



Spence Neighbourhood Association  
Notre Dame • Balmoral • Portage • Agnes

# SPENCE NEIGHBOURHOOD ASSOCIATION NEWSLETTER

OCTOBER 2017



Above: March for Peace 2017. Photography by Joel Penner.

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# Community Work is Heart Work



Spence  
Neighbourhood  
Association

## CALL FOR VOLUNTEERS

Spence Neighbourhood Association relies on volunteers to enhance the growth and development of our organization.

For more information, please visit our website at  
[www.spenceneighbourhood.org/volunteer](http://www.spenceneighbourhood.org/volunteer)  
or call 204-783-5000 Ext 109

*SNA 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.*

At Spence Neighbourhood Association, we know about heart work. Our staff, Board of Directors, volunteers, and supporters are committed to revitalizing and renewing our community as well as activating and engaging our community members (who live, work, and visit here) in building and rebuilding our neighbourhood. We strive to achieve this through caring, connecting, and communicating.

We rely on volunteers to enhance the growth and development of our organization. We turn to our community members to help direct the focus of our programming. Volunteers are needed to make the community direction possible.

Our volunteers help expand our programs and ensure our organization remains an important part of the community. Our volunteers dedicate themselves to the neighbourhood and become important assets to the development of our organization, and to our community. The relationship between our volunteers and the community ensures that we are enhancing our programming through the vision of the community, and that we are meeting their needs.

Our goal is to get volunteers participating in our organization by placing them in programs that are well suited to their individual interests and skills. We are always seeking for volunteers who are creative and have new and innovative ideas for our programs.

Interested in volunteering with us? Please connect with our Community Liaison at 204-783-5000 Ext. 109, 430 Langside St. OR visit [www.spenceneighbourhood.org/volunteer](http://www.spenceneighbourhood.org/volunteer)

### Spence Neighbourhood Association (SNA):

**615 Ellice Avenue:** Head Office, Community Connecting, Environment & Open Spaces, Finance, Homeless Outreach, Housing, & Rental Safety.

**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, & Youth Crew.

**583 Ellice Avenue** (John Howard Society): Gang Action Interagency Network (GAIN)

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

**Phone:** 204-783-5000 | **Email:** [liaison@spenceneighbourhood.org](mailto:liaison@spenceneighbourhood.org) |

**Website:** [www.spenceneighbourhood.org](http://www.spenceneighbourhood.org)

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

# STEAMER & VACUUM AVAILABLE FOR SPENCE NEIGHBOURHOOD RENTERS DEALING WITH BED BUGS

Spence Neighbourhood Association 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. No cash is required to borrow these items.

There are some restrictions for lost attachments. To borrow the equipment: 1. You must rent within the Spence boundaries (between Notre Dame and Portage Ave and between Balmoral to Victor St.). 2. Must provide proof of residency (this can be a medical card or a current bill with your address). 3. Must be willing to leave valid photo ID in exchange for equipment for 2-3 business days. 4. Must watch a 3-minute tutorial video on how to use the equipment at our 615 Ellice Ave. location. 5. Must sign a loaning agreement contract.

If you rent, the landlord must take care of an infestation of bed bugs. In order to get rid of bed bugs, the landlord and tenant 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](mailto:bedbugs@gov.mb.ca) to get more information on how to identify, what is needed to treat and how to prevent infestations. If you are on Employment and Income Assistance 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 the Rental Safety Coordinator at 204-783-5000 extension 107 for more information. Further reading: [www.gov.mb.ca/bedbugs/index.html](http://www.gov.mb.ca/bedbugs/index.html).

SNA would like to thank Manitoba Healthy Living, Seniors & Consumer Affairs Bed Bug Grant Program.




**Cindy Gilroy**  
*City Councillor for Daniel McIntyre*  
Let's work together

510 Main Street  
(204) 986-5951

[cgilroy@winnipeg.ca](mailto:cgilroy@winnipeg.ca)  
[www.cindygilroy.com](http://www.cindygilroy.com)



**Working for Wolseley**



**Rob Altemeyer**  
MLA for Wolseley

204-775-8575  
[RobAltemeyer.ca](http://RobAltemeyer.ca)



Robert  
**FALCON OUELLETTE**

Otapapistamâkew / Member of Parliament / Député  
WINNIPEG CENTRE - Heart of Canada

Constituency Office  
**594 Ellice Ave.**  
**(204) 984-1675**

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## CALLING ALL SPENCE AREA GRADE 9-12 & FIRST-YEAR UNIVERSITY STUDENTS

The Youth Employment Hub is excited to announce that our Homework Club will be starting on October 25, 2017!  
**Who:** Any youth in Grades 9-12 or First-year University.  
**When:** Wednesdays from 4:30-6:30 pm First Day will be October 25, 2017  
**Location:** West End Commons: Neighbourhood Resource Centre (Downstairs) 365 McGee Street  
**Contact:** Aaron Maciejko, First Jobs 4 Youth Program Coordinator | 204-783-5000 ext.116 | [aaron@spenceneighbourhood.org](mailto:aaron@spenceneighbourhood.org)

# FALL INTO BB & YOUTH PROGRAMMING

## **Violence Prevention 2.0 Workshops**

This fall and winter, SNA's Youth Program will revive the Violence Prevention 2.0 Workshops. Beginning with Self-Awareness in August and Self-Compassion in September, Wahkotowin mentor, Laura Kathler started facilitating these workshops with our youth. Workshops explore wide range of topics relevant in a young person's life. October's workshops will be on the 4th and 18th and will cover Body Image and Discrimination, respectively. Our Violence Prevention 2.0 Workshops take place every two to three weeks at the MERC (430 Langside St.) from 7-8PM. We provide a pizza dinner and sweets as incentives for participation in the workshops. If a youth attends seven out of the ten workshops, they will get a certificate saying they have completed the program.

Not only is this great to put on a resume, but it will help our youth become better members of their communities. Our Violence Prevention 2.0 Workshops are adapted from Women's Health Clinic's Sexual Health Facilitator Training (SHiFT) Program (<http://womenshealthclinic.org/shift/>)

## **MEGAN JOINS THE YOUTH PROGRAM!**

Hi Spence community! My name is Meghan Lemoine, your friendly SNA Sport Coordinator turned Youth Drop-In Programmer (although I will still be involved in the Sport Program). I look forward to working with and getting to better know the smart and vibrant youth in our community. I want the youth to feel free to reach out to me about anything program related or not. Thanks Spence!

## **Q&A WITH BUILDING BELONGING**

This month we want to bring you all back to why Building Belonging exists and what actually happens when your kids are here with us at MERC.

### *What is Building Belonging (BB)?*

BB is an after-school program (and summer day camp) that works with kids ages 6-12 in the Spence community. We offer structured recreation, arts and culture, sports, cooking, education, and environmental programming to complement the City of Winnipeg's drop-in at the MERC. We also work with partners in the community to either bring in programming or take our participants to programming we otherwise couldn't offer. Some current partnerships include: Art City Outreach, Food Matters Manitoba, Winnipeg Harvest and the University of Winnipeg.

### *Why do we exist?*

BB exists to address the needs of children in our community. We provide youth with new and valuable experiences, remove obstacles for youth involvement in recreation, and offer a positive space for kids to be kids, make new friends, and enjoy a healthy snack.

### *What does a typical day at BB look like?*

Our program runs from 3:30 pm - 6:00 pm from Monday-Friday. The day starts out with our two coordinators each going to local elementary schools, John M. King and Sister MacNamara, when they arrive at MERC we serve our snack, or head out for an outing. After we eat, we do an hour of direct programming with your kids with the support of our dedicated volunteers and practicum students. Activities range from reading and computers, to skateboarding, making slime or playing dodgeball in the gym. At 5:30, we get ready for drive home and walk home. Those who can walk home on their own have until 6:00pm to hang out at MERC before they are asked to make their way home.

### *Like the sound of our program?*

Please check come to the front office at MERC to pick up a registration form and our monthly calendar or check out our website page at [www.spenceneighbourhood.org](http://www.spenceneighbourhood.org). We hope to see your kid(s) soon!

Special thanks to: Food Matters Manitoba, Lauren Baker, SNA Environment & Open Spaces - Natalie, Frontier College, ArtsJunktion, Youth With a Mission, and Patryk Zaloba.

## **BUILDING BELONGING INFORMATION:**

FREE for all Spence Neighbourhood children ages 6-12! Registration required; accepted anytime.  
Contact: Makaria Labun & Allison Besel  
Magnus Eliason Recreation Centre (MERC) - 430 Langside  
204-783-5000 Ext: 112  
[bb@spenceneighbourhood.org](mailto:bb@spenceneighbourhood.org)  
[buildingbelonging@spenceneighbourhood.org](mailto:buildingbelonging@spenceneighbourhood.org)

## **NEWCOMER YOUTH / YOUTH DROP-IN PROGRAM INFORMATION:**

FREE for all Spence Neighbourhood youth ages 12-18! Registration required; accepted anytime.

Contact: Katie Boyd  
Magnus Eliason Recreation Centre (MERC) - 430 Langside  
204-783-5000 Ext: 113  
[newcomer@spenceneighbourhood.org](mailto:newcomer@spenceneighbourhood.org)



# HIGHLIGHTS FROM SNA'S WAHKOHTOWIN STRENGTHENING FAMILIES PROGRAM LAST SESSION:



**Above:** Participants at our Fishing & Bannock Over the Fire at Fort Whyte cultural event.

*Thank you, we have learned and grown quite a bit as a family. I want to thank you all for your hard work and dedication.*  
- Adult participant, Session 3

*Wahkohtowin has not only been a place where families grow, but a place where their strengths are acknowledged and celebrated! As mentors and community members, staff in the program have been inspired by the love, persistence and strength that families in our community have. We have learned so much from the wisdom and insight of caregivers, parents, and youth that come through our program!*  
- Kristen, SNA Wahkohtowin Coordinator.

**Wahkohtowin is a Cree word and is pronounced Wah-KOH-toh-win. It means kinship, or the state of being connected.**

The Wahkohtowin Strengthening Families Program is a free, fun, voluntary, and culturally safe 14 week skills development program, for youth aged 11-17 and their families to attend together.

For more information, please contact Kristen at: 204-783-5000 Ext 110 or [kristen@spenceneighbourhood.org](mailto:kristen@spenceneighbourhood.org).  
[www.spenceneighbourhood.org/wahkohtowin-strengthening-families-](http://www.spenceneighbourhood.org/wahkohtowin-strengthening-families-)

## West End Non Profit Housing Co-operative Ltd. Annual General Meeting

Tuesday Oct. 17, 2017  
6:30 PM  
MERC (Magnus Eliason Rec Centre, 430 Langside)

Guest Speaker:  
Terry Prociuk, Homeless Outreach Mentor with Spence Neighbourhood Association will be discussing the housing crisis.



For more information call  
Lynne at 204-775-4246



# OCTOBER IS SUSTAINABILITY MONTH & WE ARE CELEBRATING BY RECYCLING OLD ELECTRONICS!

When thrown in the regular garbage, electronic waste sits at the landfill. But when these items are recycled in a safe, secure and environmentally sound manner, the raw materials like glass, plastic and precious metals can be recovered and made into new electronics. More importantly, proper handling of electronic waste ensures that dangerous substances such as mercury and lead are disposed of safely.

With support from our friends at SSCOPE Inc. and the Environmental Products Recycling Association we will be helping residents dispose of electronic waste from their homes, offices and back lanes. Simply bring your unwanted electronics to one of the depot locations during the hours of operation and we will make sure it gets properly recycled.

For the month of October only, we will offer a drop-off location at 615 Ellice Avenue on Wednesdays and Thursdays from 1:30 pm - 5:30 pm. Can't make the time or location? See the list below for other year-round electronic waste depot sites near Spence Neighbourhood.

Make sure to remove or properly erase your computer hard drives before bringing them to the depot. We will not accept hard drives that may contain personal or sensitive information.

If you have any questions, please contact our Environment and Open Spaces Coordinator at [greenimage@spenceneighbourhood.org](mailto:greenimage@spenceneighbourhood.org) or 204-783-5000 Ext 102.

**We accept:** televisions, computers, laptops & tablets, printers & scanners, fax machines, telephones, cell phones, stereos & speakers, microwaves, VCRs & DVD players, and accessories (mouse, keyboards, headphones, cords).

**We do not accept:** hard drives, large appliances, kitchen appliances (toasters, coffee makers, etc), and non-electronics (CDs, VHS tapes etc.).

## **Free Year-Round Drop-Off Locations:**

- Staples [393 Portage Ave (Portage Place)]
- Staples (947 St. James St.)
- Mother Earth Recycling (771 Main St.)
- City of Winnipeg Pacific 4R (1120 Pacific Ave.)
- Mr. Garbage (749 Henry Ave.)

## 5 REASONS YOUR CHILD(REN) SHOULD PLAY ORGANIZED SPORT:

We know there are several benefits to regular physical activity. These include weight management, healthy muscles, bones and joints and also the prevention of many diseases that a sedentary lifestyle can present. But there are also mental, social and emotional benefits to a child's participation in sport you may want to consider:

**Character development:** The sport environment forces athletes to 'get up and try again'. It allows them to practice quickly letting go of things that didn't work for them and forces them to try again and develop a positive attitude. **Sense of accomplishment, confidence and self-esteem:** When athletes work tirelessly on skills during practices and execute them in games, it makes them feel really good about their work, and encourages them to continue. They even want their family and friends to come watch them.

**Development of peer relationships:** Sport is a time to meet and make new friends with your teammates, opponents, coaches, officials and even other parents. It might even create similar interests with a sibling. **Less risky behaviour:** Sport is a great way of keeping kids busy after school and away from gang influence.

## **MERC BASKETBALL!**

We're seeking youth (aged 10-14) in the community who want to play basketball (1 practice and 1 game per week from October to March). New and past players are welcome. We play in the Winnipeg Minor Basketball Association's community league. Games start the last weekend of October. Register your child as soon as possible, so they have the opportunity to practice with teammates for a successful start. Please connect with contact Meghan, SNA Sport Coordinator, at 204-783-5000 Ext 114 or via [sport2@spenceneighbourhood.org](mailto:sport2@spenceneighbourhood.org) for more information.



# STAFF CHANGES

## MOVING ON FROM SNA

On Wednesday October 4th, Mubo Christine Ilelaboye will be moving on from her role as SNA's Youth Programs Manager. Mubo joined the SNA team 3 years ago as our incomparable Sports Coordinator. Mubo wishes to share her heartfelt thanks to Spence Neighbourhood youth, community members, and SNA's volunteers, Board of Directors, staff, and supporters. Mubo will continue to support the SNA Sports Program beyond October 4 as a driver and coach. "[T]his isn't a total "goodbye" but a "see you later," Mubo tells her SNA co-workers in a farewell email.

Mubo has been a positive influence and inspiration to many of her co-workers:

Mubo, our fearless leader, thank you for being the coolest, most supportive, authentic mentor of all time. Sport and Youth will miss you. May the next few months of your life, be a period of magnificent transition.

Mubo has been such a bright and honest addition to this organization; so as you can imagine it's hard to let her go. She's been a huge part of our sports program, and she's also been a great youth programs manager. But, I'm really happy for her. Wherever she ends up they'll be lucky to have the skills and passion she brings to the table.

Mubo has poured herself into youth programs and our SNA community for the past three years. The amount of work that she has done to sustain and support programs and staff is truly amazing. We are so thankful for all of the time, energy and joy she has given us and our youth, Mubo you will be missed!

Thank you for your heart and hard work Mubo. We wish you nothing but the best in your new and ongoing adventures and endeavours.

## WELCOME TO THE SNA TEAM!

Hi! My name is Mel Magpantay and I am your new Community Sports Coordinator. I have come over from the Manitoba Aboriginal Sports and Recreation Council (MASRC), which was under Sport Manitoba. I helped Manitoba Aboriginal athletes learn about sports, develop athletic literacy and find fun in physical activity via our programming that we developed.

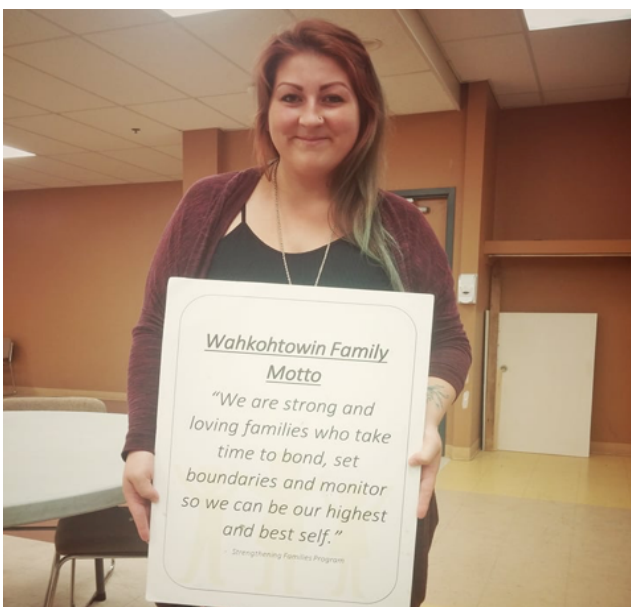
I've also coached Basketball at the Community Club level, at the Jr and Sr High School Level, at the Rising Stars and PBA Level, and I was lucky enough to coach at an International level with the North American Indigenous Games (for Team Manitoba). I've conducted many basketball workshops/camps in quite a few Aboriginal communities within the province as well as within the city in the North End. I love working with youth who are considered underrepresented in the city and help them achieve new life experiences and explore new avenues that playing sports can provide. I feel that I bring an understanding to the position as I grew up within the area (I was a Greenway/Orioles kid!) and came from a single parent household of a newly landed immigrant. I am more than thrilled to start my journey working in the area where I grew up at promoting sport.

My role here, at SNA, will be to act as a main point of contact for all of the SNA youth sports teams and their appropriate league administrators as well as scheduling programming at the "Rec Plex".

If you want to contact me, I can be reached by phone at 204-988-7635 or by email at [sport@spenceneighbourhood.org](mailto:sport@spenceneighbourhood.org). You can visit me at my office located at 350 Spence St at the Axworthy Health and Rec Plex (2nd flr).

Welcome Amber!

Let's give a warm welcome to Spence Neighbourhood Association's newest Wahkohtowin Strengthening Families Mentor and West End 24 Hour Safe Space Outreach Worker, Amber Ongenae! Amber is outgoing, has a heart of gold, and is known to joke around always making everyone at the office laugh and knee slap at how hilarious she is. However, not just good looks, she is an asset and we are thrilled she is calling Spence home!





# OCTOBER 2017

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

October 2017 SNA Calendar created on 29/09/17. Programming may be subject to change without notice.

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
October 1	2 BB: 3:30-5:30PM YP: 630-9PM	3 BB: 3:30-5:30PM YP: 630-9PM HC: 6PM	4 BB: 3:30-5:30PM YP: 630-9PM	5 BB: 3:30-5:30PM YP: 630-9PM WSFP: 5-8PM CCC: 6PM	6 BB: 3:30-5:30PM YP: 630-9PM GN: 630-9PM OP: 4-7PM WE24: 11PM-7AM	7 WE24: 11PM-7AM
8 WE24: 11PM-7AM	9 SNA CLOSED	10 BB: 3:30-5:30PM YP: 630-9PM CEDC: 5:30PM	11 BB: 3:30-5:30PM YP: 630-9PM Y&FC: 7PM	12 BB: 3:30-5:30PM YP: 630-9PM WSFP: 5-8PM ESOC: 6PM	13 BB: 3:30-5:30PM YP: 630-9PM GN: No Program OP: 4-7PM WE24: 11PM-7AM	14 WE24: 11PM-7AM
15 Garlic Planting Workshop: 1030AM @ 430 Langside St.	16 BB: 3:30-5:30PM YP: 630-9PM TC: 6PM	17 BB: 3:30-5:30PM YP: 630-9PM	18 BB: 3:30-5:30PM YP: 630-9PM	19 BB: 3:30-5:30PM YP: 630-9PM WSFP: 5-8PM KC: 5-7PM	20 BB: No Program YP: No Program GN: No Program OP: 4-7PM WE24: 11PM-7AM	21 WE24: 11PM-7AM
22 Bulb Planting Party: 1PM @ 615 Ellice Ave.	23 BB: 3:30-5:30PM YP: 630-9PM	24 BB: 3:30-5:30PM YP: 630-9PM	25 BB: 3:30-5:30PM YP: 630-9PM	26 BB: 3:30-5:30PM YP: 630-9PM WSFP: 5-8PM AWG: 5PM	27 BB: 3:30-5:30PM YP: 630-9PM GN: TBA OP: 4-7PM WE24: 11PM-7AM	28 WE24: 11PM-7AM
29	30 BB: 3:30-5:30PM YP: 630-9PM	31 BB: 3:30-5:30PM YP: 630-9PM	November 1 BB: 3:30-5:30PM YP: 630-9PM	2 BB: 3:30-5:30PM YP: 630-9PM WSFP: 5-8PM	3 BB: 3:30-5:30PM YP: 630-9PM GN: TBA OP: 4-7PM WE24: 11PM-7AM	4 WE24: 11PM-7AM

AWG: Art with Gerry – 615 Ellice Ave  
BB: Building Belonging (6-12 years old) – 430 Langside  
CCC: Community Connecting Committee – 615 Ellice Ave  
CEDC: Community Economic Development Committee – 365 McGee  
CW: Community Walkabout – 615 Ellice  
ESOC: Environment & Open Space Committee – 615 Ellice  
GN: Girls Night – Location TBA  
HC: Housing Committee – 615 Ellice  
KC: Kitchen Circle – 615 Ellice

OP: Our Place Safe Space (Sex workers & sexually exploited folks) – 823 Ellice  
SBDM: SNA Board Meeting – 430 Langside  
TBA: To be announced at a later date  
TC: Tenants Committee – 430 Langside  
WE24: West End 24 Hour Safe Space for youth (13-24years old) – 430 Langside  
WSFP: Wahkoitowin Strengthening Families Program – 365 McGee  
Y&FC: Youth & Families' Committee – 430 Langside  
YP: Youth Program (Grade 7-12) – 430 Langside

