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*DM/SM Community  
Association Resource Centre,  
823 Ellice Avenue*

*Our walk-up service window  
is open from 2 pm to 6 pm  
weekdays.*

*For more contact  
information,  
see the back page!*



Ella at the Resource  
Centre's service window



The Daniel McIntyre/St. Matthews Community Association is a community-driven, not-for-profit Neighbourhood Renewal Corporation created in 2008 to serve the Daniel McIntyre and St. Matthews neighbourhoods in Winnipeg's West End. Our mission is to empower the community of Daniel McIntyre/St. Matthews to achieve social, cultural, economic and environmental wellbeing.

## The heart of our operation

DM/SM Community Association's most important asset is our resource centre at 823 Ellice Avenue. Here, we welcome community members to our (social distanced) computer lab, with access to phone, fax and photocopier or to visit our service window and pick up basics like hygiene supplies, socks, water and safer sex and safer drug use supplies. Numerous community organizations also use the centre as their home base.

It was a difficult time in March when we had to close the centre due to COVID-19 restrictions, but we soon adapted to providing essential items out of our take-out window at the front of our building. These supplies and services are available from 2:00 pm to 6:00 pm Monday to Friday.

We are always looking for donations of supplies, such as toothpaste, toothbrushes, menstrual hygiene supplies and new socks and underwear. If you would like to donate, drop by during window hours or contact Laurel at 204-774-7005 ext 104.

Programs have returned to our resource centre as COVID-19 restrictions permit. For instance, our Stress Busters 55+ drop-in is back on Tuesday afternoons, the Shameless Circle again meets on Sundays, and our employment services have returned on an appointment-only basis. Stay tuned for when other programming, such as a general drop-in, our youth lunchtime drop-in, computer labs, and community suppers will be back. For the latest on changes to our programming due to COVID restrictions, please contact us. See back page for contact info.



# The Good Food Bag continues

Our Good Food Bag Program had to make some big adjustments this year.

Instead of cancelling the program in March when COVID restrictions first came into effect, we moved the program to our parking lot where we still offer the program with proper social distancing. Essential items such as toilet paper and other supplies supplemented the usual assortment of produce.

The GFB purchases produce at a wholesaler, breaks it down into smaller bags and distributes it. The bags cost \$10 each with about \$30 of fruits and vegetables. The program currently serves up to 50 individuals or families per week.

## QUESTIONS?

For more information about the Good Food Bag, email: [goodfoodbag.kd@gmail.com](mailto:goodfoodbag.kd@gmail.com)

# How does your garden grow?



This was our most popular year ever for gardening at our four community garden sites with 50 residents taking out plots.



Orioles Community Garden

The increase demand had to do with people having more time on their hands and growing concerns about food security due to COVID-19.

Thanks to a long, hot summer there were bumper crops this year for many !

We would like to thank Fraser, our summer Greening Coordinator, for tending to the sites and putting on events such as the tree banding workshop in the Fall. He also looked after our Yard Works program which provided free yard care for 18 seniors in the community.



Good Food Bag staff member, Ben, shows off produce in the parking lot.

# Dignity through basic hygiene

Many of us are able to fulfill our basic hygiene needs without ever having to give it much thought. However, for many members of the DMSM community, basic hygiene products are luxuries that can be difficult to access.

Because we believe that these items provide comfort and dignity, we stock a selection of hygiene products that are made available to any community member.

## DONATE TODAY!

Please consider donating to help us keep up with the growing demand. Call Laurel at 204-774-7005 ext 104.

We are looking for these items, NEW:

- |                     |                            |
|---------------------|----------------------------|
| • Toothbrushes      | • Deodorant                |
| • Toothpaste        | • Lotion                   |
| • Shampoo           | • Menstrual paper products |
| • Conditioner       | • Combs                    |
| • Disposable razors | • Soap                     |

# For A Greener Tomorrow

For this year's fall clean-up we partnered with Mother Earth Recycling to host an e-waste collection and used mattress drop-off.

In total, we collected four cubic metres of electronic waste and eight mattresses to be recycled. Thanks to everyone who participated. We look forward to having another collection in January.



October's electronic waste and mattress cleanup



## Stress Busters 55+

Drop in for coffee, a chat and monthly visits to local cafes.

Our Stress Busters 55+ drop-in takes place on Tuesday afternoons with a new time, Noon to 2 pm. This program may be impacted by COVID restrictions. To check to see if the drop-in is on in a given week, contact Laurel at 204-774-7005 ext. 104 in advance.

## Housing exterior repair grant program wraps for another year

Since 2007, the Home Exterior Repair Grant program has invested more than \$500,000 into the Daniel McIntyre and St. Matthews neighbourhoods.



## Get job ready

The fastest growing programming area at DMSM Community Association over the past year has been the PREP Employment Readiness Training program which now has three full time staff.

PREP offers assistance with building your resume, free employment-related training courses in First Aid / CPR, Food Handlers Certificate and custodial skills. We also organize the 40-hour security guard training program with subsidies available for low-income individuals.

For the latest upcoming workshops and training programs or to make an appointment to talk to one of our employment counsellors, visit our website or contact 204-774-7005 ext 105 or [workprep@dmsmca.ca](mailto:workprep@dmsmca.ca).

### HELP WITH YOUR RESUME?

The PREP program will help you be successful in gaining entry level employment. We offer assistance with resumes and cover letter preparation, including printing and scanning.

Need help with your resume? Make an appointment or get more info by calling 204-774-7005 ext 105 or email [workprep@dmsmca.ca](mailto:workprep@dmsmca.ca).

*The PREP Employment Readiness Program is funded by the Manitoba Government.*

## Small grants for good ideas

Do you have a good idea for a community program? If so, our Community Small Grants Program can help.

We will provide small grants of between \$500 and \$5,000 to individuals and organizations wanting to do community programming for residents of Daniel McIntyre / St. Matthews neighbourhoods. This year, we are doing monthly intakes, so it's not too late!

For more information, see our website or contact Christian at 204-774-7005 ext 102 or [housing@dmsmca.ca](mailto:housing@dmsmca.ca)

This summer, we awarded another \$44,500 in repair grants to 45 property owners. The most popular projects were fence construction, replacing steps, and roof repairs.

The program is now closed for 2020, but we hope to offer this program again next year. Check with

us in April 2021. For more about the grants, visit: [www.dmsmca.ca](http://www.dmsmca.ca).

We'd like to thank our partners, the City of Winnipeg and Spence Neighbourhood Association, for helping to make this program possible.

## The parking lot AGM!

The 2019 - 2020 DM/SM Community Association Annual General meeting was held a couple of months later than usual on August 11, 2020, and in the unusual venue of our parking lot!

We thank all the community members and elected officials who came out to hear about the year that was.

Three members left our board at the AGM. They were Lissie Rappaport, who was the board chair since 2018, Jared McKetiak, vice chair, and Sharon Unger, our board secretary. We would like to thank them for the years of support they have put into the organization. We also gained 4 new board members at the meeting and look forward to their perspective and guidance.

If you would like to see a copy of our 2019 - 2020 Annual Report, please visit our website at [www.dmsmca.ca](http://www.dmsmca.ca)



## Snow Bank is back ❄️

Our Snow Bank program, which offers free snow shoveling for seniors or those with mobility issues, returns in December. To register, contact Laurel at [safety@dmsmca](mailto:safety@dmsmca) or 204-774-7005 ext. 104.

## Now a Peg City pick up point!

We were proud to be one of THREE new West End pick up points for Peg City Car Co-op added this summer.

You'll find this sleek Hyundai Accent hatchback in its reserved spot in the parking lot behind our resource centre at 823 Ellice Avenue. For a list of all Peg City locations and information about membership, visit their website at [www.pegcitycarcoop.ca](http://www.pegcitycarcoop.ca)



## Bite Back Winnipeg

The West Central Community Bed Bug Coalition's website, [www.bitebackwinnipeg.com](http://www.bitebackwinnipeg.com), provides links to information and resources to help prevent bed bug outbreaks in the community or to treat a minor infestation in your home.



The DM/SM Community Association has vacuums and steamers available for community members to use and "May Contain Bed Bug" stickers for building managers. For more information, visit the website or contact Christian at [housing@dmsmca](mailto:housing@dmsmca)

## Do you want to be a litter hero?

If you want to be a Litter Hero, the DM/SM Community Association has litter pickers, bags and gloves to lend to small groups or individuals wishing to do small-scale cleanups around the community. For more information, contact [housing@dmsmca](mailto:housing@dmsmca) or 204-774-7005 ext. 102.



## Need Meeting Space?

Our Resource Centre could be the place for you.

If you require community space to hold meetings, please contact Jesse Gair, Executive Director, at [director@dmsmca](mailto:director@dmsmca) or 204-774-7005 ext. 101.

(Due to current COVID-19 restrictions, we might not be able to accommodate all requests at this time.)

## New to our crew!

We welcome Ella and Violet, our new, friendly faces at the resource centre as well as Maria and Abdi, our new employment program staff.

Also, a farewell to Fraser, our summer Greening Coordinator, who ran our gardening and free Yard Works yard care program for seniors.

## Stay up to date!

The best way to keep up on the latest the DM/SM Community Association programming information is to visit our Facebook page at [www.facebook.com/dmsmca](http://www.facebook.com/dmsmca) or sign up for our bi-weekly community newsletter at [www.dmsmca.ca](http://www.dmsmca.ca)

Due to COVID-19 restrictions, our hours and programming may vary, and some employees may be working from home. Please contact us in advance about programming hours or to make an appointment with staff.

## Contact us!

**Daniel McIntyre/St. Matthews Community Association**  
823 Ellice Ave. (at Arlington)  
Winnipeg, MB R3G 0C3

 [facebook.com/dmsmca](https://facebook.com/dmsmca)

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

 [resource@dmsmca.ca](mailto:resource@dmsmca.ca)

 204-774-7005

Jesse Gair, Executive Director  
[director@dmsmca](mailto:director@dmsmca) | ext. 101

Laurel Dawn Cassels,  
Community Programs Coordinator  
[safety@dmsmca](mailto:safety@dmsmca) | ext. 104

Christian Cassidy,  
Community Programs Coordinator  
[housing@dmsmca](mailto:housing@dmsmca) | ext. 102

Jeff Sarmiento,  
Employment Programs Coordinator  
[workprep@dmsmca](mailto:workprep@dmsmca) | ext. 105

Ella Taylor, Resource Centre  
[ella@dmsmca](mailto:ella@dmsmca) | ext. 111

Maria De Guzman,  
Employment Program Counsellor  
[maria@dmsmca](mailto:maria@dmsmca) | ext. 206

Abdikadir Ahmed,  
Employment Program Counsellor  
[abdikadir@dmsmca](mailto:abdikadir@dmsmca) | ext. 113

## Thank you!

We would like to thank the following for their contributions: Province of Manitoba, City of Winnipeg, Assiniboine Credit Union, United Way Winnipeg, Winnipeg Regional Health Authority, Canada Summer Jobs, Winnipeg Regional Health Authority, and Councillor Cindy Gilroy.

