

# 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 2009



## Station 20 West Gaining Momentum ...

With 2008 behind us, Station 20 West has moved well beyond being a dream. The sustained and growing help of friends and neighbours ensured we reached our goal of \$1.6 million for 2008. With that same commitment in the New Year we will raise an additional \$1.4 million by May 2009 and will see you all at the ground breaking!

The past few months have been a whirlwind of activity for Station 20 West. Donations continue to roll in daily, special events have been extremely successful and people from across Saskatoon are coming on board. Not a week goes by where someone contacts the Station 20 West office wanting to contribute time and organize events to support Station 20 West.



In November, **EE Burritos** and **Friends of Station 20 West** hosted a sold out **Mexican Dinner** (pictured at right). The room was packed, the food fantastic and spirits were high as 165 people came out to say "yes we can" make the dream of a food store on 20<sup>th</sup> Street real.

In December a hugely successful **Art Sale for S20W** (pictured below) was held. The idea was to "recycle pre-loved art" so that it could be an "art for everyone sale". We received over 400 donations of art including donations of original art from well known artists for the live auction. People turned out in droves. The art sale sold \$28,000 worth of art and received a donation of \$15,000. The event became a beacon for the broad support for S20W and will be a signature event in years to come.

Station 20 West is getting support from all sectors of our community. Churches continue to shine the light on S20W with a variety of events and projects. Trade Unions remain committed as long term supporters. Corporate donations are growing with a \$500,000 contribution in October; local businesses are on board.

What brings people to one of the most significant social movements in Saskatoon's recent history? For many it is about being part of something that will make real, lasting change for justice and fairness. They understand that Station 20 West is about long term development that addresses the root cause of poverty and health disparities that too many core residents experience. Station 20 West has become a real phenomenon that is seeing an entire city rally to support

a project that brings hope and respect to core neighbourhoods.

For more information contact Faith at 343-9378 or visit the website at [www.station20west.org](http://www.station20west.org)

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## Finding a place to live - do you have good references?

Often when you apply to live in an apartment, you will be asked to provide two types of references: landlord and personal references. A landlord reference provides a picture of your attitudes and behaviours as a tenant. Did you pay your rent on time, are you respectful of other tenants, did you leave your suite in good condition; these are the sort of questions that may be asked of your previous landlords. The other type of reference often requested is a personal reference. Most places ask that these references not be family, but instead former employers, friends, etc.

Things to consider when providing references:

- is this person easy to contact
- is this person polite & professional
- will this person describe you accurately & fairly
- when you left this address, did you pay all that you owed
- does this person have any reason to give you a bad reference

Consider the above points. If you did not pay all of your rent at the last place you stayed, then the landlord or property manager may not give you a good reference. If your reference is not polite, that will reflect poorly on you, they may not be fair, but it's true. If the reference is impossible to contact, it will not count as a valid reference. It is in your best interest to be thoughtful when choosing your references. If you have limited references or you think that a reference will give you a bad report, be up front with the place you are applying. It is better to warn them ahead of time that the news may be bad, then you can explain your side of the story.

**Remember a good reference can go a long way in securing a place to live**

## Another Successful Moving Forward Workshop!



November 2008

CNAW staff were pleased to honour the graduation of seven students from our in-class Moving Forward Workshop in the fall of 2008. The Moving Forward Workshop is a life skills training program that focuses on self-esteem, assertiveness skills, and practical workplace literacy skills. Students spend their first four weeks in-class and their final two weeks in a work placement. Doug and Carman (pictured above) successfully completed our in-class portion of the workshop.

CNAW is planning to offer another Moving Forward Workshop in early spring. Please feel free to contact us if you are interested in attending.

***"After the workshop, I now understand that I'm worth it. And I feel like I love myself a little more. My next important step is to move forward."*** Workshop participant

Childhood sexual abuse is a crime that victimizes an estimated 1 in 5 children of all nations, socioeconomic levels and communities. Impacts in adulthood can affect a person's physical, mental, emotional, and spiritual health.

Tamara's House provides a safe space and support for services for women healing from childhood sexual abuse.



### **Tamara's House**

Services for Sexual Abuse Survivors, Inc.  
1605 Victoria Avenue  
Saskatoon, SK. S7H 1Z4  
phone 683-8667  
[www.tamarashouse.sk.ca](http://www.tamarashouse.sk.ca)  
email: [tamara@tamarashouse.sk.ca](mailto:tamara@tamarashouse.sk.ca)

## ARE YOU A BUSINESS LOOKING FOR EMPLOYEES?



### Quint's Core Neighbourhoods at Work (CNAW) Program supports Saskatoon business in:

- Finding Employees
- Maintaining Employees

### Services Include:

- Contact with over 300 local people looking for employment
- Information and post-employment support
- Free job-postings

**CNAW has a strong desire to partner with local business to see  
core neighbourhood residents maintain meaningful employment**

*"There is sufficiency in the world for  
man's need but not for man's greed"*

Mohandis Gandhi

### Family Literacy Day World Record Attempt!

Join ABC Canada, Oxford Learning & READ Saskatoon as we attempt to break the Guinness World Record for "Most Children Reading With an Adult, Multiple Locations."

**WHO:** Any school, library, daycare, business or family

**WHEN:** Anytime between 1pm on January 23 - 1pm on January 24, 2009

**WHAT:** Read these 5 books by Robert Munsch in order: **1. Pigs 2. Mortimer 3. Purple, green & Yellow 4. Murrel, Murrel, Murrel 5. Something Good**

Register your event with ABC Canada at: <http://abc-canada.org/en/flworldrecord> or call READ Saskatoon @ 652-5448

**READ Saskatoon**  
It's more than words.



The 3rd annual *Our Core Communities Shine* Celebration is coming Spring/Summer 2009

Stay tuned to Quint's website and online community events calendar for event details!

### Service and Commitment ... Close to Home!

Phone: 934.4000  
[www.affinitycu.ca](http://www.affinitycu.ca)

Life spoken here.

**Affinity**  
Credit Union

## **Quint Program Updates:**

**Pleasant Hill Place** - PHP is a transitional residence for single women with children 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, & career counselling. PHP provides safe & supportive housing where families can build & strengthen their relationships. (Pictured - PHP Open House, December 16, 2008)

**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**

**Core Neighbourhoods at Work (CNAW)** - Staff offers people help with goal setting & discovering their strengths. We can assist with resume writing, job searching, & job applications. We link participants directly with employers, arrange work placements, & offer post-employment support. CNAW also provides short training programs & referrals to further supports within the community.

Please feel free to contact us at any time, or stop in for coffee.

**Call Kendra and Kristen at 978-4041 ext. 12 or 13**

**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**

**Affordable Rentals** - One and two bedroom suites

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

**Call Dawn at 978-4041 ext. 11**

**Looking for more information about  
Quint programs, employment  
opportunities, and community  
happenings? Then check out our website  
at [www.quintsaskatoon.ca](http://www.quintsaskatoon.ca)**



Quint Apartment Christmas Potluck Supper Dec. 08

## Quint Folk

### **Board of Directors:**

Jacqui Barclay - Chairperson  
Anne Hardy - Treasurer  
Tanis Talbot - Secretary  
Maxine Kinakin  
Darcey Bridges  
Don Kossick  
Sheila Pocha  
Loretta Warden  
Nicole White  
Sean Shaw  
Johnny Marceland

### **Quint Staff:**

Len Usiskin - Manager  
Laverne Szejvold - Assistant Mgr/Housing Coordinator  
Margaret Parsons - Administrative Supervisor  
Jim Clarke - Male Youth Lodge & Business Coordinator  
Dawn Benjamin - Property Mgt & Housing Coordinator  
Melanie Sadler - Housing Coordinator  
Janell Morin - Employment Coordinator (on leave)  
Kristen Thoms - Employment Coordinator  
Kendra Bates-Chomyn - Employment Coordinator  
Elton Keshane - Employment Coordinator  
Maria Vanidour - Office Administrator  
Corinne Sonntag - Community Development Coord.  
Don Hitchings - Renovation Supervisor  
Benita Moccasin - Apartment Caretaker  
Kathy Abel - Apartment Caretaker

### Pleasant Hill Place:

Laura Berube - Coordinator  
Cindy Fiddler - Home Operator  
Cassandra Rioux - Home Operator  
Chelsey Simpson - Program Staff  
Angela Luron - Program Staff

### Male Youth Lodge:

Mike Morin - Home Operator  
Heather Schneider - Home Operator  
Lori Unger - Program Staff  
Shayne Lazarowich - Program Staff  
Sandra Neufeld - Program Staff  
Ryan Northey - Program Staff  
Trevor Young - Program Staff  
Yvonne Sands - Program Staff  
Allen Dreysko - Program Staff  
Neil Balan - Program Staff  
Monnel Letendre-Oneill - Program Staff  
Barbara Ahenakew - Program Staff



Pleasant Hill Place Staff

## **CED Agenda for Economic Stimulus and Community Benefit**

The federal government is consulting with Canadians for ideas to protect Canada from the impending economic downturn. Here are some CED solutions to stimulate the economy that can have immediate impacts on the well being of our communities.

**Invest in Housing** – We would double the current investment commitment in affordable housing and homelessness for the next five years, announced on September 19, to approximately \$780 million annually. This will stimulate the economy, help to stabilize households for whom the economic slowdown threatens their access to housing, and significantly address Canada's current affordable housing and homelessness challenges

**Invest in Community Economic Development** - We need an economic stimulus package that supports community-driven solutions and protects communities. There are thousands of Canadian CED and social economy organizations already working effectively to create economic opportunities in their local contexts. A couple ideas include:

- Expand the Communities component of the Building Canada plan to include infrastructure projects for community organizations. Providing the financial support for community enterprises to develop community resource centres, daycares, etc would create employment, and expand locally controlled services.
- Implement a component of HRSD's Workplace Skills Initiative that would allow community economic development organizations to develop resources to strengthen outcomes for disadvantaged workers, and enhance the skills of those who are creating new forms of social enterprises.

### **Major Investments in Green Infrastructure**

Canadian cities are already facing an infrastructure deficit. A timely intervention would be to fund a major public works campaign, with an emphasis on climate-change-related infrastructure. This could include urban public transit investments, high-speed inter-city rail corridors, home and business energy efficiency retrofits, transition programs for workers, and investments in green technologies and power sources.

Len Usiskin

## **Partner Profile:**

### **Building Health Equity (BHE) Team**



In 2006, the Saskatoon Health Region released the health disparities report which showed significantly poorer health outcomes in lower income core neighbourhoods in Saskatoon. In response to this report, the Saskatoon Health Region's Public Health established the BHE team. BHE is a community, strength-based and population health approach that is working towards reducing health disparities in the 6 neighbourhoods by 2010. Some of the programs being offered by the team include:

- Community Development and Capacity Building to increase the capacity of community members to create community-based responses to community concerns.
- Increasing immunization coverage rates for children
- Providing Child Health Clinics that are accessible and welcoming
- Post Natal Home Visits to ensure the best health outcome for new mothers
- Improving the health and well-being of school age children and their families
- Health Promotion through the encouragement of healthier eating, reducing the use of tobacco, and awareness about the relationship between poor housing and poor health

**For more information contact the BHE Team at "Our Neighbourhood Health Centre" at 315 Avenue M South.**

#### **BHE Health Clinics**

- √ **Mayfair United Church** at 902 33<sup>rd</sup> Street West Mondays 1:00 to 3:30 p.m.
- √ **Our Neighbourhood Health Centre** at 315 Avenue M South Tuesdays 9:00 to 11:30 a.m.
- √ **Riversdale Child Health Clinic** at St. Thomas Wesley United Church Avenue H & 20th Street Wednesdays 1:00 to 3:30 p.m.
- √ **W.P. Bate School health clinic** at 2515 - 18th Street West Thursdays 1:30 to 3:30 p.m.



**Happy New Year  
from all Quint  
Board and Staff!**



## Community Happenings:

**READ Saskatoon's Free Family Program: Families Together, runs every Wednesday from 6:30pm to 8pm** at Radius Community Centre (#6 Bateman Crescent, off Main street, behind the Superstore on 8th Street). Families get together to play, tell stories, do crafts, cook and enjoy tours. The program is free & we can assist with transportation. All ages welcome!

**CLASSIC** - located at White Buffalo Youth Lodge CLASSIC provides free, professional & confidential legal services for low-income community members. **Walk-in clinic:** Monday & Wednesday 1-5pm; **Legal Advice Clinic** Tuesdays 1:30-4pm (appointment needed). For more information call 653-7676 or email [info@classiclaw.ca](mailto:info@classiclaw.ca)

**Coffee Time (free) - every Wednesday** 1:00-2:00pm at the RCC Lower Level (808 20th St. W). Everyone welcome!

**Riversdale Clinic Public Health Services Healthy Baby Clinic** (808 20th St. W) - every Wednesday 1-3pm in the Lower Hall. The clinic offers immunizations, weigh & measure baby, clothing, health checks, etc.

**Grub & Gab Community Forum - Wednesday, January 21/09** @ Mayfair United Church. Doors open at 5:30pm; supper & discussion 6-8pm. On site childcare available for 9 & under. **Topic of discussion: What are your rights & responsibilities as a Renter?**

**SCYAP Urban Canvas VIII Final Exhibit Closing Ceremonies Media Event & Reception - January 23, 2009 @ 10:00am.** Please join SCYAP staff & artists, media, government officials, political leaders and friends to celebrate the graduation of 10 talented youth with tremendous potential. ALL ARE WELCOME as your support is paramount!

**SWITCH - Free Dental Services** - Do you or your family need a dental check up or basic services? If YES, SWITCH offers dental clinics the 2<sup>nd</sup> Saturday and 4<sup>th</sup> Wednesday of each month. Next sessions: **Saturday, January 10, 11am-1:30pm & Wednesday, January 28, 5:30pm-8pm @ Westside Clinic (631 20th St. West)** **Services are free and childcare is provided**

**Saskatchewan Native Theatre Company presents Andrea Menard as the Velvet Devil January 29-31, 2009** at the Broadway Theatre. For ticket information call the SNTC Box Office at 933-2262 or [info@sntc.ca](mailto:info@sntc.ca) or go to [www.sntc.ca](http://www.sntc.ca)

**A READ Saskatoon is celebrating our 30th anniversary** and will host a community forum on **Friday, February 6th 9am to noon.** All community members are welcome to join READ Saskatoon as we release the results of a study done on the impacts of literacy for 30 years on our community. Call 652-5448 for details.

**Elimination of Homelessness Event - February 26, 2009.** Watch for further details on the Passion for Action Against Homelessness Facebook page & on Quint's online 'Community Events Calendar'

**SHR - Public Health Services - COPEing with Toddler Behaviour** - every Thursday afternoon **January 29-March 19/09;** 1-3pm at the Cosmo Civic Centre. Please call 655-4700 to register. This course is free for parents of 12-36 month olds

### **Community Association Meeting Dates:**

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

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

