Free Pancake Breakfast
Activities * Crafts * Santa

COMMUNITY HOLIDAY PARTY

December 10, 2016
10 AM - 1 PM

Magnus Eliason Recreation Centre
430 Langside Street

Please register your family by
Friday November 25 and your
children under 12 years old
will receive a free gift!

Information & registration: 204-783-5000
liaison@spenceneighbourhood.org



Proudly Serving
the Spence
Neighbourhood



Rob Altemeyer
MLA for Wolseley
204-775-8575
RobAltemeyer.ca

Wishing every day of the New Year
be filled with success, happiness
and prosperity

**Robert
Falcon-Ouellette**

*Member of Parliament,
Winnipeg Centre*



(204) 289-1997 | Robert.Falcon@parl.gc.ca

Continuing to work hard
for the people of Minto

**Andrew
Swan**

MLA for Minto



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NOVEMBER 2016

Spence Neighbourhood Association (SNA)
204-783-5000 | www.spenceNeighbourhood.org
@SpenceNeighbourhoodAssociation | @SNAcommunity



Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
BB: Building Belonging (6-12 years old) - 430 Langside CCC: Community Connecting Committee - 615 Ellice CEDC: Community Economic Development Committee - 615 Ellice EOSC: Environment and Open Space Committee - 615 Ellice FP: City of Winnipeg Free Play (6-12 years old) - 430 Langside GN: YP Girls' Night - RecPlex MPR - 350 Spence Street HC: Housing Committee - 615 Ellice KC: Kitchen Circle - 615 Ellice	BB: 3:30-6PM YP: 6:30-9PM SK8: 4:30-6:30PM HC: 6PM	BB: 3:30-6PM YP: 6:30-9PM SK8: 4:30-6:30PM HC: 6PM	BB: 3:30-6PM YP: 6:30-9PM - No Drive Home CCC: 6PM	BB: 3:30-6PM YP: 6:30-9PM WSFP: 5PM CEDC: 5:30PM	BB: 3:30-6PM YP: 6:30-9PM OP: 4PM GN: 6:30-8PM WE24: 11PM-7AM	FP: 10AM-4PM YDI: 4-9:30PM WE24: 11PM-7AM
FP: 10AM-4PM YDI: 4-9:30PM	BB: 3:30-6PM YP: 6:30-9PM	BB: 3:30-6PM YP: 6:30-9PM SK8: 4:30-6:30PM	BB: 3:30-6PM YP: 6:30-9PM - No Drive Home Y&FC: 7PM	BB: 3:30-6PM YP: 6:30-9PM WSFP: 5PM EOSC: 6PM WE24: 11PM-7AM	SNA & MERC Closed WE24: 11PM-7AM	FP: 10AM-4PM YDI: 4-9:30PM WE24: 11PM-7AM
FP: 10AM-4PM YDI: 4-9:30PM	BB: 3:30-6PM YP: 6:30-9PM SK8: 4:30-6:30PM	BB: 3:30-6PM YP: 6:30-9PM SK8: 4:30-6:30PM	BB: 3:30-6PM YP: 6:30-9PM - No Drive Home KC: 5PM	BB: 3:30-6PM YP: 6:30-9PM WSFP: 5PM WE24: 11PM-7AM	BB: No Program YP: No Program FP: 3:30-6PM YDI: 6:30-9:30PM OP: 4PM GN: 6:30-8PM WE24: 11PM-7AM	FP: 10AM-4PM YDI: 4-9:30PM WE24: 11PM-7AM
FP: 10AM-4PM YDI: 4-9:30PM	BB: 3:30-6PM YP: 6:30-9PM TC: 6PM	BB: 3:30-6PM YP: 6:30-9PM SK8: 4:30-6:30PM	BB: 3:30-6PM YP: 6:30-9PM - No Drive Home	BB: 3:30-6PM YP: 6:30-9PM WSFP: 5PM	BB: 3:30-6PM YP: 6:30-9PM OP: 4PM GN: 6:30-8PM WE24: 11PM-7AM Community Holiday Party Family Registrations due	FP: 10AM-4PM YDI: 4-9:30PM WE24: 11PM-7AM
FP: 10AM-4PM YDI: 4-9:30PM	BB: 3:30-6PM YP: 6:30-9PM	BB: 3:30-6PM YP: 6:30-9PM SK8: 4:30-6:30PM SBDM: 5PM Fermentation Workshop: 6:30PM - 615 Ellice	BB: 3:30-6PM YP: 6:30-9PM - No Drive Home	BB: 3:30-6PM YP: 6:30-9PM WSFP: 5PM	OP: Our Place Safe Space (Sex Workers & Sexually Exploited folks) - 823 Ellice SBDM: Spence Neighbourhood Association Board Meeting - 430 Langside SK8: SNA Days: Skateboarding at The Edge Skatepark - Meet at 430 Langside TC: Tenants Committee - 430 Langside WE24: West End 24 Hour Youth Safe Space (13-24 years old) - 430 Langside WSFP: Wahkootwin Strengthening Families Program - 641 St. Matthew's YDI: City of Winnipeg Youth Drop In (13-18 years old) - 430 Langside Y&FC: Youth & Families Committee - 430 Langside YP: Youth Program (Grade 7-12) - 430 Langside	FP: 10AM-4PM YDI: 4-9:30PM WE24: 11PM-7AM

* SNA Programming may be subject to change without notice *