

the summer 2013 barnacle

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NEIGHBOURHOOD HOUSE
ASSOCIATION OF
NEIGHBOURHOOD HOUSES BC



Summer at Alex House

Fun Nights

Our NEIGHBOURHOOD FUN NIGHTS for kids and adults of all ages continue at Camp Alex on Wednesdays throughout the summer. The excitement began with an ice cream social, and has continued with a beach BBQ, and last week a pie garden party. And there is more to come! Join us, relax, participate, and meet new friends! We gather at 6:30 in the park on Sullivan St and then move to the beach or elsewhere to continue the festivities. Who is welcome? Everybody! Kids, parents, singles, couples, older adults...bring your friends, too!

Looking for more information? Contact Neil Fernyhough, Coordinator, Community Programs, at 604-535-0015 (extension 236).



July 31 – Crescent Beach Olympics

The Summer Olympics are back in full force and this week we'll celebrate with our own version. Join us for games, fun and a celebration of the Olympic spirit.

August 7 – Classic Craft Night

Bring out your inner artist! Join us for some fun and classic camp crafts, such as creating your own travel-friendly checker board, followed by milk and cookies!

August 14 – Scavenger Hunt

Grab your family members/ friends and make a team for our Crescent Beach Scavenger Hunt! There will be clues and adventures for all ages. Teams will compete for fun prizes and bragging rights as Beach Champs. Plus, freebies for all our competitors!

August 21 – Summer Finale BBQ: Summer fun winds down with a classic community BBQ. We'll have burgers, hot dogs and fixings. Neighbours are asked to bring a side dish or dessert to share. Help us wrap up summer in

Play Away Day Camps

Summer fun at the Beach

Our Reggio inspired Play Away camps for children ages 5 to 12 are a fun opportunity to explore, learn, make new friends and build community - and we still have some room in August. For details and registration, go to www.alexhouse.net or call 604-535-0015 ext 229.



July 29-August 2 The Show Must Go On!

drama & music by the sea

August 6-9 (4 days) Eco Kids

ecology, beach environment & science

August 12-16 Where the Wild Things Are

the critters in our neighbourhood

August 19-23 Ooey-Gooley Art

hands-on, ooey-gooley art experiences

Camps run Monday-Friday 9am-3pm; before and after care available 8am-5pm. Two or more kids? Need help with fees? Give us a call!

FOOD BANK DRIVE

Alexandra Neighbourhood House is collecting non-perishable items to help stock the shelves of our relocated South Surrey Food Bank. Please bring your food item to any of our locations-camp, youth and family centre or Kensington Prairie - during the months of August and September, and don't forget to check the expiry date! Thanks for helping to support needy families!

Christmas Craft Fair

The Semiahmoo Peninsula is a virtual hotbed of artists, artisans, crafters and other very talented people. Alex House is planning a Christmas Craft Fair on Saturday November 30th, 9am to 4pm, and if you're one of those talented people, we'd like to invite you to be a vendor at the event. The fee is \$25 and unlike the Alexandra Festival, this one will be indoors, so space is limited. We'll supply vendors with a 6' table. For more information contact Vanessa at vneil@alexhouse.net.

ALEXANDRA NEIGHBOURHOOD HOUSE ANNUAL GENERAL MEETING

Wednesday Sept 25, 6pm; Neighbourhood Gathering 6:30pm
Come and hear more about our upcoming programs and activities.

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Restore **Rebuild** Renew

JOIN US! October 18, 19, and 20th for our Longhouse Extreme Makeover!

We are almost 72 days away from our upcoming Longhouse Extreme Makeover, and we are **half way to our \$300,000 goal!** This initiative has truly been a volunteer driven activity, with Investors Group setting the foundation and leading the way. To date we have many local individuals, tradespeople, and suppliers contributing their time, expertise, materials and financial support to our Makeover, beyond what we could have imagined. Still, more is needed - if you are a tradesperson willing to donate some time to lead a volunteer group or provide a service, please consider volunteering. If you own a local business or are connected to a supplier, please consider asking how you might help. Check our website frequently for updates on the project and our evolving needs. We look forward to hearing from you!

Community Kitchen

Alex House will be partnering with DIVERSEcity to host a community kitchen program open to all self-identified newcomers (landed immigrants, permanent residents, refugees). Aside from cooking and eating together, the focus of the program will be on healthy and safe kitchen practices.

The program will run the second Tuesday of each month from September through December, 10am to 2pm. For more information or to register, contact DIVERSEcity at 604-597-0205 ext 1325 or Alex House at 604-535-0015 ext 236.

Parent Education

An ongoing workshop series for parents of children and youth ages 5-18 starting September 2013

These informative and interactive workshops are a great opportunity to continue to develop your skills while networking with other parents. They are designed so you can attend as often as you like.

What's Love Got to Do With It?

A relational-based approach to parenting and exploring temperament.

Why Are you Acting this Way?

Understanding challenging behaviours.

Listen to Me!

Learning to listen, understand and communicate with your child.

We Have a Problem...

Collaborative problem solving with children and in our families.

Cost is \$10/workshop/family; no one turned away for inability to pay. For more information and to pre-register, call 604-538-5060 ext 24.

Parent/Child Mother Goose

The next session will run Wednesdays, Sept 11 to Oct 16 2013, 10 to 11am in Alex Hall. Cost is \$40. Call 604-535-0015 ext 229 for more information. On-line registration only at <http://www.alexhouse.net/event/mother-goose>

Alexandra Family Place drop-in is a program for parents with children birth to 6 years. Connect with other parents while your children explore, create, imagine, move and PLAY! The drop-in continues all summer on Thursday mornings from 10-12:30. For more info call 604-535-0015 ext 229.

We are a nut-free site.

Community Lunches

This popular community program resumes Wednesday September 11th at noon - in Poland! We'll have perogies, cabbage rolls and top it all off with apple crumble cake. Bring your appetite and join us the first Wednesday of the month at noon from September through May for a scrumptious meal and great company. Please let us know you're coming by the previous Friday. Call 604-535-0015 ext 236 or e-mail communityprograms@alexhouse.net Cost is \$8 for Alex House members; \$10 for non-members.



Photo: Sebastien Galina

Beach House Theatre Returns in August

Live theatre at the beach!

"Twelfth Night" runs nightly at 8pm August 14 through 18 under the tent at Blackie's spit and the children's show, "Munsch Ado about Nothing", runs August 13-16 at 11am. Get all the details at www.beachhousetheatre.org

BREAKING FREE

Would you like to help develop a support group for women of like mind who wish to deal with personal difficulties - without dieting? A new support group is in the works. Learn to nourish yourself in ways that don't involve food, among people of like mind and heart. Meetings will be held Tuesdays Sept 10-Oct 29, 7-8:30pm. Fee is by donation, but no-one will be turned away. Please call 604-535-0015 to sign up.

Breaking Free is a group for women who want to achieve positive lifestyle changes. Ruth (the facilitator) attended the Breaking Free workshops in California led by Geneen Roth and has a lifetime of experience in leading groups dealing with food issues. She has maintained a loss of over 100lbs for 8 years. For more information contact Ruth Liukkonen- reliukkonen@shaw.ca.