

# the **april 13** 2013 barnacle

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NEIGHBOURHOOD HOUSE  
www.alexhouse.bc



ASSOCIATION OF  
NEIGHBOURHOOD HOUSES BC

## Alexandra Festival - 39 Years & Still Going Strong!

Plan to spend the day at the Camp celebrating the many cultures that call this wonderful community home! On Saturday May 25th, 11am - 5pm we'll be celebrating our 39th Annual Alexandra Festival! As always, we'll have a great selection of artists, artisans and crafters displaying and selling their wares, a Family Fun Zone with lots of activities, attractions and entertainment for the pint-sized set, as well as first-class music on the outdoor stage. We have some great performers lined up, and lots more still to be confirmed.



We're also inviting artisans working from traditional art forms to participate. Call us for more info.

Check the May Barnacle for a handy pull-out section with all the days activities and performers.

## Parent Education

### Positively Parenting Your Toddler

... for parents or caregivers of children ages 8 months to 3years

The toddler years can be a wonderful time of exciting growth and learning, but they can also be challenging! This interactive program addresses child development, temperament, emotional literacy, promoting positive behavior, self-care and much more.

**Tuesdays, April 16 to May 21 6:30-8:30pm**

6wks/\$40 per family.

Need help with fees? Give us a call. 604-538-5060 ext 24  
e-mail [scranstone@alexhouse.net](mailto:scranstone@alexhouse.net).

### Parent/Child Mother Goose

This popular program is a group experience for parents and their young children that focuses on the pleasure and power of enjoying rhymes, songs and stories together, nurturing the bond between parent and child.

**Alex House Wednesdays, 10 - 11am April 3 - May 1**

or

**Fridays at Kensington Prairie, 10 - 11am April 5 - May 3.**

Program fee is \$40. Please fill out the registration form and pay on-line at [www.alexhouse.net](http://www.alexhouse.net). Need help with fees?

Give us a call at 604-535-0015 ext 229

or e-mail [dkoskela@alexhouse.net](mailto:dkoskela@alexhouse.net).

## Coming Up ...

### Community Lunch

#### The British are Coming!

Celebrate with your neighbours, share stories, activities and a yummy meal at our monthly community lunches. The British invasion is coming at noon Wednesday April 3 with a traditional roast beef and yorkshire pudding dinner. Members \$8, non-members \$10. Registration is required by the preceding Friday. Call 604-535-0015 ext 236 to put your name on the list or register on-line at [www.alexhouse.net](http://www.alexhouse.net). Rides are available in the Crescent Beach/Ocean Park area. Next month: **'Cinco de Mayo' Mexican Festival on May 01** followed by an **Italian Feast on June 05, 2013.**

## 3 Deserts, 5 Mountain Ranges

### Mongol Rally - The Ultimate Adventure



What is the Mongol Rally? First and foremost, it's the ultimate, absolute adventure and challenge for three men from the UK (the Adventurists) who will attempt to take a 1.2 Litre (1200 cc) car through the Netherlands, Germany, the Czech Republic, Austria, Slovenia, Croatia, Hungary, Slovakia, Ukraine, Russia, Kazakhstan and Mongolia. And all for charity. And the good news is, their charity of choice for this adventure is Alex House!

The Mongol Rally is a charity "rally" founded by the Adventurists in 2003. It's about more than just exploring the world; it's also about saving it.

*"We must save every rainforest in the world so future generations have somewhere to get stuck and lost, stuck and lost and stuck and lost again, in a car your granny would be embarrassed by..."*

The rally begins on July 13th in London, England, and ends in Ulaanbataar, Mongolia, whenever they get there.

"It's not really a race, because ultimately you get through it when you get through it."

Seeing is believing! Go to [http://www.youtube.com/watch?v=QBq5BfIVsac&feature=player\\_embedded](http://www.youtube.com/watch?v=QBq5BfIVsac&feature=player_embedded) for a rip-roaring taste of adventure to come.

Go to <http://supermongolbros.com> to learn more about the Adventurists, see more of their adventures and to donate to Alex House.

**VOLUNTEERS CAST A  
BEAUTIFUL SHADOW**

NationalVolunteerWeek.ca  
APRIL 21-27, 2013



## New Community Programmer

Neil Fernyhough



Hi! My name is Neil Fernyhough, and I am the new Coordinator of Community Programs for Alex House. I took over from Jenn Beavington, who has gone on a twelve month maternity leave. I'm excited

about the opportunities and challenges ahead of me, and am looking forward to creative ways of engaging with the neighbours we serve.

I come into this position with a lot of related experience. After a career as a social worker engaged in providing child protection and family support services, I spent ten years active as a minister in the Anglican Church of Canada. Although it may not be readily apparent, a lot of this work involves community organizing and advocacy as well as planning and executing successful events. This, buttressed by several years of volunteering in the non-profit sector, has prepared me well for this new journey.

I have some exciting ideas for engaging in dialogue with the people Alex House serves - you, in other words! - about how we can best develop and deliver programs and services which meet the needs of our community. If you have ideas of your own, any questions, or concerns - please don't hesitate to give me a call at 604-535-0015 ext 236.

### A Call For Volunteers

Alex Fest has been an important community event for almost 40 years...but we can't do it without **YOUR** help.

Volunteering is a great way to meet neighbours, have fun, and serve our community! Come experience Alex Fest as a volunteer - there are many ways to assist. Interested? Call our office at 604-535-0015 to get more information.



## It is Easter Sunday Morn

by Jim Gifford

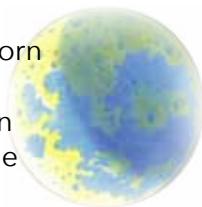
It is Easter Sunday morn  
under a full moon  
as we are all reborn  
to the heavenly tune

veritably a hymn  
to pacify death  
we on the brim  
of each breath

thinking 'bout eternity  
in the here and now  
no other time to be  
in life's ebb and flow

spirit is getting hold  
of the physical body  
in a manner so bold  
as to be godly

so rest easy  
beginning of spring  
here are the keys that free  
let the fifth season sing



Alex House will soon be recruiting skilled volunteers (trades people) to support an upcoming renovation project. If you'd like to be involved please give us a call at 604-535-0015.

## Growing Green

*Help Us - and Help Yourself - Grow Green!*

This is your invitation to participate in Growing Green ... what is Growing Green? Entering its third year, this is a hands-on project helping people of all abilities and backgrounds to learn gardening and landscaping skills - all under the direction of two master gardeners. It's an excellent opportunity for new Canadians to learn about gardening on the West Coast while developing their English language skills, and for neighbours to meet neighbours while working together in the garden.

In the past three years, our volunteers have rehabilitated a native plant garden, created a kitchen herb and vegetable garden, learned about composting, constructed new garden beds and planters, and have beautified the grounds for the enjoyment of the many adults and children who visit and use our facilities.

Want to find out more? Call Neil Fernyhough, Community Programs Coordinator, at 604-535-0015 ext 236 or e-mail [communityprograms@alexhouse.net](mailto:communityprograms@alexhouse.net).



Crescent United  
**COMMUNITY BUILDERS**  
April 3-10-17-25 at 7pm  
2756 127th St

### Practical Spirituality

Meditation, prayer, labyrinth and journaling led by Gabrielle McLarty & Karen Botsford

### From Garden to Table

Growing fruits and vegetables in small spaces; cooking fresh food with great recipes, led by expert gardener Pat Logie & dietician Linda Brooks

### Caring for the Caregiver

Self care, coping with your emotions, setting boundaries, special challenges, led by Suzanne Taylor, therapeutic rec specialist & caregiver

Come to one or all sessions

**Free**

Please register at 604-535-1166  
For more info call Kathy at 604-535-0723



alexandra neighbourhood house  
**Children's Centre**

- childcare • preschool • before/after care
- spring break/summer camps

Inquiries 604-535-0015  
[www.alexhouse.net](http://www.alexhouse.net)

