

Launching a new family-based program: Wahkohtowin Strengthening Families

Hello from the Wahkohtowin SFP Team! We are so excited to announce that our program launched this September and will now be running regular sessions every year for the next five years! We had the opportunity to welcome several families to the program this fall and have had a blast feasting together and getting to know each other through sharing circles and workshops.

Wahkohtowin is a Cree word meaning “kinship” or “the state of being connected”. The 14 week program honours unique family connections and engages both youth and parents in workshops that discuss topics such as conflict resolution, communication tools, family bonding, and stress management. All families with youth between the ages of 11-17 who are interested in building skills in these areas are eligible for the program! Meals, childminding, and transportation is all included in the free program.



Wahkohtowin Strengthening Families Staff (left to right): Kristen Wiltshire, Laura Kathler, Mischa Putsogorodsky, Sheila Soulsby, and Richard McCrae

The Wahkohtowin SFP staff are so excited about the relationships that have been built this session between mentors and families, parents, caregivers, and youth and see this program as an amazing opportunity to create a community of support. We are currently running every Thursday night from 5:00-8:00 PM. The first session is taking place between September 15 and December 15, and the second session is starting at the beginning of January. For more information about Wahkohtowin SFP, or to register for the next session, give us a call at 204-783-4685 or email kristen@spenceneighbourhood.org!

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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

Community walkabouts are completed for the year

In September, Community Connecting wrapped up the walkabouts for this year. We went through all the back lanes in Spence this summer, thanks to our devoted community members, who walked thousand of steps to make our neighbourhood safer. For our last walkabout, 13 youth from our Newcomer Drop-In joined a crew of 9 community members to identify safety concerns. Youth learned what to do in case they see a needle on the streets (remember, never touch it and tell an adult!), why it is important to get bulky waste collected (high arson risk) and why not to touch abandoned mattresses, couches and clothes (bed



Photo: Mareike Brunelli

bug risk!), why back lane address plates are important to safety. To end this fun evening, we gathered for a group photo in front of the new mural by Cash Akoza on the corner of Ellice and Furby.

The walkabouts may be over, but our work is not. Please keep reporting bulky waste in back lanes to 311 (call or email 311@winnipeg.ca) or to Mareike at safety@spenceneighbourhood.org,

6th Annual March for Peace

On September 28, the 6th Annual March for Peace took place. What a great event and turn out! Accompanied by drummers from Klinik and West Central Women's Resource Centre, waving signs, banners and posters, making

ourselves heard with chants, the estimated 250 West End community members marched up Ellice, Sherbrook and Sargent to show all of Winnipeg, and each other, that we all stand as Partners for Peace. The March ended at Central Park, with a free BBQ. This year we added even more fun to the mix: we had a concert by JD and the Sunshine Band! JD and the Sunshine Band are a creative collaboration between musicians and street-involved people, created through Sunshine House Drop-In centre (located at Sherbrook and Logan). Thank you to everyone who participated in this celebration of communities coming together towards peace!

March for Peace organizers and partners: Art City, Central Neighbourhoods Development Corporation (CNDP), Daniel McIntyre St. Matthews Community Association (DMSMCA), John Howard Society, Klinik Community Health, Pregnancy Family Supports Services (PFSS), Resource Assistance for Youth (RAY), Spence Neighbourhood Association (SNA), Sunshine House, West Broadway Community Organization (WBCO), West Central Women's Resource Centre (WCWRC), and West End BIZ.



Photo: Joel Penner

Do you have an idea for a community project that can be funded through a small grant?

On Wednesday October 12, come learn how to write an application for SNA's Community Incentives (formally Small Grants). Free! 6PM at MERC - 430 Langside. Please register for the workshop at 204-783-2758 or at our 615 Ellice office.

Where are the tree bands?

In the coming weeks you may be wondering where the tree bands are this year. Tree bands have been used for many years to control Winnipeg's cankerworm population. They are the silver bands that you see wrapped around trees covered in a sticky product called Tanglefoot. Female cankerworm moths do not have wings and have to crawl up the tree trunk to lay their eggs. When they hit the tree band they get trapped and cannot move up the tree.

Cankerworm populations have been very low since 2009 and are not expected to rise again for a few years. The things we saw eating the leaves of the trees this past year were forest tent caterpillars; the green and black fuzzy worms that congregate on trees. Unfortunately tree bands don't stop these caterpillars or the beetle that carries Dutch elm disease. The female forest tent moths have wings and can fly past the tree band and the beetles the carry Dutch elm disease can also fly up to the tree.

We will be keeping our eye on the cankerworm populations in the future year to resume tree banding when it is again deemed necessary. If you have any questions please contact our

Environment and Open Spaces Coordinator
at greenimage@spenceneighbourhood.org or
at 204-783-2834.



Fall Canker Worm



Forest Tent Caterpillar

**Proudly Serving
the Spence
Neighbourhood**



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



5 Year Plan Open House!

Spence Neighbourhood Association invites you to give us feedback on our 5 Year Plan Draft!



Community Agency Consultations

Friday October 14, 2016 | 12-2PM | 615 Ellice Ave
Agencies may drop-in and review priorities, goals, and partnerships.



Community Member Consultations

Saturday October 22, 2016 | 1-3PM | 615 Ellice Ave
All Spence community members may drop-in and review priorities and goals.

* Light refreshments will be provided *

For more information, please call 204-783-5000 or email liaison@spenceneighbourhood.org. Thank you!

SNA welcomes new Homeless Outreach Worker

Hello SNA residents! My Name is Terry Prociuk and I am the new **Homeless Outreach Mentor** at Spence Neighbourhood Association. I am currently taking new clients in need of housing due to homelessness. If you are couch surfing, staying in emergency shelters, or sleeping outdoors, please connect with me. I will try and help you get into a place of your own before the cold weather sets in! Please call me at 204 783- 4141, visit me at 615 Ellice, or email me at row@spenceneighbourhood.org.



Two go cart racers after engaging in some friendly competition on the race track at Thunder Rapids. Photo by: Katie Boyd, Newcomer Youth Outreach Worker.

Building Belonging's Fall Program

In September, our program transitioned from summer to fall programming, bringing back many familiar faces to the centre. With the return of the school year, we welcomed back Art City Outreach on Mondays, where kids sewed their own pencil cases, and decorated duotangs and made posters and buttons for the

March for Peace. Although the weather fluctuated between hot and cold, we also managed to go on several skateboard outings before the chill set in to last.

Going into October, we are excited for many things, especially the new playground that has been built, replacing the old structure which we lost in 2014. The kids will also have a new view over the basketball court, where a beautiful mosaic has been mounted, much of which was made by program participants. Fit Kids, Healthy Kids is back at the University of Winnipeg's United Health and Recplex and will run on Mondays and Wednesdays starting October 5. In program, we will be taking kids to the Art City Halloween Party on October 28th from 5-8pm! We will not be providing a safe walk for trick-or-treaters this year, but Art City Outreach will be helping us celebrate at the MERC in program on October 31. Stop by for some spooky fun!

Please note that if you filled out a registration for your child in the summer, we do require an updated form so they can participate in all activities we provide. Fall term registrations can be found at the front office of MERC (430 Langside) or on our website: www.spenceneighbourhood.org/building-belonging-

Building Belonging is located at the Magnus Eliason Recreation Centre (MERC) 430 Langside St. It is FREE for all kids ages 6-12 and takes place Monday-Fridays 3:30pm-6:00pm, . Snack is provided at 4:00pm. Staff provides safe pickup from Sister Mac and John M King schools, as well as drive/walk home are available. For more information, please connect with Allison (**Building Belonging Activity Coordinator**) and/or Makaria (**Building Belonging Program Coordinator**) at 204-783-0292 or buildingbelonging@spenceneighbourhood.org. A special thanks to our partners: David Heinrichs, Dimitry Melman, Art City, and City of Winnipeg Aquatics Branch.



SNA welcomes new Youth Drop-In Programmer



Rachel (aka Angel) Burant, SNA's new Youth Drop-In Programmer

Hi! My name is Rachel (aka Angel) Burant and I am the new **Youth Drop-In Programmer** here at the MERC. I am also a community member and have been off and on since I was a child. Prior to my employment here at the MERC, I had spoken for many years, as a mentor for the women in the North Community in which after words I was hired on a casual for Native Women's Transition Centre, which was a great experience. I am a single mother of four who enjoys swimming, long walks, board games, movie nights, outdoor activities and spending as much time as possible can with my children. Oh and I have a passion for cooking.

The Youth & Newcomer Youth Drop-In Programs are free to anyone ages 12-18 years old and runs out of the Magnus Eliason Recreation Centre (MERC) located at 430 Langside Street. Program runs Monday - Friday 6:30PM-9PM with a meal served every night. A safe ride home or bus tickets are also provided at the end of every night. For more information, please connect with **Youth Drop-In Programmer**: Rachel Burant | 204-783-0292 | youthprogrammer@spenceneighbourhood.org

SNA Board Meeting

Tuesday October 4th at 5:30PM. MERC (430 Langside) Multipurpose Room. Free. Open to all people living, working, and playing in the Spence Neighbourhood.

Please join our Youth & Families Committee (YFC) meetings

YFC meetings take place on the 2nd Wednesday of each month from 7-8:30 PM at Magnus Eliason Recreation Centre (MERC) - 430 Langside Street. At these meetings, you get a chance to hear about our current programming and successes, discuss future programming opportunities, eat together, and possibly win prizes! We welcome youth (12 years and up), parents, and community members of the Spence Neighbourhood to attend. Our next meeting is on Wednesday, October 12 from 7:00 - 8:30 PM at Magnus Eliason Recreation Centre (MERC), 430 Langside Street. Sorry, no child minding is available for this meeting.

For more information, please contact: Mubo Christine Ilelaboye, **Youth Programs Manager** at 204-783- 0290 or mubo@spenceneighbourhood.org.

Meeting dates for 2016: October 12, November 9, and December 14. Meeting dates for 2017: January 11, February 8, March 8, April 12, May 10, and June 14.

A vertical poster with a dark green background and yellow leafy branch illustrations at the top. It features a circular portrait of a woman with blonde hair. The text is in white and yellow, inviting residents to monthly conversations with the councillor. At the bottom, it provides the time (5:00-7:00 PM), location (Cindy Klassen Rec Centre), and contact information for Rohit Popli.

Cindy Gilroy
City Councillor for Daniel McIntyre

**INVITES YOU TO
CONVERSATIONS
WITH THE
COUNCILLOR
FIRST THURSDAY
MONTHLY**

5:00-7:00 PM

Cindy Klassen Rec Centre,
999 Sargent Avenue
Questions? Contact Rohit Popli
204-986-5953, rpopli@winnipeg.ca

Winnipeg

First Jobs 4 Youth graduated 20 youth!



First Jobs 4 Youth at local fire hall

First Jobs 4 Youth had a busy summer and would like to congratulate the 20 graduates of our summer program! We are pleased to be placing many of them in placements for the school year with businesses such as Strong Badger Coffeehouse, Artists Emporium, and The WRENCH. While participating in these placements, we hope that they will gain valuable skills and experiences that will open doors for future employment opportunities. If you are looking for some help in your business and would like to take a youth on for a placement, please feel free to contact Aaron or Leslie about this opportunity.

First Jobs 4 Youth offers part-time employment/training opportunities for local youth, ages 16-18 every summer within SNA's programming. Youth may work in the Building Belonging program (children 6-12); Sports; Environment and Open Spaces; or Front Desk work at our 615 Ellice office for example. Once a week training workshops are a part of the programming: CPR/First Aid; WHMIS and Safe Work; and tours of The University of Manitoba, The University of Winnipeg, and Red River College.

After graduating from our summer program in August, each youth receive a school year work placements with local employers, such as the University of Winnipeg and other businesses and agencies. 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 drop in to 104-641

St. Matthew's Ave. Monday to Friday from 3-6PM or call us at 204 786 3470. You may also contact Leslie through email firstjobs@spenceneighbourhood.org or Aaron through aaron@spenceneighbourhood.org.

The West End 24-Hour (WE24) Safe Space is seeking caring and compassionate volunteers

The WE24 Safe Space is committed to providing youth (13-24 years old) a judgement-free and positive place to go in the West End at night. Youth are fed, connected to resources, and provided with toiletries and harm reduction supplies. Between June and July 2016, 550+ youth accessed the WE24.

WE24 is seeking caring and compassionate volunteers with interest in supporting some of the city most vulnerable populations. We welcome volunteers who have lived experience (ie. gang-involved, CFS, justice systems, etc.) who have a desire to share and help youth. For more information, please visit: www.spenceneighbourhood.org/west-end-24-hour-safe-space or contact Lin Howes, **West End 24 Hour Safe Space Manager** 204-783-0290 or youth@spenceneighbourhood.org.

THE GREAT WEST END FALL CLEAN UP
OCTOBER 14 - 24

DMSMCA	WEST END BIZ	SNA
823 ELLICE AVE MONDAY-THURSDAY 10 AM - 5 PM For more info contact Vanessa at greenimg@dmsmca.ca 204-774-7005 For bulky waste reporting contact Christian at housing@dmsmca.ca 204-774-7005	581 PORTAGE AVE MONDAY-FRIDAY 9 AM - 4:30 PM Businesses looking for more info contact Aaron at aaron@westendbiz.ca 204-954-7900	615 ELLICE AVE TUES-WED: 10 - 4 pm THURS: 10 - 5:30 pm FRIDAY: 1-5:30 pm For more info contact David at greenimg@spenceneighbourhood.org 204-783-2834 For bulky waste reporting contact Mareike at safety@spenceneighbourhood.org 204-783-2758

Basketball Registration is OPEN!

Free Basketball Program! Ages 10-14

This program is open to girls ages 10-14 years and boys ages 10-13 years who live within designated catchment area. Participants will have one practice during the week (starting early October) and one or two games on the weekend (starting late October). Season runs October 2016 to March 2017. Practice locations are to be determined while games will be played at various gym locations around Winnipeg. Transportation will be provided if needed. Registration forms are available at the Magnus Eliason Recreation Centre (430 Langside) or online at www.spenceneighbourhood.org/sports.

NEW Free Basketball Program! Ages 5-7

Jr. NBA is a basketball program that is geared toward children ages 5-7 years. With a focus on fun and active development in the game of basketball, children will have the opportunity to, challenge themselves physically, Learn new skills, and, most importantly, PLAY! This program is open to girls and boys ages 5-7 years old. Program takes place every Thursday from 5:00-6:00 PM for 12 weeks at the University of Winnipeg Axworthy Health & RecPlex - 350 Spence Street, 2nd floor gymnasium. Transportation is not provided for this program. Parents are responsible for dropping off and picking up their child/children.

Please note: Due to low registration numbers, The Jr. NBA program (starting in October) has been cancelled. But not to worry! Another 12-week session will start again in January. Please Stay tuned for details.

For more information about these sport opportunities, please contact:
Mubo Christine Ilelaboye, **Youth Programs**



March 2016 Championship Game

Manager at mubo@spenceneighbourhood.org.
or 204-783- 0290

Volunteer basketball coaches and drivers are needed

The SNA Sports Program is seeking skilled individuals to coach basketball for the 2016/2017 season. Additionally, we are looking for individuals with a Class 4 Drivers Licence to help transport program participants to and from practices and games. If you are interested in the volunteer opportunities, please visit www.spenceneighbourhood.org/sports for a full volunteer description.



OCTOBER 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 OP: Our Place (Safe Space for Sex Workers and Sexually Exploited Individuals) - 823 Ellice						
2 FP: 10AM-4PM YDI: 4-9:30PM	3 BB: 3:30-6PM YP: 6:30-9PM	4 BB: 3:30-6PM YP: 6:30-9PM HC: 6PM SBDM: 5:30PM	5 BB: 3:30-6PM YP: 6:30-9PM - No Drive Home CCC: 6PM	6 BB: 3:30-6PM YP: 6:30-9PM WSFP: 5PM CEDC: 5:30PM	7 BB: 3:30-6PM YP: 6:30-9PM - No Drive Home OP: 4PM WE24: 11PM-7AM	8 FP: 10AM-4PM YDI: 4-9:30PM WE24: 11PM-7AM
9 FP: 10AM-4PM YDI: 4-9:30PM WE24: 11PM-7AM	10 Thanksgiving: Closed WE24: 11PM-7AM	11 BB: 3:30-6PM YP: 6:30-9PM	12 BB: 3:30-6PM YP: 6:30-9PM - No Drive Home YFC: 7PM Grant Writing Workshop: 6PM @ 430 Langside	13 BB: 3:30-6PM YP: 6:30-9PM WSFP: 5PM EOSC: 6PM	14 BB: 3:30-6PM YP: 6:30-9PM - No Drive Home OP: 4PM WE24: 11PM-7AM SNA Open House: 12-2PM @ 615 Ellice	15 FP: 10AM-4PM YDI: 4-9:30PM WE24: 11PM-7AM
16 FP: 10AM-4PM YDI: 4-9:30PM TC: 6PM	17 BB: 3:30-6PM YP: 6:30-9PM TC: 6PM	18 BB: 3:30-6PM YP: 6:30-9PM	19 BB: 3:30-6PM YP: 6:30-9PM - No Drive Home KC: 5PM	20 BB: 3:30-6PM YP: 6:30-9PM WSFP: 5PM Tree Pruning Workshop: 6PM @ 483 Young Street WE24: 11PM-7AM	21 BB: No Program YP: No Program FP: 3:30-6PM YDI: 6:30-9:30PM GN: 6:30-8PM OP: 4PM WE24: 11PM-7AM	22 FP: 10AM-4PM YDI: 4-9:30PM SNA Open House: 1-3PM @ 615 Ellice WE24: 11PM-7AM
23 FP: 10AM-4PM YDI: 4-9:30PM	24 BB: 3:30-6PM YP: 6:30-9PM	25 BB: 3:30-6PM YP: 6:30-9PM	26 BB: 3:30-6PM YP: 6:30-9PM - No Drive Home	27 BB: 3:30-6PM YP: 6:30-9PM WSFP: 5PM	28 BB: 3:30-6PM YP: 6:30-9PM - YP Halloween Dance OP: 4PM WE24: 11PM-7AM	29 FP: 10AM-4PM YDI: 4-9:30PM WE24: 11PM-7AM
30 FP: 10AM-4PM YDI: 4-9:30PM	31 BB: 3:30-6PM YP: 6:30-9PM	The Spence Neighbourhood Association works with the people of Spence to revitalize and renew their community in the areas of Holistic Housing, Community Connecting, Community Economic Development, Environment and Open Spaces, and Youth & Families.				