



Action for Neighbourhood Change Simpson-Ogden News November 2005

BUSINESS OWNER SETTING A GREAT EXAMPLE!



Ceramic Tile Centre located at 325 Simpson Street Thunder Bay

"It was time to paint," was what Mr. Jerry Urbanski gave as his reason for the great looking exterior painting and sign upgrades at his business. The work was completed with the help of good weather and Mr. Urbanski's determination to have his business look its best. This business has been owned by Mr. Urbanski since 1982. He was encouraged while painting by the honking of passing motorists and community goodwill. Action for Neighbourhood Change Staff have heard so much about how good this building looks we had to highlight this as an example of how heritage buildings add to the image of the Simpson-Ogden neighbourhood.



PHOTOS AVAILABLE

Shown are Mr. and Mrs. Saxberg. They owned and operated a store on Simpson St. in Fort William, Ontario. This is one of many historical photos that can be found online. Photo November 9, 2005 from: <http://community.Webshots.com/>



FRIDAY NOVEMBER 25

6:45 PM

**OGDEN COMMUNITY CENTRE
600 MCKENZIE STREET**

This year, the Take Back the Night Rally will consist of three key campaigns.

The Clothesline Project

The White Ribbon Campaign (WRC)

Take Back the Night March

Women will walk together holding candles to protest the ways in which violence permeates the lives of women world wide.

See page 2 for more details

If you are interested in joining a strong league of women for the Take Back the Night Rally
email: gic@lakeheadu.ca
or call 343-8879 or ANC at 626-1765



The views and opinions of authors expressed do not necessarily state or reflect those of ANC.

TAKE BACK THE NIGHT!

The Gender Issues Center, with the support of Action For Neighborhood Change is organizing the Take Back The Night Rally.

AGENDA—Friday, November 25, 2005

6:15pm – Transportation available from Lakehead University to Ogden Community Centre (meet in the Agora at 6pm).

6:45pm – Gathering at the Ogden Community Centre – speakers, open mic, coffee & juice

8:00-8:30pm – Take Back the Night March begins – Women and children will walk down Simpson Street. The men participating will remain at the Ogden Community Centre and participate in the White Ribbon Campaign.

9:00-9:30pm – Live Entertainment and other treats at Lakehead University begins – There will be free transportation (following the walk) from the Ogden Community Centre for those who wish to attend the celebration.

11:30pm - 12:00am – Entertainment ends.
Bus back to the Ogden Community Centre.

The Clothesline Project is a visual display of T-shirts with graphic messages and illustrations that have been designed by women survivors of violence, their friends, and/or families. The purpose of the project is to increase awareness of the impact of violence against women, to celebrate a woman's strength to survive, and to provide another avenue for her to courageously break the silence. The T-shirts are color coded to reflect the various forms of violence perpetuated against women.

The White Ribbon Campaign (WRC) is the largest effort in the world of men working to end violence against women. In 1991, a handful of men in Canada decided to urge men to speak out against violence perpetuated towards women. They decided that wearing a white ribbon would be a symbol of men's opposition to violence against women; a pledge to never to commit, condone or remain silent about issues surrounding gendered violence.

WHAT'S THE PURPOSE?

- Create zero tolerance of violence against women;
- Increase community awareness - of issues of violence against women, and its interrelationship with all other forms of discrimination;
- Educate about the extent and the nature of the violence that is systematically used against women to keep us from becoming powerful, autonomous individuals;
- Honor the memory of the victims of violence against women and celebrating it's survivors;
- Serve as a collective voice - for women to demand a world in which women's bodies, minds and souls are not targets of violence;
- Empower action against violence, whether it be through speaking out, lobbying, voting or some other forms of activism;
- Provide leadership - to challenge organizations and institutions to implement policies and initiatives which are effective in addressing issues of violence against women.

Take Back the Night March a "candlelight" march will take place on Simpson St. As part of the world wide movement women will walk without fear through the night to reclaim the streets, which for many years have been sources of fear and violence. Another significant aspect of Take Back the Night is the survivor testimonials. This serves as a safe place for survivors of violence to come forward with testimonials, often sharing their experiences for the first time.

JANUARY 14, 2006

THE CHANGING POINT— COME AND HELP PRIORITIZE, PLAN & VISION FOR YOUR FUTURE!

Tentative Agenda

Review—Action for Neighbourhood Change Project, Discussion group summaries, and neighbourhood census information

Prioritize—What the neighbourhood should focus it's attention on

Vision—What Outcomes would you like for your neighbourhood

Plan—Who will come forward to move the priorities and vision forward

The neighbourhood vision and plan will only be as strong as the ideas and work the neighbourhood puts into it!

How ANC will support the neighbourhood plan and vision:

1. Support neighbourhood committee
2. Provide \$80,000 of project funding to the neighbourhood
3. Research sources of funding for the neighbourhood plan
4. Neighbourhood profile compiled
5. Coordinate training for plan development
6. Coordinate policy input to our Federal funders
7. Partnership supports

See your article here!

ANC is inviting stories, poetry, events, and pictures. Please have your materials available by Dec 31, 2005 for your January newsletter.

The neighbourhood has the geographic boundaries of May Street, the Neebing Floodway, CPR Rail Yards and Miles Street. Further to the geographic boundary ANC will seek to promote a community focus including all who are interested.



WHERE IS THE ANC FUNDING COMING FROM? *The ANC budget is jointly funded by:*

- National Secretariat on Homelessness (HRSDC)
- Office of Learning Technologies (HRSDC)
- National Literacy Secretariat (HRSDC)
- Canada's Drug Strategy (Health Canada)
- Crime Prevention Strategy (PSEPC)



What is meant by local assets?

- **Social** participation, pride, voice, and influence
- **Service** programs, collaboration, etc
- **Physical** housing, shopping, & transit
- **Diversity** language, settlement, employment
- **Safety and Mobility** participate safely without fear

“What a novel idea - using the earth to grow food for everyone to eat rather than everything being owned by individuals and corporations to be sold back to those who have money to buy and kept from those who don’t.”



Why can't we grow apple trees in our parks and allow people to pick and eat the fruit? Why can't we allow vacant land to be used for growing food for the common use. Think of this - instead of city employees focusing their efforts on cutting grass and planting and maintaining flower beds, what if they were paid to plant and cultivate food for the common use and what if community members were allowed to work with the employees to plant and maintain gardens throughout the city for common use. What if every park had tomato plants carrots and onions in the flower beds and peas and beans climbing the walls - pumpkin and cucumber patches - rhubarb and strawberries - raspberry bushes and blueberry patches...

VEGGIES IN THE PARK

Changing our social attitudes towards the use of public land

*Reflections by Marg Stadey, Vice-Chair of the Regional Food Distribution Association
Member of the Client Advisory Group, Regional Food Distribution Association*

What a novel idea - using the earth to grow food for everyone to eat rather than everything being owned by individuals and corporations to be sold back to those who have money to buy and kept from those who don't. What if we allowed that attitude to creep into all our thinking and we actually started to act like communities each valuing the other for who they are and what they have to offer rather than trying to get as much as we can for as little as possible or at the expense of others...

Can you imagine Thunder Bay having a city Gardens Manager with a staff to oversee community garden parks? With summer activities that included weeding and harvesting parties to teach people how to do these properly for the greatest yield and to let

people know when to come to pick? Imagine the evening news letting us know that the strawberries are starting to ripen for picking in a day or two. A family week-end outing to pick lettuce and radishes for salad and carrots and peas, rather than trips to the grocery store or a run to the park after supper to pick some rhubarb to make a pie or jam or just to eat and maybe a ripe cucumber or a few raspberries for desert. Could this change our lifestyle? Be a stress reducer? Promote a healthier community? I wonder how the cost would compare to what it costs us now to maintain acres of grass and ornamental flower beds with no nutritional value at all?

Street Reach Ministries “NEWS”



Exciting things are happening with the street ministry. In November “Street Reach Ministries” will open their resource centre in the “Re-Integration Building” located close to the corner of May and Victoria just a few blocks off Simpson Street. Liisa Leskowski, director and Leslie Pashuk community chaplain of Re-Integration Program have graciously allowed Street Reach Ministries to use their space.

Beginning Wednesday November 2 and continuing on every Wednesday and Thursday from 6:00 p.m. to 10:00 p.m., Street Reach Ministries will be open. The mandate for Street Reach Ministries is simple and clear, 1) to develop relationships with people on the street, 2) to be a resource for spiritual concern, and 3) to be a resource for spiritual development.

During open hours, the centre will be staffed by the Street Chaplain and two to three other volunteers. Volunteers are in

place for November and December. We will be seeking more volunteers starting in the new year. This is a tremendous beginning to a program that will be a part of our community and our mission plan for local churches.

WOULD YOU LIKE TO VOLUNTEER?

Starting in January:

Wednesday and Thursday nights

Shift #1 - 6:00 pm – 8:00 pm

Shift #2 - 8:00 pm – 10:00 pm

Contact Lutheran Community Care Centre at 345-6062 for a Volunteer application.

For additional information regarding Street Reach Ministries contact

Pastor Neil Otke

346 -7573 or cell 474-9661.

Community Gardens Concept

By Paul Capon

The future of Simpson Street re-development actually resides in it's past. This was the place of first Aboriginal and European settlement in the Lakehead. Historic pictures and photographs show a Fort and expanding community, with access to the riverfront. Gardens were quite common along the riverfront. Even after the arrival of the Canadian Pacific Railroad, there were railway gardens (see the vacant lot beside the CPR Station). Then there was War Gardens. However, after the War, Fort William changed and urban growth moved away from this area. Businesses declined and the area is now struggling.

Recommendation: Initiate Community Gardens on vacant lots as per the City of Montreal's Community Garden Program

Concept (*As per the Montreal Community Garden concept*)

- An organizing Committee of neighbourhood groups would form a management structure and accountability body for the management of this project.

- The City would provide a reduction of taxes and a waiver of liability for property holders if they allow their vacant land to stand as a community garden
- For City owned lots, leases could be developed for gardens.
- The City would provide topsoil, water and fencing to groups to establish pots of land for individuals to garden.

Benefits:

- Beautification
- Food for the neighbourhood
- Better use of property
- Increased value to neighbouring properties
- Improved business potential
- Greater community support
- Build upon some of the gardening tradition of some of the ethnic groups (Polish, Italian, Slovak, etc.)
- Strengthen the Aboriginal Children's services – i.e.: Mahmowenchike Day Care
- Provide space for people in area who don't have a big lot for gardens.

Next Steps:

Pull interested groups together to see if they are interested in starting this project.

GENEVIEVE CERNJUL- A RESIDENTS VIEW

My name is Genevieve Cernjul and I am a life long resident of the Simpson-Ogden Area. I work at the NorWest Community Health Centre, located on Simpson Street. I have a very personal interest in the future of this neighbourhood as I have family and extended family who live here. I am really excited that we were chosen for the *Action for Neighbourhood Change Project*. Whether one works, lives or has family here, I'm sure we all want to see positive changes to our community. Changes that will attract businesses, tourists, and home buyers. Changes that will have a positive impact for the future of this neighbourhood and city. I believe that we can build on the positive strengths of this community to once again achieve a vibrant neighbourhood.

Most recently I had the privilege of attending the ANC Policy Forum on Neighbourhood Revitalization in Ottawa. We listened to guest speakers from the United Kingdom, Holland, Australia, New York and Detroit. In attendance were representatives from the other sites that have been chosen for the ANC Project (Surrey, Regina, Toronto & Halifax). It was very interesting to hear how other communities have revitalized their neighbourhoods & worked together to build and sustain healthy communities. Action for Neighbourhood Change involves each of us. Building a healthy community is a responsibility we all share. We all have something to contribute and something to gain.

Community Wellness Guide

By Darren Borg, FOCUS Coordinator, NorWest Community Health Centres, 622-8235

The Wellness Guide Project, coordinated by the University of California at Berkeley, had a goal of creating and disseminating materials that would help residents of California make informed, healthy decisions about their lives. The centerpiece of the project was *The Wellness Guide* an 80 page illustrated booklet on 'how to stay well and where to find help.'

NorWest Community Health Centres wishes to replicate this successful project in Thunder Bay. The NorWest Community Wellness Guide will complement existing directories on local services, such as the Lakehead Social Planning Council's Guide to Community Resources and Hard Times Handbook.

Proposed Topics To Date

- Help for out of town medical emergencies and appointments
- Help for out of town family emergencies
- Seniors fraud
- Counselling and support for families
- Alzheimer's issues with older adults
- Free youth programs
- How to address school problems
- Child development
- Information for people new to the city
- New hospital services
- Income subsidy programs
- How to advocate for your medical needs
- Food security i.e. food banks etc.
- Used and free clothing depots
- Alcohol and drug information
- Pregnancy and health information
- Parenting courses
- Respite help for young parents
- How to grow your own garden

**Action for
Neighbourhood
Change**
500 Simpson Street
Thunder Bay, ON P7C3J4
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Fax: 807-626-1768
anc@unitedway-tbay.on.ca

www.anccommunity.ca



ENGAGE ALL
**To make this
neighbourhood
vision a reality,
community input
and information is
needed.**

**Please contact ANC
staff about how you
can help!**

Volunteers are needed for:

- Special event planning
- ANC communications
- Administrative tasks
- Resource developer
- Data collection
- Policy committee
- Walking group

**To volunteer
please call
Lorraine at
626-1765.**

*ANC sites were
chosen according
to...the
community's
capacity to
mobilize—i.e., the
pre-existence of
local leadership
and networks on
which to build.*

HOW WILL ANC WORK?

*ANC brings together a
variety stakeholders -
residents, business,
governments and support
agencies - to learn about,
practice and evaluate
approaches that combine
resources in new ways.
Building healthy
neighbourhoods begins with
the knowledge found in the
neighbourhood itself.*

Researching the role of food security in social services

Many children and adults in our community are unable to buy healthy, nutritious food to feed their families (Nelson & Kuluski, 2004). According to Tarasuk (2001) the need for food help is occurring at a rate not witnessed since the Great Depression; and the use of food banks have become a way of life in Canada. In the 1980's, it appeared initially as though the recession was the root cause of people needing to use emergency food services; however, as the economy improved the demand for food assistance continued to rise steadily through the 1980's and 1990's (Tarasuk, 2001). The sustained demand for emergency food services has consistently been linked to unemployment, underemployment, high rates of poverty, and the erosion of the social safety net, including adequate housing.

Many social service agencies continue to experience funding cutbacks that affects their ability to provide comprehensive services that can adequately address issues of food insecurity experienced by clients served. In order to understand these issues better Dr. Connie Nelson, School of Social Work Lakehead University and her graduate student Ms. Shannon McFadyen and the members of a 4th year social work research class are planning in January to conduct a research project to learn more about how issues of food security/insecurity are integrated into intake, assessment and treatment services. This will be achieved by organizing a number of agency staff focus groups who can share their knowledge and experience about food security issues as it pertains to their work with clients. These focus groups may also provide the opportunity for discussion of systemic and organizational barriers preventing the provision of intervention services that could address issues of food security. It is hoped that this research project will increase awareness about food security issues and emphasize the importance of the role of food security in professional decision-making with regards to intake, assessment and treatment.

Submitted by S. McFadyen, MSW Candidate and C. Nelson, Ph.D. School of Social Work, Lakehead University.

Research Project on Elderly Abuse Amongst Aboriginal Seniors in Thunder Bay

Project Overview

- Project will explore the mistreatment of aboriginal seniors
- Project will investigate the types of training materials that will be useful to aboriginal seniors and health providers
- Project will develop materials based on focus groups and interviews with members of the aboriginal community to evaluate their acceptability and their usefulness and to provide
- The Project will benefit Aboriginal seniors, their families, health care providers and the community of professionals providing services to Aboriginal seniors

If you are interested in participating in the following ways:

- As a respondent, a 40-minute interview can be arranged as a professional caregiver
- If your organization is interested in holding a focus group
- You know of a group or individual who would be interested in this topic

Alice Sabourin, Project Researcher/Facilitator
Elderly Abuse Amongst Aboriginal Seniors in Thunder Bay
The Pottery House, Lakehead University, 955 Oliver Road
Thunder Bay ON P7B 5E1
343-7120 alice_sabourin@yahoo.ca

Memory Walk on Simpson Street for the Women Who Changed Worlds

By Lynne Moss-Sharman HBSW

I have lived in the neighbourhood for seven years now, at what we used to call "Miles & Mayhem" -- half an alley over from the sliver of the intersection at "Violent & May". Over these years I have come to know many people and miss them when they move away, or move on. When Victoriaville merchants started to lose customers to the big box stores, this area slowly began to look like a war zone, and street casualties increased in numbers. When I heard that Action for Neighbourhood Change was here, it was like calling in the healers to tend to the wounded.

One day last spring, I was waiting at a stoplight on Simpson Street and through the windshield my sight-line went up and over to Mt. McKay like an umbilical cord that had stretched and become translucent. I sensed that something was about to change, something was ready to live. I wondered if it was the spirits of the trauma-carriers ... the women, men and children who are caught in, or edging toward, that place of poverty and addictions and human trafficking on the margin of the urban horizon where slow and quick death stalks.

When I saw Mt. McKay that afternoon I knew that we had to somehow create a life-line from the bloodied asphalt of Simpson Street to the Grandmothers and the Grandfathers, to the rocks and the trees where Elders and the Drums gather, and dancers circle in prayer for those in need of healing, comfort, forgiveness, and justice. And I remembered the young Ojibwe, Cree and Métis women and girls whose murders are solved and unsolved, who had not been commemorated in over a decade in this city.

On Saturday September 17 2005, night of the full moon, Memory Walkers (sisters, brothers, nieces, nephews, cousins, grandchildren, friends) gathered across from Shelter House at Simpson and Victoria, the paint on the memorial banner was still damp from artist Perry Perreault's last brushstroke. Elders Isabel Mercier and Brenda Mason offered a smudge of sage and sweetgrass, and gave us candles to light at the water. Many were there to remind investigators that Sandra Johnson's 1992 death at eighteen years of age was still unsolved. Her sisters, Sharon and Marcella, led us down Simpson Street -- past the West, the Empire, the Adanac, Newfie's, past the 'Red & White' tattoo parlour, over the East End bridge, and down to the Floodway where we honoured the women who were murdered by men living in or circling through this neighbourhood -- looking for victims defined by gender and geography, by their Native blood.

Amanda Perreault sang with her drum, and relatives spoke of the murdered women as they remembered them, not the way male executioners left them for police to process, tag and name. We lit our candles, and placed tobacco ties in the cedar trees by the water for the Women Who Changed Worlds – Kaa Kii aand Kyaat I Kwe Wok. Women had led us to the water, and young men (Sandra Johnson's nephews) brought us back the way we came, in a wheel, in a circle ... to prevent and protect.

Ontario Aboriginal Health Advocacy Initiative

The Aboriginal Health Advocate can help if you decide that you need advocacy because of a health concern or issue. You may have encountered a problem or issue and feel unsure what to do. Either you can handle the matter on your own, or seek out an advocate. We can provide support in your search for resources, or in your efforts to address inequitable access to quality, culturally appropriate health services though we don't provide direct advocacy. We work with Inuit, Aboriginal, First Nation and Métis people in Ontario.

Contact Information

Michelle Richmond-Saravie
Health Advocacy Developer
North West Region
Phone: 807-343-4843
Fax: 807-343-4728
Email: healthadvo@anishnawbe-mushkiki.org
Address: Anishnawbe Mushkiki
29 Royston Court,
Thunder Bay, ON P7A 4Y7

REPRESENTATIVE NEEDED

Action for Neighbourhood Change would like to recruit a volunteer to attend the Thunder Bay Economic Justice Committee meetings on our behalf and keep us up to speed on information that affects the Simpson-Ogden Neighbourhood. The next meeting is at 3 pm November 28 at the Canadian Mental Health Association. Please phone **Lorraine at 626-1765** if you are interested in more information.



November 2005

Sun	Mon	Tue	Wed	Thu	Fri	Sat
DATE CHANGE Ward meeting R. Tuchenhagen Paterson Court 148 N. May Street 7 pm		1 Craft Group Discussion NorWest Community Health Centres 6:30-8	2	3	4	5
6	7	8 Neighbourhood Police Town meeting Ogden Community Centre 7pm —8:30pm	9 Tea & Talk Discussion group Ogden Community Centre Rainbow Room 7pm—9pm	10	11	12 Christmas Tea & Bazaar Know United Church 303 Pruden Street 1:30—3:30
13	14 Policy Meeting ANC office 500 Simpson Street 12-1:30pm R.S.V.P. REQUIRED 626-1765	15 Block Leader Meeting Ogden Community Centre 7 pm - 8:30 pm	16	17 Thunder Bay Aboriginal Arts & Heritage Gathering <hr/> Youth Discussion Group Boys and Girls Club 630-9pm	18 Thunder Bay Aboriginal Arts & Heritage Gathering Arts & Crafts Market 226 S May Street 9am-5pm Booths: \$25 Coffee House Host Band Contact 475-8146	19
20	21	22 Ward meeting R. Tuchenhagen Paterson Court 148 N. May Street 7pm	23	24	25 TAKE BACK THE NIGHT Ogden Comm. Centre 7pm	26 LSPC 624-2330 Christmas Fest Auditorium
27 LSPC 624-2330 Christmas Fest Auditorium	28 Economic Justice 3 pm Canadian Mental Health	29	30 To obtain helpful info/or donate items	<p>People Helping People Build Community</p> <p>Call our Information line at (807) 626-9626 Community Information and Referral Centre</p>		

December 2005

PLEASE PHONE 626-1765 IF YOU NEED A LARGER COPY OR HAVE QUESTIONS				1	2	3
4	5 GrannArt Fest Week December 5-10th Phone 625-6548 grannartinc.com	6	7	8	9 Aboriginal/Metis Discussion Group 5-9 pm Pick-up ticket 626-1765	
11		13	14	15	16	17
18	19	20	21	22	23	24 ANC OFFICE CLOSED UNTIL JAN 3RD
25 COME	26 JANUARY 14	27 PRIORITIZE	28 PLAN	29 VISION	30 YOUR	31 FUTURE