

# THE BUZZ



Burnaby Neighbourhood House Monthly Newsletter-March/April 2017

## Growing Together!

As you sow, so shall you reap. This is what we got to experience in community garden throughout 2016. Burnaby Neighbourhood House was offered a 1000 sq. ft. educational plot in May 2016 by Burnaby Region Allotment Gardens Association. The purpose was to learn the art of growing food in an urban community and to grow, share and eat together. All the food grown in the community garden here is intended to be used towards Burnaby Neighbourhood House, seniors programs, afterschool programs, community dinners and as well as giving to those in need.

In 2016, we cleaned up the whole plot which was covered with horsetail weed and tried to grow food like kale, lettuce, tomatoes etc. As people volunteered, they gained hands-on experience like sowing, planting and cultivating and exchanging knowledge about how to maintain. It was 'a big learning curve' for many.

Our mission for 2017 is to fix up the greenhouse and grow vegetables as per the season and have an organized method to plant and cultivate. We will be doing this by having one big work day per month and small work days in a week. It is our desire that through our community garden plot that we continue to educate ourselves about how our surroundings work and where all our food comes from and the hard work involved behind it. But we need your help and support to help achieve this goal and contribute to the community.

If you are interested in volunteering or to receive updates,  
please email:

[bnhcommunitygarden@gmail.com](mailto:bnhcommunitygarden@gmail.com)



## Welcoming Seniors' Spaces (a Seniors' Impact Plan project)

The role of the Greater Vancouver Seniors' Impact Plan is to reduce seniors' isolation and to be "Allies in Aging." The project was funded for three years by Gov't of Canada, New Horizons for Seniors. There are four pillars serving the region – Welcoming Spaces, Seniors on the Move, Volunteers and Navigators and the Seniors' Hub. The goal of this grant is to build capacity on existing programs not create new programs and the strength in this project lies in the opportunity to intentionally collaborate on initiatives. This limits the costly heuristic approach, creates best learning practices and builds sustainability.

The collaborators on this project are – North Shore Neighbourhood House, Burnaby Community Services, Share Family Services, Frog Hollow Neighbourhood House, Kiwassa Neighbourhood House and each has created their own Welcoming Space.

Burnaby Neighbourhood House is the steward of the Welcoming Seniors' Spaces part of the overall project because of the work already being done by our Seniors' Outreach Ambassador program. The Outreach Ambassador program was strategically developed after a lengthy needs analysis so it was built on rich data gathered throughout the Burnaby community. The program has grown to 33 active volunteers who serve as advisers, facilitate outreach strategies, and be the welcoming committee to all the seniors programs at Burnaby Neighbourhood House.

The volunteers who are themselves seniors, are trained to provide community resources, be empathetic, listen to understand the concerns, invite and refer seniors to the many services in their community.

### Contact Us:

#### Burnaby Neighbourhood House-South

Mon - Thu | 9:00am - 8:00pm

Friday 9:00am - 5:00pm

Phone: (604) 431-0400

Fax: (604) 431-9499

Email: [info@burnabynh.ca](mailto:info@burnabynh.ca)

Address:

100-4460 Beresford Street,  
Burnaby BC V5H 0B8  
[www.burnabynh.ca](http://www.burnabynh.ca)  
[@SBurnabyNH](https://www.instagram.com/SBurnabyNH)

#### Burnaby Neighbourhood House-North

Mon - Thur | 9:30am - 4:30pm

604-294-5444

Email: [northinfo@burnabynh.ca](mailto:northinfo@burnabynh.ca)

Address:

4908 Hastings St.  
Burnaby BC V5B 1P6  
[@NorthBurnabyNH](https://www.instagram.com/NorthBurnabyNH)

## Apply for a neighbourhood small grant at

[Neighbourhoodsmallgrants.ca](http://Neighbourhoodsmallgrants.ca)

**Deadline April 04, 2017**

This program helps residents who have small but powerful ideas to bring people together and make their neighbourhood vibrant! Grants range from \$50 to \$500. Few grants are awarded up to \$1,000.



To learn more join one of the following information sessions at the Burnaby Neighbourhood House:

**Tuesday, April 04 11am-2pm, Computer Lab, South House, 4460 Beresford Street**

**Contact:**  
**604- 431- 0400 or [brankav@burnabynh.ca](mailto:brankav@burnabynh.ca)**

## North House Open House!

In case you haven't heard we have moved! The North House has been operating out of **4908 Hastings Street** since January 3<sup>rd</sup> and we have welcomed many new members to our little space. We invite you to drop by and see what we are offering to North Burnaby!

We are having our official North House Grand Opening Celebration and you should join us. It is going to be a fun celebration!

**Friday, March 10th from 2pm-6pm**

**Email: [simoneb@burnabynh.ca](mailto:simoneb@burnabynh.ca)**

**Phone: 604.294.5444**

## Neighbourhood House week is coming! May 8-12

We will be celebrating Neighborhood House week all through the week of May 8th to the 12th. Stay tuned for future updates and publications about this week!

## Sharing Cultures Dinner– Iranian Night

Persian Dinner will happen on March 29 from 6-8pm (Dinner will be served at 6:15pm)

The event showcases Persian traditions, cuisine, and music. Buy your tickets at BNH reception. **\$5 Adult, \$3 child (kids 3 and under free)**



## Spring Break Day Camps

Burnaby Neighbourhood House will be running daycamp over the Spring Break.

**Grades 1-7**

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

**Mar 13th - 24th, 2017**

**9:00 am-3:00 pm**

### Clinton, Stride

Contact on site supervisor or Stasi @ (604) 431-0400

### Maywood, Marlborough & Suncrest

Contact on site supervisor or Scott @ (604) 431-0400

### Gilpin, Lochdale & Douglas Rd

Contact on site supervisor or Kathy @ (604) 294 -5444

**Cost:\$35 per day**

(option of full day 7am–6pm for an additional \$12)

\* Limited Subsidies may be available \*