



THE BUZZ

Burnaby Neighbourhood House www.burnabynh.ca

Fall-Winter-2015

Burnaby Neighbourhood House: 4460 Beresford Street, Burnaby, BC V5H 0B8 Phone: 604-431-0400 Fax: 604-431-9499

Volunteering at Burnaby Neighbourhood House

By Danny Kalivoda- Community Engagement Manager

The dictionary definition of volunteering is: *A person who freely offers to take part in an enterprise or undertake a task.*

Of course there is more to be said than just that. You know all the reasons why you should volunteer more often—it benefits others, just plain feels good, and helps you bank good karma—but if those aren't giving you the motivation you need, try these: Volunteering just one day a month will give your life a greater sense of purpose and will make you feel more connected to your community

Turns out there's a significant correlation between social well-being and volunteer work. Those who volunteered also experienced a lasting feelings that your life has purpose. Volunteering makes you feel good about yourself, and helps you form new relationships with the people in your neighborhood.

Burnaby Neighbourhood House offers the space and platform for volunteers to reach their potential. From childcare to seniors, there are many opportunities to find what you are looking for. All of us have unique skills and talents that can be offered to people within your community. A community that would love to learn what you have to offer. An example of this is our Sharing Cultures committee.

People love food, family, friends and entertainment and that's what we would like to offer (especially when it's food from around the world). The Sharing Cultures committee are volunteers from around the world; with stories and experiences to share. Through the experience of ethnic foods, we would like to offer the community an opportunity to have an authentic home-cooked meal from their homeland, or to experience something new and exciting they haven't before. We meet each month to plan our dinners which consists of planning,

advertising, shopping, arranging volunteers, serving and of course, cooking our delicious meals.

We want a no barrier, everyone is welcome atmosphere, along with preparing the highest quality meals. We want the community to be immersed in a new culture every month. We want their experiences to be enriched and full of delight. To achieve such an experience, means keeping the event low cost and zero stress on the families. Think you're too busy? It's not about how much time you give, it's about forming an identity as a volunteer. That means you have to give back regularly enough to consider the activity part of who you. But where to start? Contact the Burnaby Neighbourhood House to find out what where volunteer identity lays.

"Volunteers Giving the House Light"

We wanted to acknowledge all the volunteers that contributed their time and efforts towards the Lightroom fundraising at Metrotown, by saying **Thank You.**

This fully Immersive, walk-through, digital social-media experience was the first of its kind. In order for this to happen we trained 80 volunteers ranging in age from 15 - 50 for 10-weeks. (Jun 26-Sep 7)

Inspired by Japanese artist Yayoi Kusama and the "Social Soul" experience at the 2014 TED Conference, the Lightroom was a fully mirrored room, (floor, walls, ceiling, outside) with hanging lights to give 'infinity room' or 'walking through space' effect.

This awesome effort helped raise \$10,000 for the Burnaby Neighbourhood House!

Attention All Members
Burnaby Neighbourhood House Society

Annual General Meeting & Volunteer Recognition Night

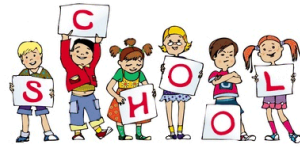
Tuesday Nov. 17, 2015
6pm (Doors open 5:30pm)

Burnaby Firefighters Club- 6515 Bonsor Avenue
RSVP by e-mail: info@burnabynh.ca or call: 604-431-0400
by Friday November 13



Preschool Program

The Preschool Program is a licensed learn through play program for children 2.5-5 years old.



Class Options: 2, 3 or 5 days

Times: 4 hour (9:30am-1:30pm), 2 hour (9:30-11:30am, or 12-2pm)

Cost: \$110-\$550 (Depending on # of days and hours)

Some subsidies are available. For more information contact the Provincial Government Child Care Branch at 1-888-338-6622.

Clinton Preschool: 5858 Clinton St. (Tue, Thur, Fri)

Contact: Yolanda Zalana preclinton@burnabynh.ca

Marlborough Preschool: 6060A Marlborough Ave. (Mon-Fri)

Contact: Kasia Zemojtel premarlborough@burnabnhn.ca

Gilpin Preschool: 5490 Eglinton St. (Mon-Fri)

Contact: Wan-Yun Chang pregilpin@burnabynh.ca

School-Aged Childcare Program

Burnaby Neighbourhood House operates 9 licensed out-of-school childcare centres for children in Kindergarten-grade 7. We provide service to the following elementary schools: Maywood, Marlborough, Stride Avenue, Taylor Park, Douglas Road, Clinton, Glenwood, Nelson, Gilpin, Lochdale, 12th Avenue, Our Lady of Mercy and Suncrest.



Days/Time: Mon-Fri 7-9am and 3-6pm (7am-6pm on school break days)

Cost: \$405-430 (Depending on location)

Some subsidies are available. For more information contact the Provincial Government Child Care Branch at 1-888-338-6622.

Stride Avenue Neighbourhood Care: 7014 Stride Ave

Contact: Scott Burgess stride@burnabynh.ca

Maywood Neighbourhood Care: 4567 Imperial St.

Contact: Terry Herrmann maywood@burnabynh.ca

Marlborough Neighbourhood Care: 6060 Marlborough Ave

Contact: Judy Lee marlborough@burnabynh.ca

Douglas Road Neighbourhood Care: 4861 Canada Way

Contact: Naaz Samji douglas@burnabynh.ca

Clinton Neighbourhood Care: 5858 Clinton St.

Contact: Stasi Larson clinton@burnabynh.ca

Lochdale Neighbourhood Care: 6990 Aubrey St.

Contact: Paul Lam lochdale@burnabynh.ca

Gilpin Neighbourhood Care: 5433 Ivar Pl.

Contact: Nazanin Ashjai gilpin@burnabynh.ca

Twelfth Avenue Neighbourhood Care: 7622 12th Ave

Contact: Sandip Singh twelfth@burnabynh.ca

Suncrest Neighbourhood Care: 3883 Rumble St.

Contact: Kathy Bobicki suncrest@burnabynh.ca

Winter Break Daycamp 2014

Burnaby Neighbourhood House will be operating winter break daycamp from Dec. 21 to Dec 31, 2015 from 9:00am 3:00pm. Registration begins November 30, 2015 (closed Dec. 25 and 26).

Locations: Clinton, Douglas Road, Gilpin, Marlborough, Maywood, Stride Ave.

Cost: \$30 per day, **Age:** Grades 1-7



Activities: The children will take part in a variety of activities such as gym games, crafts, cooking, and field trips.

Volunteers Needed for Gift Wrapping

BNH is looking for volunteers to supervise shifts at our Christmas Wrapping booth at Metropolis at Metrotown from Nov. 27-Dec. 24. The Christmas Wrapping booth is a fundraiser for both youth leadership and seniors programs.

Volunteers will work in our booth at Metrotown Mall once a week for shift of 3 hours on regular basis for 4 weeks.

If you are interested please contact Kayvon at 604-431-0400, or email giftwrap@burnabynh.ca

For more information please visit our website at www.burnabynh.ca

**Little Elves
Christmas Craft Fair**

BURNABY NEIGHBOURHOOD
HOUSE
4460 Beresford Street, Burnaby
November 28, 2015
10am to 3pm

Entrance \$1 Donation

This fundraiser is brought to you by Burnaby Neighbourhood House Leadership 2 Youth Program. All proceeds from this fundraiser help support families from Burnaby in need this holiday season. For More Information go to Burnabynh.ca

Programs & Services

Storefront Drop-in

Information and referral service is available at the South Burnaby Neighbourhood House.

Mon-Thu 9:00am-8:00pm, Fri- 9:00-5pm

North Burnaby Neighbourhood House

Mon-Thu 9:30am-4:30pm

Family Place Drop-in Program

We offer four Family Drop-in programs for parents/caregivers with children age 0-5. Family drop-ins provide a variety of opportunities for families to socialize, to have a safe and fun place to play and learn and to get parenting information.

Call Zelly at 604-431-0400 for more info.

South Burnaby Neighbourhood House Family Place

4460 Beresford St. *Mon, Tue, Thu 9:30-am-11:30am.*

Brentwood Family Place

4430 Halifax St. *Wed and Fri 9:30-11:30am*

North Burnaby Neighbourhood House Family Place

4463 Hastings St. *Tue 10am-1pm*

Clinton Family Place- 5858 Clinton St.

Mon and Wed 9:30-11:30am

Neighbourhood Outreach

Family Outreach workers are available to support parents with young children (under 5) who need help meeting other parents and making community connections to local family resource programs. Call 604-431-0400 and ask for:

Margaret (North Burnaby)

Maggie (South Burnaby)

Community Kitchens

Tue and Wed 10:30am-1:00pm.

The BNH Community Kitchen program is for families and individuals who have limited financial resources. We come together and cook low-cost, healthy meals to take home. There is always good conversation and laughter during our weekly sessions. Participants contribute \$5 per week. For more information, please call Lynn at 604-431-0400.

Seniors Together Program

A senior led group that focuses on welcoming and involving seniors in a variety of different activities.

Wednesdays from 12:00-3:00pm

Activities: *Games, conversation, etc.*

Beginners ESL: 1:00-2:00pm.

Fridays from 9:30am-1:00pm.

Beginners ESL: 9:30-10:30am.

Activities: Info sessions/guest speakers.

Light lunch: 10:30am-1:00pm

For more information contact Elizabeth at

604-431-0400, or seniors@burnabynh.ca

Seniors Outreach Ambassadors Program

Seniors Outreach support is available to help seniors to make community connections to various resource programs.

Trained volunteer ambassadors assist in supporting vulnerable, low-income, at-risk isolated seniors to access resources and make connections. For more information contact Elizabeth at 604 431-0400, or email:

seniorsoutreach@burnabynh.ca

Youth Leadership

We offer 3 levels of Youth Leadership:

Foundations in Leadership

A leadership program designed for younger youth in grades 8 and 9. On-going registration is available for this program.

Leadership 1

A community leadership training program developed for local high school youth that focuses on skill development working with children. Leadership 1 is offered September to April and January to August each year.

Leadership 2

The focus of this level is on being a *change agent* within the community by project planning and fundraising for the immediate and long-term needs of the community. Leadership 2 starts October and runs through to May each year. Call Marleen at 604-431-0400 for more info.

ESL Classes

Volunteer-led ESL classes are available throughout the year for beginner students. Here is the schedule of the classes:

Mon and Thu 1-3pm

Fri 9:30-10:30am for seniors only

Wed 1-2pm for Mandarin speaking seniors only

Mon 5-7pm, learn English with music

Tue and Thu 5-7pm English for people with no knowledge of English at all.

Free Law Clinics

Tue 12:15pm - 2:15pm

Provided to individuals who cannot access help

from Legal Aid and who are low income and cannot afford a lawyer. Half hour appointments can be booked with a qualified volunteer lawyer who will provide step by step advice for dispute resolution. Lawyers do not appear in court, but can assist clients in court preparation.

Call **604-878-7400** to book an appointment.

Provided in partnership with the Western Canada Society to Access Justice.

Income Tax Clinic

Volunteers are available year-round to assist individuals with their income tax returns.

Service is offered to those with limited income and we request a \$5 donation per return.

Community Adult Literacy Program (CALP)

The CALP is a free program offered in Burnaby for English speaking adults who face challenges in their reading and writing skills.

Trained volunteer tutors will support adults in their learning. Tutoring sessions take place once a week. For more information contact Rajeeta at 604-431-0400, or literacy@burnabynh.ca

Digital Cafe

Wed and Thu 3-5pm. With the help of volunteer instructors learn simple computer programs. Bring your own device or use ours. All levels of support is available.

In North Burnaby Neighbourhood House the Digital Café happens on *Mon 10am-2pm*

Computers for Public Access

Computers are available for public use: *Weekdays 3-5pm (call in advance to confirm)*

Family Nights at the House

Monthly dinner for families in the neighbourhood. Join us for dinner and games, get to know your neighbours, connect with staff and find out what other programs are offered in Burnaby. Registration is required. For more info and registrations call 604-431-0400.

Neighbourhood House Small Grants

Thanks to the generous funding from the Vancouver Foundation we offer Small Grants to successful applicants. In 2015 we offered 99 Small Grants to projects that included: art and photography workshops, cooking for teens, drug awareness workshops, youth soccer, neighbourhood parties and picnics, community cleanups, and many more.

For more information about projects and ways to be involved, call Branka at 604-431-0400, or e-mail: brankav@burnabynh.ca

Burnaby Neighbourhood House

Board of Directors:

- Chair Sue Cheung
- Vice Chair Ernie Kashima
- Treasurer/Finance Chair Dave Fairhall
- Fundraising Chair Jennifer Short
- North Burnaby NH Steering Committee Chair Chris Gordon
- Policy and Personnel Committee Chair Colette Babinszki
- Secretary Lenka Markova
- Member at Large Kathy Louie
- Member at Large Herman Quon
- Member at Large Cheryl Reesor
- Member at Large Antonio Simoes

Management Team:

- Executive Director Antonia Beck
- Program Director Kimberly Barwich
- Program Director Sara Shaw
- Office Manager Lisa Falconbridge
- Finance Manager Lillian Qiao
- Childcare Program Manager Wana Sei
- Community Engagement Manager Danny Kalivoda

We would like to acknowledge our funders for their support to BNH programs and services

Alexandra Foundation, AMSSA, BC Gaming and Enforcement Branch, Burnaby Host Lions Club, Burnaby Orthopaedic and Mastectomy, Chevron Canada, G & F Financial Group, Human Resources Development Canada, Intracorp, Investors Group, Metropolis at Metrotown, Metrotown Mazda, Ministry for Children and Family Development, Ministry of Advanced Education and Labour Market Development, Nando's Burnaby, Pacific Arbour Retirement, Prime Image Technologies, RBC Foundation, Rotary Club of Burnaby, Rotary Club of Burnaby Metrotown, Scotiabank, TD Bank, The Beedie Foundation, The City of Burnaby, The Lohn Foundation, The Province Empty Stocking Fund, Trinity Global Support Foundation, Trio Diamond and Gold Jewellery, UBC, United Way of the Lower Mainland, Vancity, Vancouver Foundation, Vancouver Renfrew Lions Club, Street Side Development, Tourism Burnaby, WorkBC, Hudson's Bay Company, Show Kids You Care, Canadian Tire – South Burnaby, Burnaby Firefighters Banquet and Conference Centre, Ritchie Bros. Auctioneers, Fairhall Zhang & Associates, Donn Dean Collision, Ecoast Cleaning Supplies Ltd.



Rotary Coats for Kids

Help children and youth in Burnaby by donating new or "gently" used coats. Drop off at:
Burnaby Neighbourhood House-South
4460 Beresford St. (9:00am-5pm)

Burnaby Neighbourhood House-North
4463 Hastings St. (9:30am-4:30pm)

Donations will be accepted till end of December 2015

Yes! I would like to support the Burnaby Neighbourhood House:

Please accept my donation of: \$15 _____ \$25 _____ \$50 _____ \$100 _____ Other _____

Name: _____ Phone #: _____

Address: _____

Cheque enclosed Mastercard Visa

Card #: _____ Expiry Date: _____

Tax Receipts issued for donations over \$15