

# The Barnacle

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## Bulletin



# HAPPY HOLIDAYS

**AND A SAFE AND HAPPY NEW YEAR!**

**Kung Hei Fat Choy** 



Alexandra Neighbourhood House




Association of Neighbourhood Houses of BC

We invite you to join us at Camp Alexandra for a

## WINTER FAMILY BREAKFAST and Jingle Bell Walk

### Friday December 10 9-11am

Bring auntie, uncle, grandma and grandpa and other special people!  
Adults \$6 Children \$4

Come have breakfast with us, then bundle up and go for a fun jingle bell walk around camp. We'll also have a song time for families.

Tickets on sale November 15th  
For information call 604-535-0015 ext 229

### Programs

#### Alexandra Family Place Drop In

Tue/Thur 10am-12:30pm. \$4/family. Dec 21st is the last drop-in until January 11th.

#### Parent Child Mother Goose

The pleasure and power of using rhymes, songs and stories to nurture the bond between parent and child. Next registration date is January 10th.

#### Positively Parenting... Your Toddler

The toddler years can be a wonderful time of growth, learning and discovery. It can also be challenging! This interactive 6-week program for parents with children aged 8 mos to 3 years will help you to acquire strategies to promote positive behaviour. For more information call 604-538-5060 ext 23.

#### More tools for Your Parenting Toolkit

Develop your strengths as a parent in this 6-week program for parents and caregivers of children ages 4-12. Learn how to communicate better, understand behaviour and provide encouragement. For more information call 604- 538-5060 ext 23.

#### Building Boys

This is a hands-on after-school group for boys in Grade 5 & 6 that introduces independent and cooperative activities to build on personal strengths. \$25 for 6-weeks beginning February 2011. For more information call 604-538-5060 ext 23. *No one turned away for inability to pay.*

#### Tea & Chat Friendship Group

The month of November brought us snow! Brrr! To counter this chilly weather we made Lasagna from scratch, filling the kitchen and creating wonderful masterpieces! We each took home a lasagna to share with our families and they were delicious, as is anything that's made with care.



We also had our Christmas Party on November 30<sup>th</sup> with Christmas-themed crafts, Christmas tunes and each other's company! From all of us here at the friendship group, Merry Christmas!

*Jill Glennie*

### Christmas Dinner

Our traditional Seniors Christmas Dinner, now in it's 28th year, will be held Wednesday December 15th. Doors open at 1:45pm and *Soul of the World Multicultural Choir* will perform at 2pm, followed by a turkey dinner with all the trimmings!

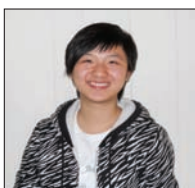
Cost is \$10 for members and \$12 for non-members and transportation is available. If you would like to join us please call 604-535-0015.




### Good Neighbour Award Winners Alexandra Neighbourhood House 2010

Congratulations to Yichen Zhong and Ruth Sebastian, our Good Neighbour Award winners this year. They were honored at a gala event in Richmond attended by nearly 300 guests.

Additional winners from the Association of Neighbourhood Houses as well as several independent neighbourhood houses also received awards. Capers Whole Foods Market received the 2010 Corporate Good Neighbour Award and Arlene Robinson from Cowichan Neighbourhood House received the BC Award. Congratulations to all!



## Rental Promo



Looking for a great place to host your **Christmas party** or **special event**?

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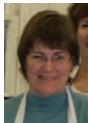
**How about Alexandra Neighbourhood House Retreat and Conference Centre**  
one block from the ocean in Crescent Beach

Choose a fully catered meal or a variety of appetizers.  
Space available - December 2010 and January 2011.

**BOOK NOW AND MENTION THIS AD FOR A 15% DISCOUNT.**

**604-535-0015 ext. 231 [www.alexhouse.net](http://www.alexhouse.net)**

## The Pantry Files



Happy winter to all! Christmas is coming and are you prepared? Are you organized or panicking? I've cooked for over 50 in my home and have a few tips that may help.

The best thing is to get organized, like Santa, making a list and checking it twice. I first collect the recipes (even the ones in the little grey cells) and make a list. I even check things I think I have - nothing worse than running out of eggs at a midnight baking session!

The day of your feast, be organized and clean up the kitchen. OK, it's clean, but you can double your counter surface just by taking appliances away. Make sure the dishwasher, garbage can and recycling bins are empty before you start. Having a place to put things in progress, especially when making multi-recipes makes life much easier.

If you can make things ahead of time or do advance prep, things go smoother too. I often prepare the bread for stuffing, make the pastry and bake the squares and cookies a month in advance. For Christmas Dinner, I peel all the vegetables the day before. Christmas breakfast can be something like French toast that is assembled the day before and popped in the oven for baking the next morning while stockings are being opened and wrapping paper is flying around the Christmas tree.

Merry Christmas to all and a Healthy and Happy New Year.

*Stella Buttner*

## Updates

We are proud to share that our newest program, Youth Knowledge, Resources and Understanding (*Youth KRU*) started up last month. This program is funded by Service Canada and provides practical work experience, life and employability skills training for 10 youth participants. Look for a brief profile of the "KRU" members in the January Barnacle.

Many thanks to all who contributed to our youth programs (*YAK*) fundraising efforts. The youth returned literally 100's of bottles, cans and juice boxes and rolled up 1000's of pennies nickels, dimes and even a few loonies and toonies, collecting a grand total of \$335. They couldn't have done it without your support.

As part of our *BWIN Newcomer Workshops* Ms. Kenny Leung from the Canadian Red Cross joins us December 6, 9.30 to 12.30pm to talk about First Aid - Smart Start. Registration is limited to 30 participants on a first-come first-served basis and a certificate will be provided to those who complete the workshop. Entry by donation, refreshments provided.

*Maxine Larmour*

**Alexandra Neighbourhood House provides opportunities for people to gather, grow and build a spirit of community.**

## Community Lunches

- Many thanks to two great local choirs, the Sunrise Senior Choir and the "Silver Tones" from Kent Street who provided some great entertainment at the lunches recently.



- Thanks also to the seniors from Kitsilano Neighbourhood House who shared their stories for the second installment of our Community Dialogue Session. Mark your calendar - the last dialogue session is December 8<sup>th</sup>, after lunch.
- And thank you to our newest group, *Youth KRU* for volunteering at the lunch with great energy and enthusiasm.

Lunches are **Wednesday 12-2pm**. Cost is \$6. Please call 604-535-0015 to let us know you're coming.



## Children's Centre Opening

Alexandra Neighbourhood House recently held two parent orientation sessions for our Reggio Inspired Childcare Program, which opens in February at the new Kensington Prairie Community Centre. More than 75 families attended the sessions, confirming the needs of this growing community. The greatest need is spaces for infants/toddlers and there simply are not enough spaces to meet these needs - a difficult reality to face.

We also encourage families with children 3-5 and/or school-age children to inquire now, as we anticipate these programs will fill through February and March.

During Spring Break we will also offer school-age programs both as an introduction to the Reggio Emilia approach, and as an opportunity to support the increased care needs during school breaks. If you are interested in learning more, please call 604.538.5060 ext 28 or [childcare@alexhouse.net](mailto:childcare@alexhouse.net).



**House and Home Services**  
**Seniors Support Services**  
**Errand Services**

604-536-9611 ext 223  
604-828-0253 cell

[concierge@sfrwomensservices.com](mailto:concierge@sfrwomensservices.com)  
[www.southfraserconcierge.com](http://www.southfraserconcierge.com)

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organizing, shopping, meal prep,  
estate sale prep, companion visits  
and more ....

**Doing the work for you.** A division of South Fraser Women's Services Society



*Alexandra Neighbourhood House will be closed for the holidays at noon December 24th and will reopen at 9am January 4th. See you in the New Year!*

Alexandra Neighbourhood House is situated at 2916 McBride Avenue in the village of Crescent Beach. Visit our website at [www.alexhouse.net](http://www.alexhouse.net) or e-mail us at [info@alexhouse.net](mailto:info@alexhouse.net)

