

# March for Peace in West Central and with the world

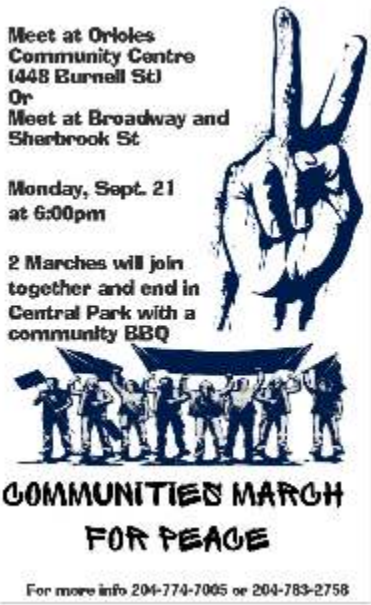


Communities March for Peace says no to violence on International Day of Peace. Photo by Jesse Gair

On September 21st come and join us for the Annual **Communities March for Peace and BBQ**. Hundreds of people from the 7 West Central communities will come together as one to say no more violence in our homes, on our streets or in our communities. Violence has touched many of our lives and it is time to support each other as we work hard to stop the cycle. The March is being put on by community organizations that provide help to families, youth, adults and seniors and will be on hand with information about resources. We will also be marching in solidarity with thousands of others from around the world as we celebrate September 21st

as the **International Day of Peace**. This year Communities March for Peace will have **two starting locations**, one in the West End and one in West Broadway. The two marches will join up and end with a community BBQ. Bring your drums, your colourful signs and your noise makers and help us show the community that they are not alone as we walk together towards peace. Please meet us at **Orioles Community Centre – 448 Burnell Street – 6:00 pm** or in the parking lot beside **Thomson Funeral Home – 669 Broadway (Broadway and Sherbrook) -6:00pm**. The March will be 2 kms in length.

For those with mobility issues please give us a call to find out where you can meet us along the way.  
*For more information contact:*  
*Jesse at DMSMCA – 204-774-7005,*  
*Kristen at SNA – 204-783-2758,*  
*Jazmin at WBCO – 204-774-7201 ext 3.*



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## Spence Neighbourhood Association (SNA)

**615 Ellice Ave | 430 Langside Street | 204-783-5000**  
**[www.spenceneighbourhood.org](http://www.spenceneighbourhood.org)**

*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 and Families.*

### SPENCE NEIGHBOURHOOD ASSOCIATION BOUNDARY MAP



#### Upcoming Meetings at SNA

*All community members welcome at committee meetings!*

##### Housing committee meeting

Tuesday, September 1, 6:00 p.m.  
@ 615 Ellice Ave.

##### Safety committee meeting

Wednesday, September 2, 6:00 p.m.  
@ 615 Ellice Ave.

##### CED committee meeting

Tuesday, September 14, 6:00 p.m.  
@ 615 Ellice Ave.

##### Youth committee meeting

Wednesday, September 25, 7:00 p.m.  
@ 430 Langside St.

##### Tenants committee meeting

Monday, September 21, 4:30 p.m.  
@ 430 Langside St.

Environment & Open Spaces  
committee meeting  
Tuesday, September 22, 6:00 p.m.  
@ 615 Ellice Ave.

**SNA board meeting**  
TBA

## Building Belonging fall programming



Thanks to a generous donation from **National Leasing**, we were able to share much needed summer supplies such as backpacks, sunscreen and towels with kids who attended our summer program. They also gave us new helmets to bring out on our skateboarding outings!

In August, the kids had a blast exploring the outdoors at **Fort Whyte's Nature Camp**, and investigating natural disasters, chemical reactions, and how plants grow with U of M's **WISE Kid-netic Science and Engineering Camp**. **Music @ MERC** participants finished off a summer of guitar, piano, and voice lessons with a final performance for family and friends. Congratulations to all our young talents!

As fall approaches, join us at our weekly workshops with **Art City Outreach** to create and stretch your imagination! The kids will continue to garden as temperatures begin to shift. The plots are full of vegetables to harvest and enjoy while we learn about the environment during our weekly **Kids Garden** programming. We will also contribute to **SNA's Community Art Project**, and make signs and noisemakers to use on September 21st at the Annual West End March for Peace! We hope to see you there!

Building Belonging's school year program starts September

14. Registration forms and activity calendars are available at the MERC now! Our program takes place at Magnus Eliason Recreation Centre (MERC) 430 Langside St. We operate Monday-Fridays 3:30-5:30 p.m., snack 4:00 p.m., for all kids ages 6-12. Free safe pickup from John M. King and Sister Mac. Schools and drive/walk home is available upon request.

Special thanks to our partners in August:

Fort Whyte Nature Camp  
U of M WISE Kid-netic Energy  
United Way  
National Leasing  
Music @ MERC instructors  
Manitoba Museum

*Allison and Lauren | (204) 783-0292*

*[buildingbelonging@spenceneighbourhood.org](mailto:buildingbelonging@spenceneighbourhood.org)*



*Building belonging had a busy summer of fun activities.  
Fall after school programming begins soon.  
Photos by Allison Besel*

## Women's Intergenerational Singing Circle

Spence Neighbourhood Association is proud to announce the start of our new pilot project: the Women's Intergenerational Singing Circle (WISC)! WISC is a project sprung from a need to engage the women of the Spence community. Throughout the year Spence staff have been seeking avenues to provide opportunities for growth and mentorship for our female identified youth and we have noticed that the musical potential of many of our girls has yet to be tapped. This is where WISC comes in. This pilot project is focussed on providing opportunities for growth and praise. Our goal is that women of all ages will find a safe and equal ground to learn from each other, have fun, and connect with others from their community. Registration for the group will start on September 1st. Applications can be found at the Magnus Eliason Recreation Centre and online at our website: [www.spenceneighbourhood.org](http://www.spenceneighbourhood.org). Sessions will be held every second Friday starting on September 25th from 5:00 - 6:30 p.m. in the Recplex MPR (350 Spence). Transportation may be provided, please see application for details. Please

contact Makaria with any questions or concerns. See poster on page 8

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



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Aboriginal Music Day

This year at our **SNA Block Party** we had several artisans selling their wares, activities for making dreamcatchers and magnets, and of course live music from many wonderful Aboriginal artists. Headlining our event was **Winston Wuttunee**, along with the Joe Maxim band, Nikki Komatsiutiksak. Alongside these powerhouses, we had the pleasure of listening to Kelly Fraser, Dustyn Cochrane, and a special hoop dancing performance from Jacob Pratt. For the first time in three years, our event was able to be enjoyed on the grounds outside of the MERC.

Young and old alike brought chairs to sit and listen to the eclectic tunes lined up for the day in great temperatures. We held a BBQ outside during the sets, and fed just **over 1000 people** from all over the city! With so many people lined up one of the youth commented “Wow I’ve never seen this many people here before. Did you know the line goes all the way from here to Ellice?”. It was indeed a sight to see. We can’t wait until next year, we hope to have just as much enthusiasm for this event in 2016.



Fantastic turnout for a fabulous line-up of music at Aboriginal Music Day. Photo by Lin Howes

Rotary Leadership Circle

The **Rotary program** has wound down for the summer of 2015, and has been a total hit! Throughout the 6 weeks of programming, our youth leaders (the participants) have been engaged in a variety of activities that cover volunteering, museum visits, art projects, and learning more about their community and city in general. One particular visit was to the **Canadian Museum for Human Rights**. During that visit, youth learned a lot about the leaders of the global struggle for rights, as well as the hardships and successes that Canada has come across in our country’s struggle for a more just society. In July, we also made trips out to the **Living Prairie Museum, Villa Cabrini** (seniors’ home

in Osborne Village) and **Winnipeg Harvest** to do some volunteer work. We spent our Thursdays watching documentaries about sharks, the cosmos, and skateboarding, to name a few. Rotary took place on August 13th. All the Rotary groups from around the city convened at the University of Winnipeg to celebrate all the hard work the kids put into completing the program. After their graduation, participants received a \$200 gift card and we had a blast shopping!

Ryan Lindsay | Homework Club/  
Rotary Leadership Coordinator  
(204) 783-0292



Above: Fun times at Rotary Leadership Circle. Photo by Ryan Lindsay

First Jobs 4 Youth  
announce new location

The Spence Neighbourhood Association is proud to announce the **new location of the First Jobs 4 Youth and the Youth Crew Programs**. We are now located at the **West End Commons, 641 St. Matthew’s Avenue, in room 104**. This location is our new Youth Employment Hub (YEH). We will be putting on a celebration of our new hub sometime in the near future. Watch out for your invitation to this great event, we hope to see you there! For more information on our programs, or to book our services, please contact Leslie.

Leslie Kwok| (204) 801-6740 |  
Firstjobs@spenceneighbourhood.org

Annual  
Tree Banding &  
Fall Clean up

We depend on community volunteers to protect our trees from damage due to pests by banding them annually. We expect a street (Portage to Notre Dame) to take 30 minutes with a minimum of 8 volunteers. Snacks and Supplies provided

- September 15 5:30 Agnes St  
Meet at Agnes and St. Matthews.
- September 17 5:30 Furby St  
Meet at 547 Furby (community garden)
- September 22 5:30 Langside St  
Meet at 559 Langside (community garden)
- September 24 5:30 Spence St.  
Meet at Spence and Sargent.



Protecting Our Trees: Fall Tree Banding Events

The elm trees that line the streets of the West End are a treasured and notable part of our neighbourhood. They contribute to our urban environment, provide a beautiful canopy of greenery, and help give us a sense of place. Many other neighbourhoods have lost their elm canopies, and it is our responsibility as community members to protect these remaining trees from damage due to pests.

Tree banding is one easy way to protect elm trees against both cankerworms and the damage they cause, and the elm bark beetle. Tree bands (foil faced insulation) are wrapped around the tree and secured with tape, and then a layer of Tree Tanglefoot is applied to act as a sticky barrier to help prevent the elm bark beetle and other

pests from migrating up and down the tree. It is best to apply tree bands before the end of September, and leave them on the trees until mid-May.

Spence Neighbourhood Association is hosting four tree banding and fall clean up events. We encourage all community members to come out, and help protect our trees.

- September 15 @ 5:30 p.m. Agnes St. (meet at Agnes and St. Matthews)
  - September 17 @ 5:30 p.m. Furby St. (meet at the 547 Furby Community Garden)
  - September 22 @ 5:30 p.m. Langside St. (meet at the 559 Langside Community Garden)
  - September 24 @ 5:30 p.m. Spence St. (meet at Spence and Sargent)
- Snacks and supplies will be pro-

vided, and community members that volunteer their time to help will be given Tanglefoot and tree bands to band the trees around their property (while supplies last). For more information about tree banding or any of the events listed above, please contact Tanya.

Tanya| (204) 783-2834 |  
greenimage@spenceneighbourhood.org



Youth drop-in and Girls Night



Girls Night starts up again  
Friday nights in September

In August, a few of our youth had a chance to participate in the YAA Youth Camp. Although our youth were not pleased getting up at 8:00 a.m. to catch their bus, they had a blast canoeing, swimming and bonding with other camp mates and our staff. In other news, the **Youth Drop-In** is getting ready to start its **Girls Night** programming once again! Girls Night will take place every **Friday from 6:30-9:00 p.m.**, beginning in September in the RecPlex multipurpose room.

Each meet-up will include a meal, group discussions, and an activity. Fun is always guaranteed! Spread the word, and we look forward to seeing you there. For more information on Girls Night or other programming, please contact Mischa. Mischa | (204) 986-5467 | [newcomer@spenceneighbourhood.org](mailto:newcomer@spenceneighbourhood.org)

West End 24/7: Trust & Love

Lin Howes says building relationships with youth is the key to having them come to you when they're in need. "What it comes down to is trust and love," says Lin, who has been doing youth outreach as part of the ongoing push to create a 24-hour safe space in the West End. Lin has worked with youth for 15 years, and has been the youth programs manager for Spence Neighbourhood Association for a year.



Lin Howes is devoted to a safe space for youth in the West End

"When they need someone in the overnight hours, we want to be there to guide them, help them and advocate for them...because we care about them." Lin joined the call for a West End 24/7 Safe Space for youth from the start. In recent months, she has been doing outreach to connect with and hear from youth about what they want in a safe space. "What we're hearing is kids are looking for adults they can trust." Go to [Facebook.com/WestEnd247](https://www.facebook.com/WestEnd247) to learn more about Lin's work, and the movement to create a safe space for youth.

Free basketball program

**Registration Opens August 17th, 2015.** The **Winnipeg Minor Basketball Association's** (WMBA) annual Basketball Season is coming up fast! Registration for the Fall/Winter Season with SNA is open to **Boys age 10-12 and Girls age 10-13**. Youth participants are able to register for teams, no tryouts or experience required. All skill levels are welcome. In addition SNA Basketball will be entering a **NEW team for girls 14-18 years** old into the WMBA Rising Stars League; a competitive basketball league. SNA will provide all participants with coaching, transportation, equipment and registration at no cost. Players will have the opportunity to be a part of the WMBA and play against teams from all over the city, while continuing to develop their basketball skills. **Who:** Girls ages 10-13 years and 14-16 years; Boys ages 10-12 years -- must live within designated catchment area **When:** Participants will have one practice during the week (starts late September) and one or two games on the weekend (starts late October). Transportation will be provided if needed.

**Where:** Practice locations TBD; Games will be played at various gym locations around Winnipeg Registration packages will also be available at the Magnus Eliason Recreation Centre (430 Langside) or online at [www.spenceneighbourhood.org](http://www.spenceneighbourhood.org) starting August 17th. For more information or to register, please contact: Mubo Ilelaboye | (204) 783-0290 | [sport2@spenceneighbourhood.org](mailto:sport2@spenceneighbourhood.org)

**Volunteers Needed!** **SNA Sports Program** is looking for skilled individuals to coach basketball for the 2015/2016 season. For more information contact Mubo Ilelaboye | [sport2@spenceneighbourhood.org](mailto:sport2@spenceneighbourhood.org)

Mirror My Message: Violence Prevention Project

The **Violence Prevention Project** has wrapped up its first phase of workshops. The youth participated in 24 workshops over a 6 month period, learning about different types of violence, and how to prevent it in their community. The workshops averaged 20 youth per session. One of the sessions included a trip to our favorite pizza place, where we discussed a community event that the team could host, to show off what we have learned during the project. The youth came up with the idea of the **"Mirror My Message"** event. This idea became a reality in mid-July at the Magnus Eliason Recreation Centre. The event included 20 full length mirrors that the youth decorated with positive messages. Community members were invited to take selfies in their favourite mirrors and post it to social networking sites with the hashtag [#mirrormymessage](https://www.instagram.com/mirrormymessage). Community members were also treated with a feast of bannock, chili and cookies. One of the highlights

of the night, was a small awards ceremony. Two youth participants who attended all the sessions and showed outstanding community involvement and community engagement were honoured with a framed certificate. The Spence Neighbourhood Association is looking forward to continuing onto phase two of the Violence Prevention Project, starting in September. Maja Aziraj | (204) 986-5467 [vpc@spenceneighbourhood.org](mailto:vpc@spenceneighbourhood.org)



Mirror My Message event an empowering project for youth

Continuing to work hard  
for the people of Minto

**Andrew  
Swan**  
MLA for Minto

892 Sargent Avenue  
204-783-9860 | [AndrewSwan.ca](http://AndrewSwan.ca)  
[Andrew.Swan@YourManitoba.ca](mailto:Andrew.Swan@YourManitoba.ca)



BEHIND the FACADE: Mansfield Court

by Christian Cassidy

The Mansfield Court apartment block at 626 Ellice Avenue at Maryland was constructed in 1908 - 09. It's original owner was a man named Levi Lewis who turned to architect James Gauld, known for his work on large houses in his native London, Ont., to design the \$80,000 building.

Originally, there were 30 units ranging in size from two to four rooms. Features included in-wall beds and gas ovens. The main floor housed three retail spaces.

Construction began in late 1908 but it appears Lewis ran into financial difficulties and by April had sold the building to Dr. Jasper Halpenny. Halpenny was an odd combination of professor, land developer, and respected surgeon. Just a few years after purchasing Mansfield Court, he was elected president of the Manitoba Medical Association.

The first "for rent" ads appeared in

newspapers in September 1909. The initial tenants were what you would expect in a middle class block in a new suburb. Most were store clerks and salesmen, there was also a driver for a dairy and a butcher. Due to its proximity to the newly constructed John M King School, there were many families living there.

In World War I, about ten men from Mansfield Court served. Two of them, Sergeant J. R. Dymond and Private Oscar Thorsteinson, were awarded the Military Medal for Bravery. Another, 25 year-old Alexander Cooper of the 8th Battalion - Canadian Infantry, was killed in action on July 25, 1917. He left behind wife Bertha at suite 12.

During the Second World War, another half dozen people served and all survived. One of them was Leading Airwoman (Corporal) Jean W. Inglis who lived with her parents in suite 20.

She enlisted with Royal Canadian Air Force Women's Division (RCAF-WD) and attended the unit's first training class at Camp Borden. During World War II more than 17,000 women served with the RCAF, about 8 per cent of its total wartime personnel. Inglis was one of about 1,450 women posted overseas, serving at RCAF headquarters in London. She returned home in 1946 but died at the family's apartment in 1949. She was just 30 years old.

It took until 1912 for all three of the main floor retail spaces to be filled by George Nicholson - grocer, Modern Meat Market and the City Tea and Coffee Company. The owners and names of the businesses changed frequently over the century, but a few types of shops were regular features for decades.

There was a meat shop there until the 1930s. From the 1930s to 1950s there was a hardware store and from the 1940s to

the late 1960s a billiards hall. An upholstery shop was also a regular presence from the 1930s until the 1970s.

From the time the building opened until the 1970s the main retail space facing the intersection was home to a grocery store. It went by many names, including Stanley's, Stone's and Leslie's. In the 1980s the space became a pawn shop. Another long term tenant was D'Ella Formal Children's Wear from 1978 to 2013.

In 2014 eleven more suites of 340 square feet each were added to the basement level and one of the retail spaces, bringing the total number to 39.



Christian Cassidy is DMSMCA's Housing Coordinator and writes about local history at his blog, West End Dumplings.



Mansfield Court ca. 1910, Archives of Manitoba, Schools – John M King



Mansfield Court in 2013 Photo by Christian Cassidy



August 1926 For Rent ad (Winnipeg Tribune)

Proudly Serving the Spence Neighbourhood

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

Help keep our youth safe: West End 24/7

The effort to create a 24-hour safe space for youth in the West End marches on. We hope the citizens of the Winnipeg's West End and beyond will join us to ask policy-makers and others to get behind this initiative to keep our youth safe at all hours.

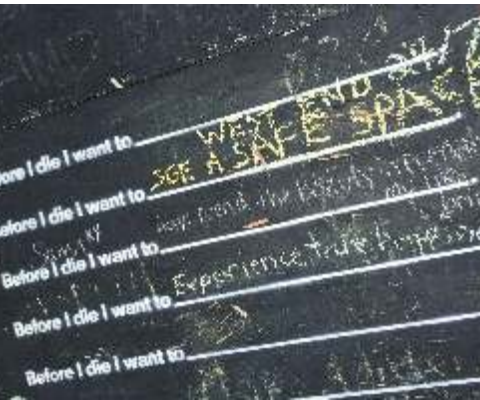
We have been sharing stories of people on the street who see the need for a safe space - a space open 24 hours a day, where youth in need can go and find direction, resources, love and compassion.

Help make a difference in the lives of our youth - help avert future tragedies.

Go to facebook.com/WestEnd247 to learn more about our group, like, share, and contact us to get involved.

Our next logistics meeting is September 15, and an all committee update happens on September 22. Meetings are at 7 p.m. at the Magnus Eliason Recreation Centre, 430 Langside Street. All are welcome!

For more information call Jamil Mahmood at 204-783-8607 or email jamil@spenceneighbourhood.org.



Before I die... photo by Sean Ledwich





By Holly Steele

A calming, grounded, and spiritual presence surrounded Craig Settee, as we picked sage from the Spence Community garden and talked.

Craig is a guy who really cares about his community and his Indigenous culture. He enjoys learning about his culture, and sharing his insights and cultural understanding with others.

He is an outreach youth worker for Spence Neighbourhood Association. He works with youth who are at risk of taking a dangerous life path, such as joining gangs, dropping out of school, and getting involved with illegal activities.

Craig mentors these youth, and helps the youth navigate systems like CFS, and the school system. He encourages them to have positive goals in their lives, and helps them reach their goals like staying in school, finding work, and connecting to their culture. He loves forming a connection with the youth and making a difference in their lives.

Craig and his family organized a Medicine Walk to smudge the streets of West Central, using traditional knowledge to promote healing in the community. There was a lot of positive feedback about the Walk, and Craig found it transformative. He would love to have a

much larger Medicine Walk, connecting people from different parts of the city and maybe walking to the Forks.

He also coordinated three simultaneous Indigenous language programs that were focused on revitalizing language and culture. He took part in these programs too.

Craig is an amazing guy with a huge heart. We are so lucky to have him in our community. Thanks Craig for all you do, and keep up the great work.



Craig’s huge heart and positivity encourages at risk youth. Photo by Jarita Greyeyes



Holly Steele is a West End community resident and member of the Our West Central Times editorial committee.

Do you know of a hero in the West End that needs to be sung about? Contact Vanessa at (204) 774-7005 ext 105 or email outreach@dmsmca.ca to find out more.

Skateboarding

By Rayden Beardy, community youth writer



Skateboarding, Ryan Lindsay

You can get so many feelings from skateboarding. One of the feelings is freedom: no one can tell you what to do when you're on a skateboard. If you have so many problems around you, skateboarding can make you forget about it. Feeling the wind in your face, going down a hill you feel more free than anything. If you see someone doing a trick and you want to do the same, you can do it if you're focused on one trick. You're not going to land a trick first try--it takes hours days or weeks, but once you land a trick, you feel amazing. I skate because I like the feeling of being free and being far away from the stuff that is around me. Skateboarding makes me forget I have problems.

Take back the night October 7

**Take Back the Night** is an international movement to protest violence against women and all members of our communities. Sexual violence, intimate partner violence, and street harassment are all reasons that have motivated Winnipeggers to TAKE BACK THE NIGHT since 1979!

Join us on **Wednesday, October 7** to celebrate the theme of “Communities Unite, Take Back the Night!” We are marching this year to honour the ongoing work that individuals, communities and

agencies do to end violence and oppression based on sex, gender, sexuality, ability, race, ethnicity, and class.

This is a peaceful, family-friendly event. It will start with a rally at the Magnus Eliason Recreation Centre (**MERC**), **430 Langside, at 6:30 p.m.** There will be a blessing from an Elder, smudging, drumming, and speakers. Then at 7:00 p.m., we will take to the streets to feel safe together and make some noise! Following the march, everyone is welcome for snacks and entertainment back at the MERC. -

It is well known that the majority of interpersonal violence occurs behind closed doors. Everyone deserves to feel safe in their home and in public no matter what time it is, what they are doing or what they are wearing. See you there!



ArtsFest September 24-26

Join us! Selections from The University of Winnipeg's rich arts and cultural heritage collection will be on display from **September 24th-September 26th, 2015, at the third annual UWinnipeg Artsfest.** ArtsFest runs in conjunction with the national Culture Days and UWinnipeg's annual Homecoming.

The university will showcase highlights from its large visual art collection, anthropology museum, and archives. It will feature performances by members of the University of Winnipeg community.

Arts Fest will feature a special presentation art piece made by your fellow community members. Spence Neighbourhood Association, in partnership with Wii Chiiwaa-kanak Learning Centre, Ma Mawi Wi Chi Itata Centre, The WestEnd Commons, West End Community Market, and Aboriginal Music Week Festival are engaging with the community in a **collaborative art project.** The project is aimed at hearing and displaying positive messages about the Spence neighbourhood community directly from those who live, work, and play in the area!

Programming will be hosted by various university departments and associations, please browse the site for more information including the full event schedule.

**www.uwinnipeg.ca/artsfest**



Healing The West End

Cecil S., a volunteer who participated in the Smudge The Streets event, driving his truck at the rear of the procession, wrote the following:

“I had the honour of bringing up the rear of the procession, and had a bunch of kids riding with me. I want to share with the organizers and everyone involved how much you affected people in ways you may not have known. I saw many people of all races and yes, of all levels of sobriety, stop and get smudged by you [the leaders of the procession]. I could see them thank you, and then you would keep walking.

What you missed, but I saw:  
A Filipino family get smudged through their open windows of their car, and then they pulled over and prayed as a family  
Three Indigenous sisters who were obviously going through something, get smudged and walk to the sidewalk, sit on a bench and collectively cry and hold each other, one repeating “ Thank you God.”  
Four teen girls join the procession for two blocks, and then they meet up with

their friends and tell them, “ They’re burning medicine to bless the hood. It’s cool, come on.”  
The 28 year veteran police sergeant who was so moved by the wording of the permit, that he arranged for more than enough support for the procession because, “ I’ve never seen the youth care for their own community like this, and i’ll be damned if we don’t help them.”  
The young couple who were obviously in the middle of a heated argument at the bus stop, who stopped and watched the procession go by, smudged and then were snuggling by the time we were past them.  
The countless shop owners and home-owners who came out and yelled “ thank you!”, “right on!”, etc.  
We never know the effect our actions may have on others. I just thought you should know some of the things [they] did. Nice work people. Ehgoodeh, Ekosi, Meeg-wetch.  
-Cecil S.

Do you know your West End?

Our community is rich in diversely beautiful, unique and creative spaces and places. Do you know where you have spotted the West End treasures below? Find answers on page 8.



Restful sleep for the garden

By Odile Lawrence, community member, gardener and artist

Now that we are in mid August, it is time to think of winterizing our gardens and making use of the last few months to plant short crops like haricot beans, winter squash, zucchini if we are lucky and get the very hot days. Lavender is a perennial one should try to foster as it contributes to a calm and peaceful disposition. Simply crushing the flower petals or sewing them in a pillow, gives one restful sleep. This is beneficial for those who get anxious easily.  
Roses, the favourite of some gardeners should also be



put in by end of August for the root ball to establish itself before the cold dark days of November.  
One can plant parsley, celery and chives, as they over winterize. Planting a variety of peas, and legumes could be tried. I for one experiment and try to get in as much garlic, ginger and some turmeric in small pots as they can be taken indoors.  
Beetroot and carrot love the cooler weather, and Brussels sprouts are also a good choice. They usually turn up around October and November. Considering our Summers are quite short, it is good to put some seeds in pots to be taken indoors if one has a space and lighting systems, or close to a window giving about 6-8 hrs of sunlight and warmth.  
Raking and mowing of grass, should continue well into September, when official fall or autumn sets in. I love this season as it can be very colourful and quite comfortable weather wise. One can dump grass

clippings onto the garden or leave on the grass to provide much needed nutrition to the soil. Winnipeg soil is mostly lead as it was once part of Lake Agassiz.  
Good luck in your garden efforts.  
Odile Lawrence

Photo right: Odile in her thriving garden



**BUILD WRIGHT DEVELOPMENTS**  
buildwrightdevelopments@gmail.com  
204 . 250 . 9551



People come from across Canada and U.S. for Anishinaabemowtaadidaa immersion camp in the West End



It's been a great summer here at Wii Chiwaakanak Learning Centre! We have been busy with some great programming like the Anishinaabemowtaadidaa (Ojibwe) immersion camp where people from across Canada and the U.S. travelled to Winnipeg to participate in the first (that we know of) Ojibwe immersion camp in an urban setting. Participants had formal in-class learning time on campus, and went on field trips in and around Winnipeg to participate in fun sporting, educational, and cultural activities based on the Anishinaabemowin language. It was a great time. The month of August is packed full of fun programming for local youth. We are offering two summer math camps where youth are given the opportunity to sharpen their math skills before their return to classes while participating in fun activities in

and around the University of Winnipeg. We were also home to the CKUW radio camp! Over the past three weeks CKUW hosted more than 30 youth from our community nearby UWinnipeg. Radio Camp offers youth a chance to learn about the radio, express themselves on air, make friends and have fun.

September is here and that means the return of some of our favourite after school and family programs. Pow Wow Club will resume for the 2015-2016 year on September 8th and will continue every Tuesday throughout the school year until June 2016.

Stay tuned for more information on more programming by visiting our website at [www.uwinnipeg.ca/wiichii](http://www.uwinnipeg.ca/wiichii) or by following us on Twitter, Instagram, and Facebook at @wiichiwaakanak. If you don't have access to a computer feel free to give us a call at 204-258-2951 or drop by at 511 Ellice Avenue. Look for our new September calendar that will be posted online near the end of August!

KidSwim Students Earn Bronze

By Emma Fieldhouse, Project Coordinator, Friends of Sherbrook Pool

This past spring **Friends of Sherbrook Pool (FOSP)** offered our very first bronze star/bronze medallion class for 12 of our **KidSwim** alumni. After the lifesaving test at the end of June, we would like to congratulate our 5 bronze star and 5 bronze medallion recipients for their achievement! The bronze medallion program is the first step along the path to becoming a life-guard, and introduces lifesaving skills along with continuing endurance swimming training for participants. The students learned how to tow and carry victims of various types and severities during rescues, as well as how to stay safe and reduce risk to themselves while assisting those victims. Congratulations to all participants!

Registration is also now open for our Fall KidSwim class. KidSwim is open to students aged 6 – 14, and will run from **Wednesday, October 14 – December 9th 2015 at Eldon Ross Pool at 1887 Pacific Ave West**. If you are interested in registering please contact the FOSP office at (204)786-1728 or [friendsofsherbrookpool@gmail.com](mailto:friendsofsherbrookpool@gmail.com).



Life saving skills learned at FOSP Bronze class

Registration forms are also available on our website at <https://friendsofsherbrookpool.wordpress.com/register/>

FOSP will also be holding two **Open Houses** in September as part of our ongoing community consultations about the **Kinsmen Sherbrook Pool**. We will be at the **Daniel McIntyre/St Matthews Community Association Resource Centre at 823 Ellice Ave on Monday September 21st, 2015** and at the **MERC, at 430 Langside St., on Wednesday, September 23rd, 2015**. Doors open at 5:30 p.m., consultation from **6:00 – 7:30 p.m.** on both days. We hope to see you there!

*Women's Intergenerational Singing Circle*

is a place for female identified people of all ages to come together and create song.

Do you love to sing?  
Do you want to connect with other women in your community?

*Come and join us!*

Practice is every second Friday, from 5:00pm - 6:30pm in the University of Winnipeg's RECREX MPB.

*Upcoming Practices:*  
September 25  
October 9  
October 23  
November 6

*Please register by calling (204) 783-5000*

Do you know your West End? Answers

Photos 1,2, and 4 by Namiko Saito  
Photo 3 by Makaria Aliaga Labun

- 1. **Garbage can:** Banning St. & Ellice Ave.
- 2. **Slow down sign:** Agnes St. & Ellice Ave.
- 3. **Insect Hotel:** 435-437 Furby St., kid's garden
- 4. **Mural:** Victor St. & St. Matthews Ave.

Interested in submitting a photo for the next issue of **Do You Know Your West End?** Email Vanessa at [outreach@dmsmca.ca](mailto:outreach@dmsmca.ca) or call (204) 774-7005 for more.

*A mortgage with Assiniboine...*

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\*No purchase necessary. Enter to win at any Assiniboine Credit Union branch. One entry per person. Correctly answering skill testing question required. Some restrictions apply. Complete rules and regulations available in-branch. Contest closes July 31/15.



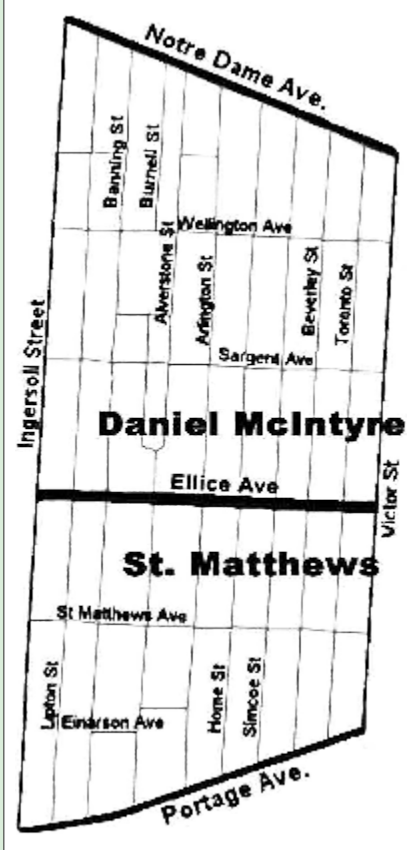


Daniel McIntyre / St. Matthews Community Association (DMSMCA)

823 Ellice Ave | 774-7005 | www.dmsmca.ca

Our mission as a non-profit community organization is to promote economic, cultural, environmental and and social well being in the communities of Daniel McIntyre and St. Matthews

DMSMCA BOUNDARY MAP



Ongoing Programs at DMSMCA

Art Party!

Free arts & crafts for kids/youth of all ages. Tuesday evenings, 5:30-7:30 p.m. October 6 - December 15.

RESPECT Hip Hop Program

Wednesdays: 4-7 p.m.  
Sept 23-November 25  
For ages 12-18

Resource Centre

Come by 823 Ellice to use computers, print or fax (10 pages max), make brief local calls, and browse our resources. Hours: Monday - Wednesday: 10 a.m.-4 p.m.; Thursday 1-4 p.m.; Friday: closed.

Want to stay up to date on all community news and events?

Sign up to receive our Weekly Digest Email!

Sign up at www.dmsmca.ca.  
Or friend us on Facebook:  
www.facebook.com/  
DanielMcIntyreStMatthews.

Market wraps up, Good Food Box returns

Only 2 markets left, hurry down! If you can't wait to have affordable fruits and vegetables, you are welcome to join us at the West End Community Market every other Wednesday (September 2nd and 16th). There you will find farmers selling their products, community members selling local craft and baked goods, and more importantly, the **Winnipeg FoodShare Coop** booth, where we are selling fruits and vegetables at unbeatable prices. This summer saw the exciting return of Winnipeg's West End farmer's market right in the heart of our community. The West End Community Market has been happening every other Wednesday evening at the Winnipeg Central Mosque's parking lot located at Ellice Avenue and Toronto Street. Thanks to a small grant

from DMSMRI (see page 11), the market has proven highly successful with more than 500 people coming out to shop.

Join us on Wednesday, September 16 from 4:00-6:30 p.m. for the final market of the season. We'll be featuring a great selection of affordable produce, locally farmed food, home-made baking, crafts, honey and more.

**The Good Food Box program** will resume after the final market. The first order will arrive on Wednesday September 30. This means that orders must be placed no later than 4pm on Wednesday, September 23.

For more info on the market or Good Food Boxes contact our Greening Coordinator Baptiste Marcere at 204-774-7005 ext 104 or greening@dmsmca.ca.



Photo of Greening Coordinator Baptiste by C. Cassidy



The market's end isn't the end of nearby affordable produce: Time again for the Good Food Box

Thinking about going back to school?

The Resource Centre at DMSMCA will be hosting an Adult Education Open House this fall. There will be representatives from several schools offering an information/orientation session on **September 22nd in the evening**. Stay tuned for the date and more details in our upcoming weekly e-digests, website and Facebook page or contact Resource Coordinator Jeff Sarmiento at exec.assist@dmsmca.ca or (204) 774-7005 ext 111 for more info.

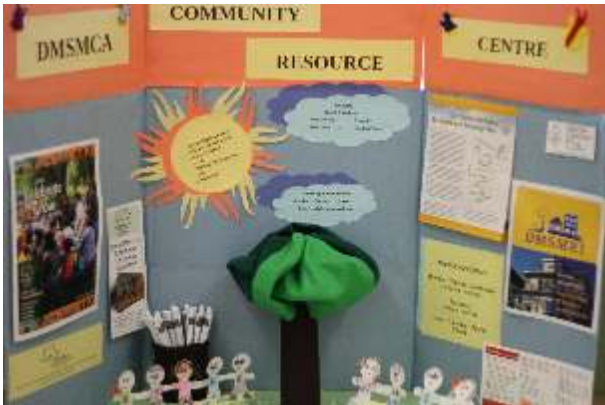
Our resource centre offers the use of

computers, printing, photo-copying and fax services free of charge. Various resource materials and books are also available for the community to access.

Please feel free to visit us and see what our resource centre has to offer you.

Resource Centre Hours are:

Monday, Tuesday and Wednesday: 10:00 am – 4:00 pm  
Thursday: 1:00 pm – 4:00 pm  
Closed Friday, Saturday, Sunday.



Art Party is back!!

Free arts & crafts drop-in for kids/youth of all ages.

Tuesdays. 5:30-7:30 p.m.  
823 Ellice Ave.

October 6 - December 15

Want to help out? We are looking for a workshop assistant.

For more, contact  
204-774-7005 or  
director@dmsmca.ca

Money Management Workshop Series

8 classes, every Tuesday evening from 6:00 – 8:00 pm  
October 6<sup>th</sup> – November 24<sup>th</sup>

Registration required, call  
204-774-7005 or email  
outreach@dmsmca.ca

Mark your calendars for our Haunted House!

On Saturday, October 31st, come by 823 Ellice Ave between 4:30 and 7:30 p.m. for our annual free haunted house and Halloween fun night! Everyone welcome.

Stay up-to-date on all upcoming programs

Sign up for our weekly e-newsletter at  
www.dmsmca.ca  
or friend us on Facebook at  
facebook.com/DanielMcIntyreStMatthews to find out about DMSMCA programs and events.



New ‘Prairie Spirits’ mural brightens Ellice and Arlington

By Christian Cassidy, Housing Coordinator, DMSMCA

In mid-August, you may have noticed a colourful, new addition to the streetscape going up at the corner of Arlington and Ellice. This woodlands mural, on the south side of Telesky Taxi-dermy, is the work of Winnipeg artist Brian Gasenzer, who paints under the name Cash Akoza.

Gasenzer started out as a graffiti artist and still loves using aerosol, this mural is a combination of both aerosol

and acrylic. Animals are a favourite subject of his because "...we all have a connection with different animals and animal spirits ... they are part of our consciousness."

For this mural, the artist worked from smaller drawing he did in advance. This is a must in order to get approval from Take Pride Winnipeg and the West End BIZ, which sponsored this mural. Most of his work,

though, even on large surfaces like this, are done free hand and often without a preconceived notion of what the finished product will look like.

Gasenzer has other murals in the planning stages. Keep an eye out a blank wall near you !

Follow Cash Akoza’s artwork on his Instagram page: @cash\_akoza



‘Prairie Spirits’ mural by Cash Akoza. Photo by Christian Cassidy

New 5 year safety and greening plan underway

This fall we are creating a 5 year safety plan for the community and we need your help! Through community BBQ’s, focus groups, door to door and surveys we will be consulting with area residents about what being safe in the neighbourhood looks and feels like and how to get there. We need people’s ideas on issues such as residential speeding, lighting, senior isolation, youth issues, crime, community building, etc. We are also gathering information to make a new 5 year Greening plan too. Connections between greening and safety can be found everywhere, such as by enhancing our parks, connecting with neighbours in community gardens and by providing outdoor recreational activities for youth

and adults. Look out for posters or on our Facebook for BBQ’s or events where you can participate. Feel free to stop by our office to share your ideas with me or fill out a survey and be entered to win prizes. An online survey can also be found on our website. Here’s to making the community an even better place.

For information on these programs or with any safety concerns please contact me.

Jesse Gair  
Community Building and Wellbeing Coordinator  
safety@dmsmca, 204-774-7005

Seeking community safety audit volunteers

We are looking for community volunteers to host and join us for community safety audits. Volunteers will spend an hour walking the streets to identify safety issues in your neighbourhood such as graffiti, bulky waste, abandon houses, etc. A \$5 honorarium gift card will be provided to volunteers. Join us in making the neighbourhood safer one step at a time.

For information on these programs or with any safety concerns please contact me.

Jesse Gair  
Community Building and Wellbeing Coordinator  
safety@dmsmca, 204-774-7005

RESPECT youth Hip Hop program starts September 23

This fall we are turning Hip Hop on its head as we study rappers from the creation of the art to present day icons. 50 cent got nothing on Kool Mo De. Participants will learn and try DJing, MCing, break dancing and graffiti as we reshape Hip Hop into its proper form of empowerment, resistance and respect. Local hip hop mentors will guide youth with their art and help to evoke the true meaning of the cultural. Held Wednesday’s right after school starting September 23 at the DMSMCA Resource Centre, RESPECT Youth Hip Hop offers youth a safe place to be and to express who they are. Food will be provided. Held

Wednesdays September 23 – November 25, 4pm – 7pm. Open to youth 12-18, mature subject matter will be covered, registration encouraged. Hip Hop mentor volunteers welcome. Call 204-774-7005 or email safety@dmsmca.ca.



Empowerment through DJing, MCing, break dancing and more

Back lane address plates are back!

Did you know that by putting up a back lane address plate you are helping to improve the safety of the neighbourhood? Back lane addresses help fire and police and utility departments when responding to emergencies, City crews when picking up bulky waste and community members when trying to visit friends! Because of these reasons, displaying back lane addresses are mandated under **City of Winnipeg by-law**. A few years ago we used a grant that provided close to 400 home with address plates. Unfortunately the grant ran out but the need continues. We are offering the option of residents to order a metal **Back Lane Address Plate for the cost of \$5 each**. Once the plates are made people can install them themselves or we can assist. To order a Back Lane Address plate please come to **prepay** at our **office at 823 Ellice Ave**. Other options to display back lane address include using paint and a stencil, buying address numbers from a hardware store or creating your own. Every small step helps to make our neighbourhoods safer, one address at a time.



Have a community building idea?  
DMSMRI Small Grants deadline September 15

Any community organization or group of residents located within, or that serve, the Daniel McIntyre and St. Matthews neighbourhoods can apply to Daniel McIntyre / St. Matthews Revitalization Inc. for a small grant of up to \$5,000 for a community project.

Since 2007 over \$400,000 in small grants has been distributed to hundreds of projects. In April, our first intake of 2015, recipients included: the West End Community Market; Lipton Street Canada Day block party; Orioles Boxing Club; West Central Women’s Resource Centre green space revitalization; Theatre Dance Centre’s summer dance and drama camp; Friends of Sherbrook Pool; and Hole in the Wall Gallery.

Eligible projects must predominantly serve residents of Daniel McIntyre and St. Matthews neighbourhoods and fall under one of these categories:

- **Capacity Building**, (outreach activities such as consultations, newsletters and meetings);
- **Stability**, (beautification activities such as community gardens, murals and clean-ups);
- **Well-being**, (social/recreational activities such as festivals and after school activities.);
- **Economic Development**, (skill building activities, workshops and employment/volunteer development).

For more information about the DMSMRI Community Small Grants or to download a copy of the application form, check out the “Grants” tab at the DMSMRI.CA website or contact Christian at housing@dmsmca.ca or 204-775-7005 ext. 102.



Unsightly graffiti removal leads to positive change



It’s a fact, the West End has graffiti. Now we are not talking about local artist displaying incredible skills. Walk down any back lane and you’ll find garages, fences, homes and even trees that have been spray painted with acronyms, symbols, swears, bad grammar, gangs, drugs and crime. Let’s face it, this type of graffiti is unsightly and adds to negative perceptions of the neighbourhood. The good news is that you can have graffiti on your property removed for free. Information about the West End Biz Graffiti Removal program can be found at the end of the article. So who is it that paints this graffiti and what can the community do. General those that spray paint non artistic graffiti are bored, looking for status and most likely young. If possi-

ble have the graffiti removed immediately. Studies show that graffiti removed quickly has less chance of coming back. It is also known that graffiti that stays attracts even more graffiti. This fall we are on a mission to positively change the perception of the neighbourhood by having the negative graffiti cleaned up! If you have graffiti on your property or have received a letter in the mail regarding the program please call the West End Biz at 204-954-7900. Waiver forms for the work to be done must be signed first and can be found online at westendbiz.ca, at the West End Biz office at 581 Portage Ave or at our office at 823 Ellice.

**DMSMCA Homeowner Workshops**

At our next Daniel McIntyre - St. Matthews Community Association homeowner workshops, **Build Wright Developments** will show you how to do basic plumbing and electrical repairs. Bring along any questions you may have!

Learn more about our 2016 home exterior fix-up grants.

**Intro to Plumbing**  
Tuesday, September 15, 2015  
and  
**Intro to Electrical**  
Tuesday, September 29, 2014

Workshops take place from 6:30 – 8:30 pm at the DMSMCA Resource Centre, 823 Ellice Avenue (at Arlington)

**bWd** Space is limited. To register contact: 204-774-7005 ext. 102 or email [housing@dmsmca.ca](mailto:housing@dmsmca.ca)

Preference is given to residents of the Daniel McIntyre and St. Matthews neighbourhoods.  
This workshop is made possible by a Small Grant from Daniel McIntyre / St. Matthews Revitalization Inc.

Fall bed bug prevention tips and Community Bed Bug Grant

The fall is without doubt my busiest time of year. My phone starts ringing more and more with people discovering bed bugs in their home and though I enjoy conversing with the people who call, it’s probably not the way that you want to start the “new” year. Coincidentally (or not), fall is also the time of year that we send our children back to school. As kids often grow through the summer, the new school year often necessitates shopping for new clothes. Whether you shop at the latest high fashion outlet or buy your clothes second hand, there is always a risk that you could bring bed bugs home with your purchase. Though bed bugs are not completely unavoidable, here is a quick tip to help make your odds of getting bed bugs a little less. When you return home from shopping (this includes bedding and towels by the way), always walk straight to the dryer and put the items you have purchased on high heat for at least 20 minutes (make sure to take the tags off first). In the meantime, tie up the bag from the store and throw it out (preferably in the garbage outside). These small steps may just save you a very large headache.

If you are unfortunate enough to have gotten bed bugs in your home, we have some possible help for you. We have created a **Community Bed Bug Grant**. This grant is available to homeowners and landlords and is a 50/50 matching grant to a total of \$300. For example, if you were to hire a pest company for the cost of \$600, we would give you \$300 to help cover the cost. If you spent \$100, you would get

\$50. I know that you probably have questions so hopefully the following will answer them:

Who can apply for the grants?

Applicants must be property owners with houses or apartments in the West Central/West Broadway neighbourhoods or New Journey Housing clients. (Including the Spence, West Broadway and Daniel McIntyre/St Matthews neighbourhoods). This includes both resident homeowners and landlords with rental properties who have not previously received the Bed Bug Grant. Other eligibility requirements are listed on the grant application and can be discussed personally using the contact information below.

**Grant applications are available at our office at 823 Ellice Avenue.**

If you are interested in the Bed Bug Grant or have any questions, feel free to contact me at 204-774-7005 ext 109 or at [bedbug.prevention@dmsmca.ca](mailto:bedbug.prevention@dmsmca.ca).

For further tips and advice, please visit our website at [www.bitebackwpg.com](http://www.bitebackwpg.com).



The dryer is your friend in bed bug prevention

**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)

**JEM Insurance** 870 ELlice AVENUE TEL. (204) 774-4471 [WWW.JEMINSURANCE.CA](http://WWW.JEMINSURANCE.CA)

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ALL THE BASICS AND SOME YOU MAY NOT HAVE CONSIDERED.

**OPEN Monday - Saturday** or Call for an Appointment. Services in Tagalog.

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**Emérito González, Principal**



Community Listings

**Building Belonging School Year Program**  
*September 8, Monday-Friday 3:30 - 5:00 p.m.*  
*MERC, 430 Langside Street*  
Free after school programming for kids ages 6-12 living in the Spence Neighbourhood. Applications available at the MERC front office! Call Allison or Lauren at (204) 783-0292 for more information

**Manito Ahbee Festival**  
*September 9-13*  
*Various venues*  
A celebration of Aboriginal culture for everyone to enjoy. Call 204-956-1849 for more details. [www.manitoahbee.ca/home](http://www.manitoahbee.ca/home)

**Many Fest**  
*September 11- 13*  
*Broadway Street*  
Food truck wars, movies in the park, kids zone, markets, live music, lights on Broadway and more. Phone 204-945-4640 or [info@downtownbiz.ca](mailto:info@downtownbiz.ca)

**Scotiabank: AIDS Walk For Life**  
*September 13, 11:30 p.m. - 3:00 p.m.*  
*Central Park, 400 Cumberland Ave.*  
Join us in The Walk as we strive to educate Canadians about the social, cultural, and economic issues surrounding HIV/AIDS in their communities. This is a 2 KM walk with free activities. [www.aidswalkforlife.ca](http://www.aidswalkforlife.ca)

**SNA Tree Banding/ Fall Clean-up**  
*September 15 - 21 Various Locations*  
Please see the ad in SNA’s section of the paper, or contact Tanya at (204) 783-2834 or [greenimage@spenceneighbourhood.org](mailto:greenimage@spenceneighbourhood.org)

**DMSMCA Homeowner Workshops**  
*September 15th and 29th, 6:30 - 8:30 p.m.*  
*DMSMCA, 823 Ellice Ave.*  
Intro to plumbing and intro to electrical. Free. See page 11 for more. Call 204-774-7005 ext 102 to register.

**A Putting Down of Roots**  
*September 17-November 14*  
*1C03, 515 Portage Avenue*  
Free art exhibit at the University of Winnipeg

**Communities March For Peace**  
*September 21, 6:00 p.m.*  
*Meet at Orioles Community Centre or Thompson Funeral Home.*  
Join community residents as we march in solidarity to promote peace and healing in the West End. We will begin at Orioles Community Centre, 444 Burnell St. or Thompson Funeral Home, 669 Broadway Ave. and march together around the neighbourhood ending at Central Park. Call Kristen at (204) 783-2758 or Jesse at (204) 774-7005 Ext: 103 for more information. See page 1 for more.

**DMSMCA RESPECT youth Hip Hop program**  
*Wednesdays, September 23 – November 25, 4:00 - 7:00 p.m.*  
DMSMCA 823 Ellice Ave.

See page 10 for more.

**Friends of Sherbrook Pool (FOSP): Consultation**  
*September 23, 5:00 p.m.*  
*430 Langside St. (MERC), 2nd Floor MPR*  
FOSP wants to hear from you about what you want for the Sherbrook Pool. For more information please call (204) 786-1728. See page 8 for more.

**Culture Days Manitoba**  
*September 25-27*  
Free hands-on interactive activities celebrating arts and culture in Winnipeg. Please call (204) 223-9984 for more information on location and activities. [www.mb.culturedays.ca](http://www.mb.culturedays.ca)

**SNA Women’s Intergenerational Singing Circle (Pilot Project)**  
*Starting September 25th, Every Second Friday 5:00 - 6:30 p.m. at the Recplex MPR*  
Registrations open: September 1st For the SNA Women’s Intergenerational Singing Circle. This program focuses on connecting women in the West End and providing opportunities for growth and mentorship in a fun and creative way. Registration required. Please call 204-783-5000 or email [liaison@spenceneighbourhood.org](mailto:liaison@spenceneighbourhood.org). See page 2 for more

**Downtown Fall Farmer’s Market**  
*September - October & November - December, Thursdays, 10 - 3 p.m.*  
*Hydro Place, 360 Portage Avenue*

**Art Party**  
*Tuesdays, October 6-December 15, 5:30-7:30 p.m.*  
*DMSMCA, 823 Ellice Ave.*  
Free art drop-in for kids of all ages! Contact 204-774-7005 or [outreach@dmsmca.ca](mailto:outreach@dmsmca.ca) for more.

**Take Back The Night**  
*October 7th, 6:30 p.m.*  
*430 Langside St. (MERC)*  
Celebrate the theme of ‘Communities Unite, Take Back the Night!’ We are marching this year to honour the ongoing work that individuals, communities and agencies do to end violence and oppression based on sex, gender, sexuality, ability, race, ethnicity, and class. See page 6 for more.

**Tips on De-cluttering Your Home**  
*Thursday, October 8, 2:00 - 3:00 p.m.*  
*Cornish Library, 20 West Gate* Workshop providing tips on tackling clutter as well as resources that may be of help. Call (204) 986-4679 to register.

**Federal Election**  
*Monday, October 19*  
*Polling stations across the city.*  
Get out and vote!

**DMSMCA Halloween Party**  
*Saturday, October 31, 4:30 -7:30 p.m.*  
*823 Ellice Avenue*  
Join the folks at 823 Ellice Ave. for some ghoulish fun and great activities! Contact (204)774-7005 for more

information on this annual spook-tacular event. [www.dmsmca.ca](http://www.dmsmca.ca)

Programs, Training, and Grants

**DMSMRI Small Grants**  
*Due Tuesday, September 15*  
Apply for funding for your community-building idea. See page 11 for more.

**Healthy Start For Mom & Me (HSMM)**  
*Tuesdays, 1:30 - 3:30 p.m.*  
*430 Langside St. (MERC), 2nd Floor MPR*  
HSMM serves both pre-natal and post-natal mothers on alternating Tuesdays. The “Pregnancy Group” and the “Parent & Body Group” offer mom’s important information caring for themselves and their children. For more please contact (204) 949-5350, or visit [hsmm.ca](http://hsmm.ca)

**Global Welcome Centre**  
**SEED Winnipeg Info Session:** *September 12, 9:30 AM - 11:30 p.m.*  
**Free Interview Workshop:** *September 15, 12:30 p.m. - 2:00 p.m.*  
*511 Ellice Avenue*  
Open to all immigrants with a permanent resident status. Intermediate language skills are required; At least a benchmark or IELTS of level 5. To register please contact [t.muvingi@winnipeg.ca](mailto:t.muvingi@winnipeg.ca)

**The New Realities fall workshop series**  
*Mid September - Mid December*  
*Wolseley Family Place, 691 Wolseley Ave.*  
**Conquering Conflict** Tuesday mornings 9:00 – 12:00, September 15<sup>th</sup> to October 3<sup>rd</sup>,  
**Being Me** Thursday mornings --- 9:00 – 12:00 September 17<sup>th</sup> to November 12<sup>th</sup> (excluding October 1<sup>st</sup>),  
**Relationships** Tuesday mornings --- 9:00 – 12:00 November 10<sup>th</sup> to December 15<sup>th</sup>,  
**Forgiveness** Thursday mornings --- 9:00 – 12:00 November 19<sup>th</sup> to December 3<sup>rd</sup>,  
**Life Management Skills** Thursday mornings --- 9:00 – 12:00 December 10<sup>th</sup> and 17<sup>th</sup>  
We are accepting registration now. All workshops are free of charge. Certificates are provided. Please call Leila at [204-788-8057](tel:204-788-8057) to sign up.

**Call for writers, poets, and journalists of all ages**

Our West Central Times is always looking for news articles, short stories, poems, artwork and photography for upcoming issues. No experience necessary! We encourage youth writers to submit.

**Upcoming Deadlines: November 6 & February 6**

Contact your local editors:  
**SNA:** 204-783-5000 or [liaison@spenceneighbourhood.org](mailto:liaison@spenceneighbourhood.org)  
**DMSMCA:** 204-774-7005 or