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Welcome to our Winter Edition!

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During the 2022 year at The Den we had an amazing turn out from our outstanding volunteers and the wonderful Sundre youth. Together our volunteers achieved over 2000 hours of volunteer time!! As well we had over 2000 youth enter our doors.





A HUGE thank you to Sundre Home Hardware for committing to donate materials needed for our new shed. This will be a great place to store games and supplies needed for The Den to run.

As well, The Den is looking for a speaker system that is microphone compatible! If you or someone you know would be willing to donate this to Sundre's youth please contact GNP or The Den.



YOUTH JOB FAIR April 27th,-3pm-6pm @ the Sundre Community Centre



Come one, come all! The canteen has pop, chips, chocolate and candy for only 1\$ or less! Would you rather have a healthy option? Popcorn, apples and granola bars are often found at The Den for free!!! Use the coupon found at the bottom of this news letter for a free bag of chips!



Bag of Chips

FREE

The Den—SYC Exp April 1st 2023

Tel: 403-638-1011



This past November 25th, a group of youth attended a Red Deer Rebel's Game in Red Deer! This was a great experience for the kids and volunteers who had such an amazing time!



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Who doesn't love Backwoods Bakery?
Being a Den member enters you into random draws! Congratulations to our winners of \$15 gift certificates: Cash Young and Hayley Botham! For Youth membership forms please ask any volunteer during Den hours or find them on our website.



Save your bottles! Friends and Family of the Den Bottle Drive coming April 4-8th! Drop your empties at the Bottle Depot and tell them it's for the youth centre! 'SHAW Birdies for

the youth centre! 'SHAW Birdies for Kids' will match your donation 50%!



This is my aloe vera plant today. It's strong, healthy and flourishing! But it wasn't always like that. This robust plant had humble beginnings. In fact I thought that it had no chance at all! You see, this plant was given to me about 15 years ago by my friendly neighbour. They were doing some transplanting one day and had an extra shoot that was only maybe four inches long with a root. No soil, no pot. Nothing. Just the plant itself. Which would have been fine if I had planted it soon and taken care of it but that's not how this story goes. What I actually did with it was leave it on the counter for three weeks without any care in the world for its life or success. And then one day three weeks after receiving it I thought, "Oh shucks! Hmmm, probably no chance but I'll put it in some dirt and see what happens." After some simple care and attention now I have this plant in all of its glory, strong and brilliant!

When I recently looked at this plant I was reminded me of its story. I was thankful that I was able to nourish it to health and success and when I think about the youth centre here in town I can't help but wish the same stories to come out of those doors. As young people are cared for, nourished, loved and given a place to succeed I know with full certainty that life changing stories will surface. Maybe today or maybe in years or decades from now but I know they are happening bit by bit.

It is such an honour to be a part of this care in our community. To guide these young people together and to watch them become the incredible people they were meant to be. To be strong, healthy and flourishing is our hope for this town and especially the young people who call this home.

Happy growing!

Den Director Russ

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