



Spence Neighbourhood Association
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SPENCE NEIGHBOURHOOD ASSOCIATION NEWSLETTER

SEPTEMBER 2017



TOP (left to right):
MIDDLE (left to right):
BOTTOM (left to right):

IN THIS ISSUE:

GAIN - Page 2
Committee Meetings - Page 2
Sports - Page 3
BBQ and Concert - Page 4
Community Connecting - Page 5

Building Belonging - Page 6
Youth Program - Page 6
Rental Safety - Page 7
Environment & Open Spaces - Page 7

Upcoming Events - Page 8
Community Liaison - Page 10
SNA July Calendar - Page 11
SNA August Calendar - Page 13

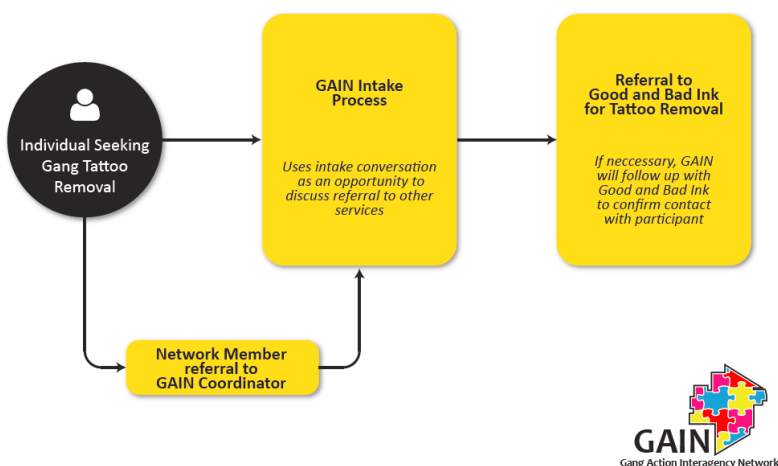
GAIN: FREE GANG TATTOO REMOVAL SERVICE & NEW YOUTH APP

This summer, The Gang Action Interagency Network (GAIN) launched a NEW youth serving App (called ResourceConnect) AND began a free Gang Tattoo Removal Service!

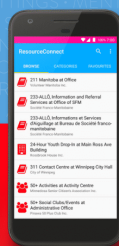
The Gang Action Interagency Network is a network of government and not-for-profit agencies, community organisations, and law enforcement officials, working on grass roots solution to the gang problem in Winnipeg, Manitoba. Committed to taking action, to address and solve the gang problem, GAIN builds on research, current practices, and develops the resources needed to prevent youth from joining gangs and help youth get out of gangs.

For more information, please connect with Robyn, GAIN Network Coordinator, via email gain@spenceneighbourhood.org or visit www.gainmb.org.

Free Gang Tattoo Removal Process



ResourceConnect
THOUSANDS OF MANITOBA RESOURCES IN THE PALM OF YOUR HAND.



Browse or Search for Resources



No Internet Connection Required



Call or Email from the App

Access over 6000 Manitoba social services, programs, and agencies from your mobile device with **GAIN ResourceConnect**.

It's a free, fast way to connect with the resources that matter to you.

- Finding resources is easy with the search, or discover new ones browsing by category.
- Offline functionality lets you access resources, even when you don't have an internet connection.
- Save records to your favorites for quick access from the home screen.
- Call or email agencies, view websites and get maps to program locations, right from the app.

Coming August 23rd for Android devices!



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 |

Website: www.spenceneighbourhood.org

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

MAKING THE MOST OUT OF COMMUNITY COMPOST

Question: What is compost?

Answer: Compost is what you get when you let insects and microorganisms break down plant material naturally. The end result is a brown, soil-like substance that is a great source of nutrients for your garden plants; plus it helps to hold moisture in the soil so you do not have to water your plants as often.

Q: How can I get started composting?

A: The simplest way to start composting is to use the community compost bins located throughout our neighbourhood. Collect your kitchen scraps (see the list below for acceptable items) in a container with a lid - a 4 litre ice cream pail or coffee can works great for small households. You can store it on your counter or under the sink. In summer months, some people choose to keep their compost pail in the freezer to prevent odors and fruit flies. When the pail is full, simply bring it down to one of the community compost bins (see the list below). Signs on the bins will tell you in which bin to add your kitchen scraps. Whenever you add kitchen scraps to your compost bin, always try to cover them with a thick layer of leaves, straw or newspaper. This will not only help keep the smell down and the flies away, but also adds carbon, an important food source for the insects and microbes that actually make the compost. Once a bin is full, it needs time to mature, so you may see some bins with signs asking you to kindly put your kitchen scraps in another bin.

Q: Where are the community composts located?

A: SNA helps to maintain compost bins in the following 8 community gardens: Jacob Penner Park (Victor @ Notre Dame), 689 Maryland, 637 Maryland, 448 McGee, 547 Furby, 607 Langside, 559 Langside, and 446 Langside.

Q: What can I put in the community compost?

A: Fruits and vegetables, coffee grounds & paper filters, tea, eggshells, garden plants without seeds, leaves, and grass clippings. **Q: What should I NOT to put in the community compost?** **A:** Meat, bones, cheese, dairy items, eggs, oily food, pet waste, garden weeds with seeds, branches, scrap wood, plastic, and garbage.

Q: Do you have any other tips for composting?

A: 1. Cutting up kitchen scraps will help our compost decompose faster. 2. After raking your lawn, bring your leaves to the community compost bins, as long as they are free of garbage, rocks and pet waste. 3. You can still add to the compost bins in the winter. 4. In August and September, approach compost bins with caution. Wasps are also attracted to the sweet and sticky food scraps.

If you want to know more about composting in the Spence Neighbourhood, contact Natalie, our Environment and Open Spaces Coordinator at 204-783-5000 ext 102 or greenimage@spenceneighbourhood.org.

SUPPORTING ACCESSIBLE HOUSING:

Please join us for **Supporting Accessible Housing: Residential Adaptations for Disabilities Program Tutorial** at 5:00PM on Thursday September 14 in the WestEnd Commons, Lower Level (entrance at 365 McGee St.).

Landlords and residents are encouraged to attend this workshop that will highlight the need for accessible housing options in Winnipeg. A speaker from Manitoba Housing will present a tutorial on the Residential Adaptations for Disabilities Program, which provides assistance to homeowners and landlords making accessibility improvements to their properties.

Questions?
Call or email: 204-783-5000 Ext. 105 and/ or housing@spenceneighbourhood.org.



FALL INTO BB & YOUTH PROGRAMMING

The summer months provide our **BUILDING BELONGING** program youth some fun in the sun, with longer hours in program and larger outings too.

Our many outings included a tour of Fort Whyte Farms and going to the new Transcona Aquatic Park, Tinkertown, Wheelies and the Zoo. We grew veggies in the our garden and made delicious, healthy treats with Food Matters. We made animations out of clay with Freeze Frame; tried out handbells, guitar, drums and choir singing with Music @ MERC; and learned new moves in our weekly gymnastics workshops.

We could not have done it all without the support of our partners and the incredible youth workers from SNA First Jobs for Youth and the YMCA - YWCA Student Work Summer exchange.

We are currently on break from programming to plan for our school-year session. Our after-school program returns on Monday, September 11.

Activities in September include the return of Art City Outreach, harvesting in the Kids Garden and skateboarding outings to local parks. Look out for our BB September calendar, available on our website and in-person at the MERC front office.

Please remember that our hours shift back to accommodate school scheduling and we will be running from 3:30pm-5:30pm Monday-Friday. As always, we require parents/guardians to fill out a school-year session registration so we can update our information and attendance. Copies will be available on the SNA website under the Building Belonging tab, and in the main office at MERC. Please contact us if you have any questions. We look forward to seeing new and familiar faces!

Special thanks to: Food Matters Manitoba, The Winnipeg Foundation Camp and Summer Program Grant, SNA First Jobs 4 Youth (Attio & Neesha), YMCA - YWCA Student Work Summer Exchange (Donia, Daphnee and Camille), MOMENTA, Youth Agencies Alliance, City of Winnipeg's Learn to Fish, Winnipeg Fringe Festival, Music @ MERC (Maggie Henderson & instructors), Janel Bortoluzzi, Frontier College's Book Tent, Fort Whyte Farms, Manitoba Museum, Red River Co-op, Assinboine Park Conservancy, Gymkyds Gymnastics Centre, Canada Games, Export Support, Freeze Frame, SNA Environment & Open Spaces (Natalie & Chantel), and the Boys & Girls Clubs of Winnipeg.

From August 14 to 18, eight **NEWCOMER YOUTH / YOUTH DROP-IN PROGRAM** participants got to go to B'nai Brith Camp just outside of Kenora, Ontario. The camp was organized by Youth Agencies Alliance and facilitated by Momenta. It was a jammed pack week of activities such as archery, ropes courses, swimming, zip-lining, kayaking and arts and crafts. One of the highlights for two of our youth was a two day and two night canoe trip around islands in the Lake of the Woods. Twenty fourteen to sixteen year olds from across the city travelled close to 20 kilometres over 48 hours. We gained skills in: preparing and cooking camp food; pitching tents; foraging for, starting and maintaining fires; and the proper way to relieve yourself in the wilderness. The top comedic moment was while serving the last dinner of spaghetti. We were all so excited to add shredded cheddar to our plates that three individual campers slipped and dumped their whole plates of spaghetti on the ground! The Momenta camp facilitators were not phased by this and ended up eating a bit of the spilled spaghetti from the top of the ground spaghetti piles, so that we didn't waste any food. It was a tiring, but beautiful canoe trip and was an amazing accomplishment for our youth to complete. We can't wait until next year!

September Youth Program dates to be mindful of:

- September 5-8: No Program
- September 11: Program begins and runs Mondays to Fridays from 630-9PM
- Tuesdays in September: BASKETBALL workshops with Xavier Smith (from SWISH) or pick up basketball WITH prizes for best sportsmanship.
- September 15: No Program
- September 20: March for Peace
- September 27: Violence Prevention 2.2 with Laura

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
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

JOIN WAHKOHTOWIN IN THE FALL!

Families who are looking to increase bonding, improve communication, decrease conflict and connect with culture together are invited to register for Wahkohtowin Strengthening Families Program.

Wahkohtowin is in its second year of being a supportive, safe and fun weekly program for families with youth ages 11-17. The program recognizes the strengths of youth and families, and provides a space for skill building, community discussion, and mentorship. We are currently taking applications for our fall session which runs August 31 until November 30 (Thursdays from 5-8 PM) out of the WestEnd Commons building (365 McGee st.) The closing date for registration is September 28.

Program is completely free, and offers childminding, transportation upon request, and dinner on program night as well as a certificate of completion at the end of

the program! Please contact Kristen if you would like to register or hear more! Call 204-798-1661 or email Kristen@Spencenighbourhood.org

A Glimpse into Summer at Wahkohtowin:

This summer we received an overwhelming amount of support from the community as we had two successful fundraisers! In the spring, our team set out to plan multiple fundraisers in order to raise enough funds to purchase essential program equipment that was lost to an office break in.

After throwing a BBQ and concert at the U of W and a Paint Night at Peg Beer Co. our goal was met! It is essential that we say a few HUGE thank you's to some very special and generous folks: Miigwetch to JD and the Sunshine Band for playing an outdoor plugged-in concert for our event (if you do not know about JD and the Sunshine Band, or Sunshine House for that matter, you should probably look them up!) Thank you to City Councillor Cindy Gilroy for donating to our food costs for the BBQ, and to U of W for hosting us on your lawn!

Our Paint Night was supported by Artists Emporium through art supply donations, facilitated by one of our talented volunteers, Jes Coverini and hosted by Peg Beer Co. Thank you all for your generosity! And of course, much gratitude to the community who came out to support and participate in these events!

We also welcomed two new mentors to Wahkohtowin, Amber and Destiny! Amber and Destiny come to us with great experience and big hearts for community, youth, and families. They are both also spending time at WE 24 during weekends and school holidays! Make sure you swing by our office at 365 McGee street to say hi and meet our two wonderful new staff.

FRIENDS OF SHERBROOK POOL IS NOW TAKING APPLICATIONS FOR KIDSWIM! October 4 to December 6, 2017. Application forms are available in English and Arabic at Daniel McIntyre/St Matthews Community Association (823 Ellice Ave.), Kinsmen Sherbrook Pool (381 Sherbrook St.), or via Daniel Thau-Eleff at 204-774-7005 Ext 105 or at friendsofsherbrookpool@gmail.com. Friends of Sherbrook Pool offers free swimming lessons for kids (age 6-14) living in West Broadway, Daniel McIntyre, St. Matthews or Spence.

SEPTEMBER, OCTOBER, NOVEMBER, & DECEMBER 2017

SNA COMMITTEE MEETINGS

Information: 204-783-5000 Ext 109 | www.spencenighbourhood.org

Community Connecting Committee Meeting: September 6, October 4, November 1, & December 6, 2017 6-7:30PM SNA Head Office & Adult Programming 615 Ellice Avenue
Community Economic Development Committee Meeting: September 12, October 10, November 14, & December 12, 2017 5:30PM West End Commons - MPR 365 McGee Street
Environment & Open Spaces Committee Meeting: September 14, October 12, November 9, & December 14, 2017 6PM SNA Head Office & Adult Programming 615 Ellice Avenue
Housing Committee Meeting: September 5, October 3, November 7, & December 5, 2017 6PM SNA Head Office & Adult Programming 615 Ellice Avenue
Tenants Committee Meeting: September 18, October 16, November 20, & December 18, 2017 6PM Magnus Eliason Recreation Centre (MERC) - MPR 430 Langside Street
Youth & Families Committee Meeting: September 13, October 11, November 8, & December 13, 2017 7-8:30PM Magnus Eliason Recreation Centre (MERC) - MPR 430 Langside Street

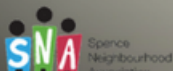
 Spence Neighbourhood Association

VOLUNTEER BASKETBALL COACHES WANTED

SNA is seeking enthusiastic, passionate, and reliable volunteers to help coach basketball for youth during the 2017/2018 Winnipeg Minor Basketball Association (WMBA) Fall/Winter season. The SNA Sports Program works to provide barrier-free access to organized sports for Winnipeg's inner-city at-risk youth.

Volunteer Position Description & Applications are available online via www.spenceneighbourhood.org/volunteer or in person at 430 Langside St. (Magnus Eliason Recreation Centre - MERC).

Please contact Meghan (at 204-783-5000 Ext 114 or sport2@spenceneighbourhood.org) for more information.



FREE BASKETBALL PROGRAM

OCTOBER 2017 TO MARCH 2018

FOR SPENCE NEIGHBOURHOOD YOUTH 10-14 YEARS OLD

PRACTICES (1 PER WEEK) & GAMES (1-2 PER WEEK) TAKE PLACE AT VARIOUS LOCATIONS IN WINNIPEG.

TRANSPORTATION, EQUIPMENT, COACHES, SNACKS, & UNIFORMS ARE PROVIDED.

INFO/REGISTRATION: MEGHAN AT 204-783-5000 EXT 114 OR [SPORT2@SPENCENEIGHBOURHOOD.ORG](mailto:sport2@spenceneighbourhood.org)

Registration forms may be picked up at Magnus Eliason Recreation Centre (MERC) - 430 Langside St. 9AM-10PM Daily.



THANK YOU WINNIPEG FOUNDATION!

SNA would like to once again thank the Winnipeg Foundation for funding through the Nourishing Potential Grant. With this funding, we were able to provide youth attending our programs with a nutritious meal each day, purchase new kitchen equipment, and offer food handler's training opportunities to staff and the community. Proper food and nutrition is integral for the success of the youth we serve. Part of SNA's success comes through seeing the success of the youth in our community. By providing us with the funding to purchase healthy food, new equipment, and training opportunities, the Winnipeg Foundation's Nourishing Potential grant has added to the success of our organization and our community.

CONGRATS TO OUR 10 FJ4Y GRADUATES!

First Jobs 4 Youth had a busy summer and would like to congratulate the 10 graduates of our summer program. We are pleased to be placing many of them in placements for the school year with local businesses and organizations. 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 or organisation and would like to take a youth on for a placement, please feel free to contact Aaron (204 783 5000 ext 116; aaron@spenceneighbourhood.org) or Leslie (204 786 5000 ext 115; firstjobs@spenceneighbourhood.org) about this opportunity!

NEW IN THE COMMUNITY: NEEDLE DROP-BOX SNA has partnered with Street Connections to secure and install an outdoor needle drop-box in our community. The box is mounted on a Hydro pole on McMicken, north of Ellice, and it is available 24/7 for anyone to discard of sharps safely. Questions? Contact Mareike at safety@spenceneighbourhood.org or 204-783-5000 ext 106. UW SAFE: NEW

SAFETY APP The University of Winnipeg has released a newly developed safety app called "UW Safe" that everyone can download from Apple Store or Google Play. It has a series of safety features including one where you can ask a friend to check that you get to your destination safely and they can follow you remotely walking your route. The App also shares alerts and the twitter feed from the campus security. For more information, please contact: The University of Winnipeg Security Services at 204.786.9272, security@uwinnipeg.ca, or www.uwinnipeg.ca/security/

DOWNTOWN CONNECTION: 55+ RESOURCE EVENT

October is Seniors and Elders Month. Celebrate with free information and fitness sessions at the following locations: Cindy Klassen Recreation Complex (999 Sargent Ave.) and Portage Place Shopping Centre. Please call the Healthy Aging Resource Team 204-940-8140 for more information, including a listing of events.

THAT'S A WRAP!

During the summer, SNA has conducted the annual community walkabouts, or safety audits, during which we report safety concerns to 311 or to residents. Here is our 2017 (January-August) in numbers:

8: Walkabouts (1 per Area)
15: Volunteers
303: Missing back lane address plates
181: Needles collected
118: Properties with Graffiti
165: Bulky waste items reported
77: Back lane maintenance concerns reported to 311

An interactive map with the results of the 2017 Walkabouts will be available on our website soon.

Bulky waste reporting to 311 and needle collection continue throughout the year.

Thank you to all the volunteers for their help, to the Strong Badger Coffee shop for donating part of the honoraria for volunteers, and to the Village Diner for donating lunch to the 2017 volunteers.

For more information, please connect with Mareike, Community Connecting Coordinator, at: 204-783-5000 Ext. 106 or safety@spenceneighbourhood.org.

UNTIL WE MEET AGAIN:

SNA prides itself on not only the services we provide but also the people who work tirelessly everyday to offer programs and services to our community. Without these dedicated individuals, SNA would not be where it is today. We'd like to take this time to say goodbye to a few employees who will be moving on to pursue their personal goals and impact the lives of those they will meet in their new spaces: Kieran Rice-Lampert, former Community Sport Coordinator at The University of Winnipeg Axworthy Health & RecPlex & Mischa Pustogorodsky, former Adult Mentor with the Wahkohtowin Strengthening Families Program. We'd also like to thank the following people for their time with us during the Summer months: Will Sesay, Rotary Leadership Circle Program Coordinator • Chantal Ramraj, Community Gardens Assistant • Stefan Hodges, Holistic Housing Intern • All First Jobs 4 Youth staff • All YMCA Youth Staff • April Sabourin and Jeremy Ross, Taking Charge Practicum Students • Kailey Bradco, Community Connecting Assistant

All these people, whether with us for just the summer or for several years, have dedicated such time, energy, and passion to the organization that it is sad to see them go. We wish them all the best in their upcoming endeavours! Please know that you are always part of our workplace family, our community and are welcome to stop by every once in a while to say hello!

7th Annual

COMMUNITIES MARCH FOR PEACE



WEDNESDAY SEPTEMBER 20, 2017

5:45PM: Meet us at 1 of our 2 starting locations: Valour Community Club - Orioles Site (448 Burnell St.) OR Broadway Ave. at Sherbrook Street.

6PM: March departs from both locations. They converge at Ellice Ave. at Sherbrook St. Folks may join us enroute.

7PM (approximately): Free BBQ and concert by JD and Sunshine Band at 430 Langside Street (Magnus Eliason Recreation Centre - MERC).

INFO: Mareike, Spence Neighbourhood Association's Community Connecting Coordinator, 204-783-5000 Ext. 106 | safety@spenceneighbourhood.org



