

Q U I N T E S S E N T I A L S

Quint Development Corporation



... working to improve the social & economic well-being of Saskatoon's five core neighbourhoods January 2010



Grosvenor Park United Church presents

Artists for station 20

Come out and support positive, creative community development!

Sunday, February 7 - 8 p.m. Grosvenor Park United Church
407 Cumberland Ave. S (at 14th St.)

A FUNDRAISING EVENT FEATURING:



Andrea Menard, singer-songwriter & actor • Yann Martel, writer
Henry Woolf, writer, actor & director • Lawrence Roy Jr, hoop dancer
Gillian Snider & Teegan Jeffers, jazz duo • University of Saskatchewan Amati Quartet
Eileen Laverly, singer-songwriter • B.C. Read, singer-songwriter • Kent Allen, actor

With house musicians
Sheldon Corbett, pianist and saxophonist • George Tennent, bass
and host Brenda Baker, writer & performer

Tickets: \$30, available at MacNally Robinson Booksellers, Darren's Music,
and the Station 20 office: 207-230 Ave. R S.

For more information: www.grosvenorparkunitedchurch.ca, www.station20.org, or Marnie & Lorne: 665-9969

Station 20 West has become a symbol of our hopes and dreams for positive change in Saskatoon's core neighbourhoods. People have been working hard to ensure Station 20 will serve these communities in the best way possible. We are sponsoring "Artists for Station 20" to give more Saskatonians the opportunity to take action by investing in Station 20 - a project that will bring about greater equity between our neighbourhoods.



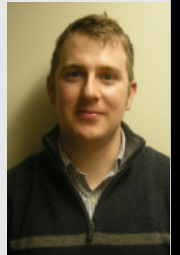
Looking for a Unique Gift Idea?

Say "Happy Birthday, Happy Anniversary or Congratulations" with a Station 20 West Gift Card!

For more details phone 281-8378 or go online to www.station20west.org

A Message From Quint's Chair

As the new Chair of Quint Development's Board of Directors, I wanted to take this opportunity to introduce myself. My name is Sean Shaw and along with my wife, Megan, we live in the Caswell Hill neighbourhood. The vibrancy, sense of community, and history make me proud to call Saskatoon's core neighbourhoods home. Over the past few years it has become apparent that despite the good work that Quint Development and other Community Economic Development groups have been doing in our city, there is still much work to be done. As our city continues to grow and expand we will be challenged to ensure that our core communities continue to receive the attention needed to ensure that every citizen is given the opportunity to succeed.



Sean Shaw

I look forward to working with the other members of the Board of Directors in not only continuing the excellent work of Quint, but also expanding on the vision that gave birth to our great organization 15 years ago.

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Good Food Junction Update - Winter 2009/2010



The Good Food Junction Board of Directors has been busy working hard this fall to make sure that our store meets the community's needs in a sustainable way. In September, we held a full-day workshop to re-examine our model. We wanted to make sure that the store we build will both meet the community's needs for healthy foods and have enough revenue to be viable. Guests from Winnipeg's Neechi Foods, the Saskatchewan Co-operative Association, Steep Hill Co-op and others shared stories about their experiences and gave the board a great deal of food for thought.

Since then, we have engaged Arcas Consulting to conduct a market survey to compliment and update the survey that was done in an earlier stage of our development. CHEP Good Food and the Centre for the Study of Co-operatives are also in the process of organizing a series of focus groups to get more in-depth feedback from families and seniors living within 5 blocks of the store's future location.

In early January we held a follow-up work day to consider how to best adapt our business plan to reflect the new insight we have gained. Stay tuned for further details!

Partner Profile:



New Name and Programs for ICM!

ICM is a United Church Community Ministry that has been a part of this neighbourhood for close to 30 years! Here are a few exciting developments:

♦ **New Name** - formerly known as Inner City Ministry, ICM is now ***Integrated Community Ministries, Inc.*** Same phone number (653-2662); New email: icmsaskatoon@gmail.com

♦ **Dean Whitebear** is the new 10x10 Art Coordinator (details beside)

♦ **Betty Anne Person** continues as the ICM Community Support Worker

♦ **Public Coffee Time** - LeeAnn Bird and Angela Paytaken run this group on Wednesdays from 1-2pm

♦ **Lift Me Up Singers** have just wrapped up - a time of reflection on next steps

♦ **Janet Clarke** works with organizations, individuals & churches in solidarity & as a resource in community development, pastoral care, advocacy, education and partnerships

♦ **ICM Board & Committees:** Pat Stuart, Joan Heibert, Nancy Scott, Hart Fraser, Jody Cameron, Shirley Larocque, Marie Dunn, Brian Ast, Darryl Woods, Deb Walker, Tom Morgan, Laura Fohse, Jordan Cantwell, Kathy Bender, Cathy Weir, Deb Frost, and Peggy Proctor.

River Bend ICM Introduces the "10x10" Art Project

Beginning January 1/10, an exciting new art project begins at ICM. Dean Whitebear (Coordinator) is looking for interested artists to participate in the ICM "10x10" Art Project. This project will raise funds for both the artist and ICM. Here's how it works:

January 1/10 - call to all interested artists

February 15/10 - Canvases will be ready for pick up from ICM at a cost of \$5.00 (canvases are 10"x10")

March 15/10 - Artists are asked to return finished canvases

March 15-May 15/10 - Art will be displayed

Each canvas will then be auctioned off. 50% of the money raised from each canvas will go to ICM, and the other 50% will go directly to the artist who produced the artwork.

Interested artists can contact ICM at 653-2662, Dean at 979-4625 or email dwhitebear@hotmail.com

We are also looking for space for artists that are interested in working together as a group.

Moving Forward Workshop Graduation!

November 2009

Core Neighbourhoods at Work (CNAW) - CNAW exists to support people who are looking for a job, or want to go back to school/training. Supports include: resume writing, goal setting and job searching. We assist participants in overcoming barriers to employment with finding solutions to childcare, transportation, housing, addictions, etc. CNAW also provides short training programs which include Learner's License program, mini-workshops on various topics, and the Moving Forward Workshop. Please feel free to contact us at any time, or stop in for coffee. **Call Janell, Kendra, or Julia at 978-4041 ext. 12 or 13**



From Left to Right: Tom Siklosi, Julia (facilitator), Barb Still, Lisa Sanderson, Art Sanderson, Tara Merasty, Rhonda LaChance, Janell (facilitator)

The Moving Forward Workshop (MFW) looks at personal & professional aspects of self-esteem, assertiveness & the transition to paid employment. The MFW is a 6-week workshop that runs 4 mornings a week. If you are interested in knowing more about the workshop and how you can apply, please contact the Employment Coordinators

"I have a right to feel good and get a job that I would like" MFW Graduate

So ALL Kids Can Play!



Saskatoon KidSport™ Charity provides assistance for children and youth from low-income families to help them to participate in sport. Children aged 5-18, who are lacking the money to participate in sport, are eligible for assistance. The next KidSports™ Application deadline for Spring

& Summer Sports activities is March 30, 2010. To get an application, please contact the Saskatoon Sports Council at 975-0871 or visit our website at www.saskatoonsportscouncil.com and click on the KidSport™ link. Applications available year round

Looking for a place to call home?

Taking applications for 1 & 2 bedroom suites

- ◆ Family friendly environment
- ◆ Privately operated daycare on site
- ◆ Access to a Family Room with computer & internet
- ◆ Community garden & green space
- ◆ Tenant association, potluck suppers & BBQs
- ◆ Workshop & social programs
- ◆ Collective Kitchen
- ◆ Laundry facilities
- ◆ Close to schools, parks & bus routes

Look no further than Quint's affordable rentals!

Call 978-4041 to apply or download your application from Quint's website: www.quintsaskatoon.ca



136 Avenue U South



137 Avenue T South



Thanks to everyone who supported the Station 20 West 2009 Holiday Gift Giving Campaign! Thanks to your generosity, we raised more than \$17,000!

Service and Commitment ... Close to Home!

Phone: 934.4000
www.affinitycu.ca

Life spoken here.





Pleasant Hill Place Opens - April 2000



Recipient - CMHC Award 2002



**Quint Apartment (Paul Wilkinson Place)
Grand Opening 2003**



Male Youth Lodge Grand Opening 2003

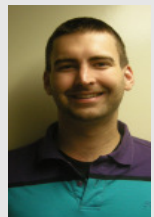
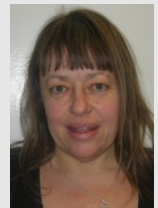
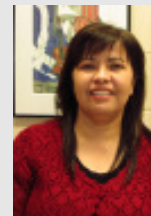


Quint Celebrates its



Founding Meeting - 1995

2010 Quint Board



Contact Us!

For more information on Quint programs please contact 978-4041 or check out our website at www.quintsaskatoon.ca

15th Anniversary!



First Homeownership Co-op BBQ 1996



Recipient - Spirit Award 2006

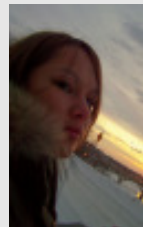


First Our Core Communities Shine 2007

Board of Directors



- Sean Shaw** - Chair
- Sheila Pocha** - Vice Chair
- Anne Hardy** - Treasurer
- Jacqui Barclay** - Secretary
- Don Kossick**
- Maxine Kinakin**
- Nicole White**
- Johnny Marceland**
- Lou Rogers**
- Chris Richards**
- Vernon Linklater**
- Aleyna May Stene**
- Kathie Pruden-Nansel**



Kathie Pruden-Nansel - picture not available

(Pictured in same order listed)



Station 20 West Community Walk 2008



CNAW Moving Forward Workshop Graduation 2007



Quint Hosts CCEDNET National Conference 2008

Quint Staff:

Len Usiskin - Manager
Laverne Szejvolt - Assistant Mger/Housing Coordinator
Margaret Parsons - Administrative Supervisor
Jim Clarke - Male Youth Lodge & Business Coordinator
Dawn Benjamin - Housing Coordinator
Melanie Sadler - Housing Coordinator
Janell Morin - Employment Coordinator
Kristen Thoms - Employment Coordinator (mat. leave)
Kendra Bates-Chomyn - Employment Coordinator
Julia McCormick - Employment Coordinator
Maria Vanidour - Administrative Assistant
Corinne Sonntag - Community Development Coord.
Don Hitchings - Renovation Supervisor
Benita Moccasin - Apartment Caretaker
Kathy Abel - Apartment Caretaker

Pleasant Hill Place:

Laura Berube - Coordinator
Angela Luron - Home Operator
Loretta Warden - Home Operator
Anita Brass - Program Staff
Allysha Larsen - Program Staff

Male Youth Lodge:

Mike Morin - Home Operator
Heather Puckett - Home Operator
Sandra Neufeld - Home Operator
Lori Unger - Program Staff
Ryan Northey - Program Staff
Allen Dreysko - Program Staff
Jenna Phillips - Program Staff
Melisa Vader - Program Staff
Colette Gifford - Program Staff

Quint Programs:

Pleasant Hill Place - PHP is a transitional residence for single mothers who may be at risk of, or already have their children placed in care. Staff offer programming in areas of basic life skills, healthy lifestyles, recreation, parenting skills & career counselling. PHP provides safe & supportive housing where families can build & strengthen their relationships.

Call Laura at 978-4046

Male Youth Lodge - The Quint Lodge is a 10 bed transitional residence for young men 16-22 years of age who have been experiencing issues related to homelessness. The Youth Lodge offers stable housing & supportive staff to assist residents to meet their goals of education, training, & employment as they make steps toward successful independent living.

Call Jim at 978-4041 ext. 17

Affordable Rentals - One and two bedroom suites

- Resource room/internet access
- Collective Kitchen program
- Tenant association
- Social events

Call Dawn at 978-4041 ext. 11 (see ad on page 3)

Small Business Loans - if you live in the core neighbourhoods, or plan to start a business here but don't know where to begin, we can help. We can assist you in developing a business plan & work to help secure a business loan. A number of businesses continue to operate thanks to small business loans.

Call Jim at 978-4041 ext. 17

Project ID: You Need One to Get One



We are happy to announce that in the Spring of 2010 the Saskatoon Food Bank and Learning Centre is going to be providing assistance for people to acquire or replace various forms of personal ID. This service will help people to figure out what they will require in order to obtain ID, as well if necessary, there will be assistance filling out the paperwork.

Another service that will be provided is an "ID Safe" where people are able to store all of their pieces of ID (and other hard to replace documents like marriage certificates) in their own file folder within a secure filing cabinet. It will act much like a safety deposit box and you will have access to it during office hours. Both of these services will be voluntary services that will be provided at no charge to the service user.

For more information on "Project ID", please phone Kathie Cram (Comm. Dev. Consultant - Building Health Equity-SHR) at **655-4961**, or Paul Merriman (CEO, Saskatoon Food Bank & Learning Centre) at **664-6565**.

Community Happenings:

Until March 2010 - Saskatoon Indian and Metis Friendship Centre - Monday Night Young Warriors Basketball & Personal Development Program - 7-9pm; Friday Night Arts, Entertainment & Drama Program 5-7pm; phone 244-0174 for more information

Tuesdays and Thursdays - Boys & Girls Clubs of Saskatoon - Free Afternoon Drop-In Centre @ KAP House (226 Ave. V South) 3-6pm; phone 384-4376 for more information

January 23, February 13 & 17/10 - SWITCH Children's Health Clinic - 11am-1:30pm at the Westside Clinic (631 20th St. W) Phone 956-2518

The Quiet Place @ the Rainbow Community Centre (808 20th St. W) this is a space for quiet reflection & meditation open to all every Monday & Thursday from 11am to 1pm. This comes from a belief that reflection is as important as action. Sponsored by RCC & ICM. Phone 477-8013 for more information

January 23, 2010 - Urban Aboriginal Youth Leadership Summit - Session topics include: Young Decision Makers, Harrassment & Bullying, Cultural Teachings, Board Roles & Responsibilites - 10:00am - 8:00pm at the Saskatoon Indian & Metis Friendship Centre (168 Wall Street) Phone 975-7813

Children's Discovery Museum - free admittance, the 7th of each month - sponsored by Tim Hortons. March 20, 2010 - 'What's For Dinner' - a special evening for adults. Phone 683-2555

May 2010 - 7th Annual Aboriginal Gathering - Prince Albert. Come learn about the seriousness of diabetes, how to live healthy lives as it relates to diabetes management & prevention, and be inspired by speakers who truly are diabetes champions. Phone 1-800-996-4446 ext. 231 for information



Stay tuned for the Our Core Communities Shine 2010 Celebration Announcement!

READ Saskatoon Family Literacy Day - January 27/10 - Join us for a FREE Literacy Festival at Frances Morrison Library 1-3:30pm

Radius Quest is a full time program aimed at helping youth with their workplace essential skills. The course begins on **January 25, 2010** and finishes on **July 9, 2010**. Phone 665-0362 for more information

Library on 20th Street - Programs Include: **family Story Time** - Thursdays at 10:30am year round; **Seniors Drop-In Coffee Mornings** - Tuesdays 10am-Noon; **Adult Home Work Help** - Tuesdays 3:30pm-5pm (January 12-May25/10)

Seedy Saturday

Seedy Saturday 2010 will take place on Saturday March 13, 2010 at Princess Alexandra School (210 Ave. H S) from noon-4:30pm. Admission is \$2 or pay what you can Soup and bannock will be available from 12:00-1:30pm @ \$2.00

Seedy Saturday is a family-friendly eco-fair promoting open pollinated and heirloom seed-saving, biodiversity and sustainable living. It's the perfect time to celebrate spring with garden speakers and like-minded exhibitors. Product information will be on the CHEP Good Food Inc. website at www.chep.org as the event nears.



DROP IN IMMUNIZATION CLINICS:

Every Monday: Mayfair United Church 902-33rd St. W (1:00pm-3:30pm)

Pleasant Hill School - 215 Ave. S South (1pm-3:30pm)

Every Tuesday: Our Neighbourhood Health Clinic - 315 Ave. M South (9:00am-11:30am)

Every Wednesday: St. Thomas Wesley United Church (basement) - Ave. H & 20th St. W (1pm-3:30pm)

Every Thursday: W.P. Bate School - 2515 18th St. W (1:30pm-3:30pm)

Every Saturday: Westside Community Clinic - SWITCH - 631 20th St. West (11:00am-1:30pm)

Community Association Meeting Dates:

Pleasant Hill meets the 2nd Thursday of each month @ 6:00pm at 904B 22nd St. West (Community Association Office)

Caswell Hill meets the 2nd Tuesday of each month at Saskatoon Convalescent Home @ 7:30pm

King George meets the 2nd Wednesday of each month @ 7:00pm @ King George School Library

Riversdale meets the first Monday of each month @ 7:00pm at 904B 22nd St. West (Community Association Office)

Westmount meets the third Monday of each month @ 7:00pm at 904B 22nd St. West (Community Association Office)

Economic Literacy: Supporting the Local Economy

HERE'S THE IDEA

Buying local products at locally owned businesses keeps money circulating closer to where you spend it. This creates a ripple effect as those businesses and their employees in turn spend your money locally. Corporate chains send most of your money out of town.



For every \$1 spent at a local business ...



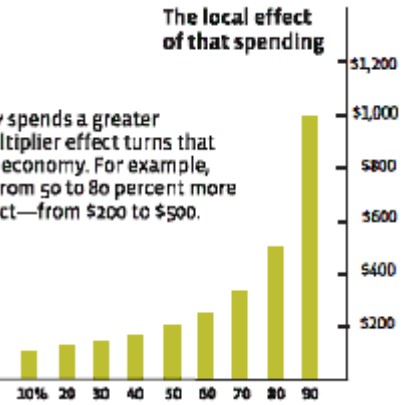
For every \$1 spent at a corporate chain ...



A LITTLE GOES A LONG WAY

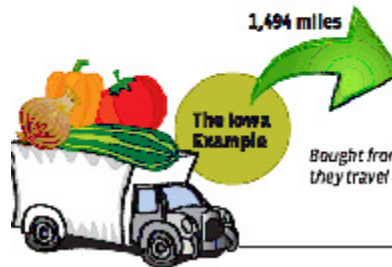
If everyone in a community spends a greater percentage locally, the multiplier effect turns that into big bucks for the local economy. For example, increasing local spending from 50 to 80 percent more than doubles the local effect—from \$200 to \$500.

Increasing percentages of \$100 spent locally

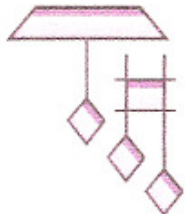


AND A BONUS!

By buying local goods, you maximize your money's impact and minimize fuel use and CO₂ production. Produce from the supermarket travels up to 92 times farther than produce grown locally.



Sources: Sustainable Seattle; Civic Economics
YES! MAGAZINE'S GRAPESDC 2007



The Harmony Song Project of Tamara's House Services for Sexual Abuse Survivors, Inc.

Presents

"Muffins for Granny" (PG)

In this moving documentary, seven Elders discuss their personal experiences, and the traumatic effects of Canada's Residential Schools. Panel and discussion will follow.

Roxy Theatre
320 20th Street West

Friday, January 29, 2009 7:00 p.m.

Admission: pay what you can

Community Panel:
Janice Acoose
Doreen Pooyak
Gordon Tootoosis

Due to the disturbing nature of the film,
safe-workers will be provided.

For more information: 683 – 8667 or
www.tamarashouse.sk.ca

