

Winnipeg Bulb Project

The Winnipeg Bulb Project is committed to inspiring and facilitating civic pride and taking an active part in making the city of Winnipeg beautiful. They are once again providing Spence Neighbourhood Residents with a variety of FREE bulbs including, daffodils and muscari (a smaller purple flower). This project helps to beautify our neighbourhood and bring the first signs of spring! Bulbs can be picked up from the 615 Ellice office during our regular business hours and we ask that people plant them in their front yard or a publically visible space. For more information contact:

Tanya | (204) 783-2834 |



Putting your garden to bed

It is almost the time of year to put your garden to bed. Here are a few tips and tricks for you. 1) Leave carrots, garlic, horseradish, leeks, parsnips, radishes, and turnips in the garden for harvesting through early winter. 2) Mark the rows with tall stakes so that you can find them in snow, and cover them with a heavy layer of mulch to keep the ground from thawing. 3) Pull up tomato, squash, pea, and bean plants. If they're disease-free, compost them. If any are diseased, either burn them or discard separately for yard waste collection. 4) Pull up and put away the stakes. 5) Before the ground gets too hard, remove all weeds and debris and eliminate over-wintering sites for insects and disease. Gently till the soil to expose any insects who plan to overwinter; this will reduce pest troubles in the spring and your garden site will be ready come spring! 6) Once most of the garden soil is exposed, add a layer of compost, leaves, manure (if you have it). Gently till into the soil. 7) If some areas have hopelessly gone to weeds, cover them with black plastic and leave it in place over the winter and into the spring to kill sprouting seeds. 8) Planting fall garlic: a good planting time is mid-October to late October. Break bulbs into individual cloves and plant them about four inches deep every four to six inches in rows 12 to 18 inches wide.

Community Connecting:

Our kitchen circle is up and running for the fall! This month our kitchen circle was led by a community nutrition educator from the WRHA. Thank you Briana for joining us, and for presenting on kitchen safety and eating healthy on a budget. We finished the evening with a cooking demonstration of bean burritos and broccoli salad- yum!! We will be continuing to join for cooking and learning together every month throughout the year, keep your eyes peeled for posters or give us a call to find out what's happening next!

We have officially finished walking the back lanes of all eight areas in Spence during our community walkabouts! A big thank you to all the dedicated neighbourhood volunteers that came out twice a month from May through September to assess safety in our back lanes! We also want to say a big thank you to Officers Terrence, Jeff, and Craig who joined us for our Area 7 walkabout! It was an awesome opportunity to learn about neighbourhood safety from the police and to engage with residents. Officers Terrence and Jeff are active in patrolling the neighbourhood and connecting with residents. Make sure to say hello when you see them walking in Spence! You may have seen them throughout the summer at events such as the Furby Street block party in July or at our September safety committee. Terrence and Jeff joined our meeting to hear and discuss safety concerns and resources in the community. Thank you Jeff and Terrence for all that you do in our community!

Upcoming Events:

Take Back the Night:
October 7, 6:30 Pm @ 430
Langside st.

Kristen | 204-783-2758 |

Proudly Serving
the Spence
Neighbourhood



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

SPENCE NEIGHBOURHOOD ASSOCIATION NEWSLETTER



OCTOBER 2015



Lifelong West End resident Alexandra Guiboche says a 24-hour safe space for youth could help break negative cycles. "It's important to have somewhere safe to be and to belong."

West End 24/7: Imagine Being Alone

Imagine being a young person - 12 or 14 years old - and you get kicked out of your house, or you feel threatened there so you leave. Now you're on West End streets, and it's 3 a.m.. What do you do? Call a friend, at 3 a.m.? Hang around a 24-hour convenience store to stay warm? Maybe you hang out at the store, and get offered a warm place to stay by some gang members. That might seem better than being alone. Or maybe there's a 24-hour safe space you can go - a place where compassionate people you can trust are ready to welcome you and listen or just give you some food, security, and a warm place to rest. This is why we work to create West End 24/7 - a 24-hour safe space for youth. Check out the plan - based on the Rossbrook House and Ndinawe models - and full proposal at Facebook.com/WestEnd247. Meetings are coming up to keep working towards making it happen, and everyone is welcome. If you're interested in admin: picking a location and working on fundraising, the next meeting is Tuesday, October 27. If you want to help with outreach: connecting with youth, the next meeting is Tuesday October 13. And if you'd like to sit in on our updates meeting, get grounded in our direction and decide where you'd like to chip in please join us on Tuesday, November 10. Together we will make it happen!

All meetings are at the Magnus Eliason Recreation Centre, 430 Langside Street at 7:00 p.m. Remember to stay updated! Like us on Facebook: / WestEnd24/7

Sean Ledwich | Communications WE24/7

Committees:

- Housing Committee:
October 5, 6PM | 615
Ellice
- Safety Committee:
October 7, 6PM | 615
Ellice
- CED Committee:
adjourned for October
- Youth Committee:
October 13, 7PM | 430
Langside
- EOS Committee: October
8, 6PM | 615 Ellice
- Tenant's Committee:
October 19, 6PM | 430
Langside
- SNA Board Meeting:
Last week of October, TBA

Announcements:

October 7, Take Back The
Night Rally, 6:30 PM |
430 Langside

Oct 19, Federal Election
see page 6 for details!

Women's Intergenerational
Singing Circle registrations
are open until November!
see page 7 for details!

Oct 12, SNA services
Closed for Thanks Giving!

WWW.SPENCENEIGHBOURHOOD.ORG WE'RE ON FACEBOOK; TWITTER & INSTAGRAM:@SNACOMMUNITY

HQ: 615 Ellice Avenue Winnipeg, Manitoba R3G 0A4 Phone (204) 783-2758 Fax (204) 775-1802

430 Langside Street Winnipeg, Manitoba R3B 2T5 Phone: (204)783-5000 Fax: 1-800-515-8757

MAKARIA A. LABUN, Community Liaison Email: liaison@spenceneighbourhood.org



Building Belonging

It was great to see everyone who came out for the annual Communities March for Peace, on September 25! Art City Outreach helped our kids make signs and buttons to hand out to promote a safe, respectful community for all. Our kids also harvested the last tomatoes and kale from the newly painted garden beds put into our Kids Garden by Urban Eatin'. We will be wrapping up our gardening season with a bonfire this month! As October arrives we have some special craft events happening. Stop by on Mondays to work on costumes and decorations this month in preparation for Art City's Halloween Dance at Broadway Neighbourhood Centre. Kids can also join us to clip tiles and contribute to the beautiful mosaic planned for the south side of the MERC. This project is made possible through the Winnipeg Arts Council's Youth WITH ART program. Students in the U of W's English Language program will visit to help us make some scary crafts and sweet treats. We are also very excited to once again offer dance workshops and try out yoga moves with a community volunteer. Have a spooky and safe Halloween!

Special Thanks:
U of W's English Language Program
Tanya & Cotelle

Open to all kids ages 6-12 FREE!
430 Langside Street
Monday-Fridays 3:30-5:30, Snack 4:00pm
Contact Allison and Lauren | (204) 783-0292

Basketball Coaches Needed!
SNA's Sports Program is looking for reliable, dedicated people to help volunteer as basketball coaches for the upcoming Winnipeg Minor Basketball Association season. We need coaches for the following teams:

- BOYS 10 year old - 2 coaching positions open
- BOYS 12 year old - 1 coaching position open
- GIRLS 11 year old - 3 coaching positions open
- GIRLS 13 year old - 1 coaching positions open
- GIRLS 15/16 year old - 3 coaching positions open



Basketball Players Wanted!
Basketball registration for SNA's MERC Basketball Teams is now open. We're especially looking for athletes who are eligible for the following age divisions:

- 10 Boys (born 2005, 2006)
- 11 Girls (born 2004, 2005)
- 14-16 Girls (born 1999, 2000, 2001)

Teams will be playing in the 2015/2016 Winnipeg Minor Basketball Association Fall/Winter league starting late October. Practices for the teams are expected to start late September to early October. Registration is open on a first come first serve basis. Registration forms can be picked up at MERC (430 Langside Street) or found online at:
www.spenceneighbourhood.org/#!/sports/c1gri.
For more information contact:

Mubo Ilelaboye | SNA Sports Program Coordinator
204-783-0290 | sport2@spenceneighbourhood.org |
Facebook: @Sna Sport

Futsal Program A Success
This year, Futsal provided over 100 female and male youth ages 7-15 years an opportunity to play organized soccer. Overall, the program ran twice a week for 14 weeks from May to August. Through funding from Canadian Tire Jumpstart, we were able to provide 100% of our participants with new uniforms and socks and over 90% of our participants with new and/or gently used cleats and shin guards. Tune in during the 2016 season when registration for the program will re-open.

Violence Prevention Project is Back!
The Spence Neighbourhood Association is excited to announce the return of the Violence Prevention Project. The project started again on September 16, 2015 and will be held every Wednesday from 6:30-7:30 at the Magnus Eliason Recreation Centre. All youth between the ages of 12-19 are welcome. The goals of the Violence Prevention Project are to empower youth in the West End to become leaders of change in anti-violence projects for their peers, and to provide them with the knowledge and skills to impact program development in the future. We are in phase two of the project and will provide youth with more opportunities to create campaigns of their choice that will have a positive impact on their community. The following is a sample curriculum offered by the Violence Prevention Project:

- Session 1: September 6, 2015 Introduction to the Violence Prevention
 - Session 2: September 23, 2015 What have other violence prevention projects done?
 - Session 3: September 30, 2015 Communication
 - Session 4: October 7, 2015 Body image
 - Session 5: October 14, Dating Violence
 - Session 6: October 21, 2015 Consent
 - Session 7: October 28, Appreciating Diversity
 - Session 8: November 4, 2015 Bullying
 - Session 9: November 11, 2015 Cyber
 - Session 10: November 18, 2015 Healthy Relationships
- For more information about the project and ways to get involved, please contact:

Maja Aziraj | Violence Prevention Project Coordinator
| vpc@spenceneighbourhood.org
(On Maternity leave starting October 23, 2015).



Women's Intergenerational Singing Circle (WISC)
We had our very first session on September the 25th, and it was a blast. Local musician Sheena Grobb led our group in writing our own song! Sheena began her workshop by playing a song written by others she had taught, which inspired everyone present. We hope to have Sheena back again, but we are also looking forward to doing workshops and singing with other talented Winnipeg artists. If you are interested in signing up for WISC, sessions are every second Friday, 5:00 - 6:30 PM in the Recplex MPR (350 Spence St.) Please register at 430 Langside, at the front desk. Bring a family member, or a friend! All female-identified folks are welcomed into the circle. We hope to see you there!
Makaria Labun | Community Liaison |
(204) 783-5000 | liaison@spenceneighbourhood.org

**Continuing to work hard
for the people of Minto**

Andrew Swan
MLA for Minto
204-783-9860
AndrewSwan.ca

Get Out The VOTE

Register For Voting!

If you are not on the voters list, or are unsure if you are on the list you must register. To avoid line-ups on polling day you can register until October 3rd at the following locations:

- Polo park shopping centre: October 1 & 2 10 AM—8 PM, October 3 10 AM—4 PM
- Portage Place Shopping October 1 & 2 10 AM—9 PM, October 3 10 AM—6 PM

In order to register you need to provide proof of your name and address. Here is information about acceptable ID from the Elections Canada website:

1. Any document issued by a Canadian government that shows your photo, name and current address (e.g. driver's licence), **OR**
2. Two documents from the list of authorized documents (found in the right column): both pieces must show your name and one must also show your current address, **OR**
3. An affidavit signed by you in the presence of a person authorized to receive oaths in a province or territory and showing your name and current address of ordinary residence, **OR**

If you cannot provide proof of your current address: Bring along a person who knows you and lives in the same polling division as you and proof of your identity.

- o This person must prove their name and address using document(s) listed in option 1 or 2, above.
- o To register this way, both you and this person must be present.

To register to get a ride to a voting station please call:
Green: (204) 880-1564 | Liberal: (204) 289-1997
Conservative: (204) 293-0619 | NDP: (204) 953-1377
information collected from www.elections.ca

West End Commons (St. Matthews @ Maryland) will be an advance polling location over the Thanksgiving weekend from October 9 – 12, between 12-8pm and on election day. It is possible to register to vote at the advanced poll or on election day.

Elections Canada: Winnipeg Centre | (204) 983-7447

Acceptable Proof Of Identity:

- 1) Show one of these pieces of ID
 - your driver's licence
 - your provincial or territorial ID card
 - any other government card with your photo, name and current address
- 2) Show two pieces of ID
 - health card
 - Canadian passport
 - birth certificate
 - certificate of Canadian citizenship
 - citizenship card
 - social insurance number card
 - Indian status card
 - band membership card
 - Métis card
 - card issued by an Inuit local authority
 - Canadian Forces identity card
 - Veterans Affairs health card

- old age security card
- hospital card
- medical clinic card
- label on a prescription container
- identity bracelet issued by a hospital or long-term care facility
- blood donor card
- CNIB card
- credit card
- debit card
- employee card
- student identity card
- public transportation card
- library card
- liquor identity card
- parolee card
- firearms licence
- licence /card issued for fishing, trapping, hunting
- utility bill (e.g. electricity; water; telecommunications services including telephone, cable or satellite)



Cindy Gilroy

City Councillor for
Daniel McIntyre

Let's work together

510 Main Street
(204) 986-5951

cgilroy@winnipeg.ca
www.cindygilroy.com



Want to learn new things, make a difference in your community, get paid and eat free food?


THEN JOIN THE

Violence Prevention Leadership Team

Starting September 16, 2015

Every Wednesday in the MPR at 6:30pm

➡ Talk to Maja for more details ⬅



Housing

This summer the SNA housing department took advantage of the warm months and used it as an excuse to hit the streets to update the housing inventory, hold workshops and connect with neighbours. The inventory is done annually in the summer months in order to have a clear idea of what housing looks like in our neighbourhood, what we have to work on and what is working well. Properties identified were single family homes, duplexes, triplexes, rooming houses and apartments. This year, we noted homes that required repairs and when spring approaches we will be reaching out with opportunities for financial assistance for repairs. This proactive approach is one that was identified to be helpful by the community in our housing plan. Along with the existing inventory was an inventory of empty lots, vacant buildings and properties that are for sale within the Spence boundaries.

BE PART OF OUR TENANTS COMMITTEE!

MONDAY
October 19
430 Langside Street
2nd Floor MPR
6:00 PM

we meet every 3rd Monday of the Month

DO YOU HAVE QUESTION OR CONCERNS ABOUT YOUR RIGHTS AS A TENANT, REPAIRS OR SAFETY CONCERNS IN YOUR RENTAL UNIT? COME AND JOIN OUR DISCUSSIONS. LIGHT SUPPER PROVIDED.

This information can be useful to start conversations regarding investment in Spence with people that understand that the goals of the community for housing are centred on quality, quantity, affordability and accountability- as identified in the Spence Housing Plan – People and Housing. Workshops/ information sessions this summer focused on bed bug prevention and education, tenant responsibility with yard maintenance and understanding the process for the request of the Residential Tenancies Branch for repair forms. Outdoor activities were plentiful with barbeques and celebrations which support our belief that housing is about connecting with community. In the coming months we will be working on various projects that include participating in a city wide point in time count of people facing homelessness - street census, continued work with rooming houses, housing grants/ incentives, workshops on temporary winterization of units and working with neighbours faced with mental health issues. If you are interested in any of these projects consider joining the Housing Committee or the Tenant's Committee that meet monthly. For further information please contact the housing coordinator.

Isabel | (204) 783-2758



OCTOBER 2015

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.*











/Spence Neighbourhood Association

@SNAcommunity

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SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Girls Night: Every Friday starting @ the RecPlex MPR 5:30 – 9:30 PM  Women's Intergenerational Singing Circle: every 2 nd Friday 5:00 – 6:30 PM, info on page 7!  Happy Halloween From SNA! CED Committee: adjourned for this month SNA Board Meeting: Last Week Of September, date TBA after Tuesday, September 29.				<u>1</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm	<u>2</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm 	<u>3</u> FP: 10:00 AM–4:00 PM Y: 4:00 – 9:30 PM
<u>4</u> FP: 10:00 AM–4:00 PM Y: 4:00 – 9:30 PM	<u>5</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm	<u>6</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm Housing Committee: 6PM 615 Ellice	<u>7</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm Take Back The Night Rally, 6:30 PM 430 Langside	<u>8</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm EOS Committee: 6pm 615 Ellice	<u>9</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm 	<u>10</u> FP: 10:00 AM–4:00 PM Y: 4:00 – 9:30 PM
<u>11</u> FP: 10:00 AM–4:00 PM Y: 4:00 – 9:30 PM	<u>12</u> MERC closed No SNA Programming Thanksgiving Day	<u>13</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm Youth Committee: 7pm 430 Langside	<u>14</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm	<u>15</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm	<u>16</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm 	<u>17</u> FP: 10:00 AM–4:00 PM Y: 4:00 – 9:30 PM
<u>18</u> FP: 10:00 AM–4:00 PM Y: 4:00 – 9:30 PM	<u>19</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm Tenants Committee: 6pm 430 Langside	<u>20</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm	<u>21</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm	<u>22</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm	<u>23</u> Drop-In only FP: 3:30 – 6:00pm Y: 6:30 – 9:30pm 	<u>24</u> FP: 10:00 AM–4:00 PM Y: 4:00 – 9:30 PM
<u>25</u> FP: 10:00 AM–4:00 PM Y: 4:00 – 9:30 PM	<u>26</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm	<u>27</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm	<u>28</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm	<u>29</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm	<u>30</u> BB: 3:30 – 6:00pm Y: 6:30 – 9:30pm 	<u>31</u> FP: 10:00 AM–4:00 PM Y: 4:00 – 9:30 PM

NOTE: BB = Building Belonging (6-12 yrs) | Y = Youth (13-18 yrs) | FP = Free Play (6-12 yrs). Activities are held at 430 Langside St.

