



Around *the* Block

Issue 66 August / September 2019 sjcommunitynewspaper@gmail.com

Celebrating the good news from our communities in Saint John NB

Food security and places to gather: Saint John's community gardens



Enthusiastic volunteer gardener Phil Whitehouse

by Lorna Brown, Editor, *Around the Block*
Photography by Andy Reid, board member, SJHDC

Recently, we toured three gardens and discovered the critical role that community gardens play in food security, education, and building a sense of community. There are great ideas at each garden!

The West Side

The community garden near the Carleton Community Centre (CCC) is a beautiful space – thoughtfully planned, with even beds and space for a truck to come in bring topsoil or mulch. There are fruit trees and even a berry patch. Community Nurse Jill Roberts tells the story: "It used to be an overgrown field where people dumped tires and car parts. We approached the Port [the landowners] and asked, if we clean it up, can we use it? And they said yes."

The food bank next door at the CCC pays the liability insurance. Sponsors include Kent, Home Depot, the Government of New Brunswick, and the City. Phil and Linda Whitehouse showed us around. There is a plot specifically dedicated to the food bank, but gardeners can also mark one row of their own garden to donate. "That way we know that we can harvest those things when they are ready, without having to ask," says Phil. "We take a variety so the food bank doesn't have nothing but carrots one week, for example." Committed volunteers mow the grass, share gardening tips, and water other's plots. Everybody pulls together. The shared feeling

(Continued on page 9)

Remember the sunscreen!



Sunscreen is a must for outdoor activities in summer (Photo: Boys and Girls Club)

By Rachel Wilson, Fundraising Assistant, Boys and Girls Club
Saint John weather never fails to confuse everyone, but this summer one thing is clearer than ever: wear sunscreen. It is important that it is regularly applied to all ages, races, and genders. If the UV index is three or higher, sunscreen is a must, especially for babies and children. With their delicate skin it can be even more dangerous. High exposure to this UV radiation within the first 15 years of life greatly increases the risk of skin cancer later on.

Remember:

- Seek shade
- Use extra caution (hats/clothing)
- Nothing is water/sweat proof
- Scientific evidence supports the use of sunscreen for protection
- Claims that ingredients are toxic/hazardous have not been proven
- Re-apply every two hours
- Exposure to Ultraviolet A (UVA) ages your skin
- Exposure to Ultraviolet B (UVB) causes sunburns

From the Editor's desk Lorna Brown,
647- 4850, sjcommunitynewspaper@gmail.com

Welcome to issue 66 of *Around the Block*. Our theme is the many different kinds of safety: physical safety (pp. 1, 3, 10, 13), financial safety (p. 15), cybersecurity (p. 10), and keeping kids safe from drugs (p. 7). We also look at food security in our lead article on Saint John's vibrant community gardens, which help residents with more than just good food. If you are interested in gardens, don't miss the latest great developments from the Waterloo Village's community garden, Roots and Wings, on p. 6.

There is also a feature article on how a Saint John team is helping people who do not have housing security, doing it in a new and effective way (p. 12). This Coordinated Access has worked so well in Saint John that it is branching out to Moncton and Fredericton.

It is a joy to receive and read all the good news from our communities! If I take one thing away from this issue, it is how much our safety in all areas of our lives depends on working together. Community efforts, and giving back, run through these great stories.

Very special thanks are due to our issue sponsor, the Neighbourhood Police Council, which helped us to bring you the news and features you love.

Finally, a shout out to the Sophia Recovery Centre and all their partners for the great work they do to help women improve their lives. I for one won't miss Recovery Day on September 19th at noon in King's Square!

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Summer Camp children plant flowers in the park

by Julia Cool

With a generous donation from the City of Saint John, our Summer Camp children were able to plant over 400 flowers in the Play Park. Under the direction of our community gardening expert and newly appointed board member Cindy Langille, the children filled the flower bed in the play park. We are anxiously waiting to see all the flowers bloom and grow.



Summer camp kids ready for garden day
(Photo: Chealsea Brown)

Same person, same job, new title

by Tanya James

Tanya James, previously known as the North End Community Connector, is back in action as a Community Navigator. This change was made to better reflect the work that she does.

Thanks to an amazing and generous anonymous citizen donation, Tanya is able to continue the work of helping North End residents problem-solve, get around barriers, and achieve their goals. Tanya works with residents to maintain or increase their wellbeing through navigation of services around finances, healthcare, healthy living, employment, community involvement, education, and more.

If you are an agency wondering how Tanya can best work with your clients, request an information session or private meeting by contacting 651-2705 or newc.connector@gmail.com. If you are a North End resident with a question or issue you want to talk through, do the same. My phone is text friendly, and you can also message me through the North End Wellness Centre's Facebook page.



Tanya helps a client (Photo: Peter Lege)

The Honourable Trevor Holder MLA Portland - Simonds

Constituency Office:
229 Churchill Blvd. Suite 11
Tel: (506) 657-2335
Email: trevor.holder@gnb.ca

Office Hours: Monday: 8 a.m. - 4 p.m.
Tuesday, Wednesday and Thursday: 9 a.m. - 1 p.m.
Friday: Closed



Beach Day 2019!



Happy kids on Beach Day
(Photo: Chealsea Brown)

by Chealsea Brown

On behalf of ONE Change, we would like to thank the City of Saint John for the beach days they put on for the camps. Every year the City has three days throughout the summer where 11 camps around the city get a bus to the beach and each day the event is held at a different beach. There is face painting, balloon animals and a great game of tug-of-war. Also, the Kiwanis Club has an amazing barbeque and feeds all the kids. Every City beach day our kids have a great time and it is their favourite summer activity.

Enthusiastic summer staff



2019 summer staff (Photo: Chealsea Brown)

by Hannah Gibson

It's my first year as a summer student here at the Nick Nicolle Community Centre and I am loving every minute of it! We are having so much fun. We have taken the kids to Lily Lake, Dominion Park Beach, a rocket launch at Millidgeville School field, the Buskers Festival and a slip and slide at Shamrock Park. Back at the community centre the kids have been making crafts, playing games and tinkering away in our maker space. The kids also have the opportunity to participate in programs such as Brilliant Labs, the Saint John Free Public Library, and the YES program. I'm so lucky to spend my days hanging out with all of these kids! They never fail to make me smile or laugh. I'm very thankful for the opportunity to work for an organization as great as this one. I feel so lucky to be surrounded by such supportive people every day! I'm looking forward to a future with the Nick Nicolle/ONE Change!

North Neighbourhood Contact

Christa Petts
christa.onec@gmail.com
Nick Nicolle Community Centre
85 Durham Street
658-2980





Comings and goings: People United in the Lower South End (PULSE)

- Please watch our Facebook page for a community day that will take place at Rainbow Park in the very near future to help out with finishing off the play park!
- Registered Nurse Kathy London-Anthony will be at PULSE to address your health needs on Fridays from 12-2 p.m.
- Please remember our monthly Food Purchase Club money is due September 16 and comes back to you the following Friday. We have \$15 and \$25 orders available! We even have a Pay it Forward option where you can provide a single person, a couple, or a family with fresh fruits and vegetables!
- We are always looking for volunteers, come in and talk to me, and see what you can do to help out your neighbourhood.

Constable Duane Squires can be reached at 977-1733 or duane.squires@saintjohn.ca.



Summer safety tips

Constable Duane Squires, of the Saint John Police Force, Community Based Crime Reduction Team, wants to remind everyone to always take time to consider safety as part of your summer vacation plans. Whether it's boating, hiking, swimming, or traveling you should always have a safety plan. Make sure you have a friend or family member(s) with you during your activities, and let others know where you will be, and when you will be returning. Always have a (fully charged) cell phone with you should you require emergency assistance / rescue.

South End sights

*Artwork: Jason Wilcox
(Photos: Barry Ogden)*



Making your summer a safe one

By People United in the Lower South End (PULSE)

- Always supervise children when in or around water.
- Never leave infants, children, or pets in a parked car.
- Check yourself, your children, and your pets for ticks.
- Watch young children at all times around fall hazards, such as stairs and playground equipment.
- Make sure kids and teens wear the right protective equipment for their sport or recreational activity.
- During extreme heat conditions, check on your elderly and/or infirm neighbours.



Lunch Connection - Summer Edition

By Erin Rideout

This is the third year of the Inner City Youth Ministry Lunch Connection - Summer Edition program and we have seen an increase in the number of people we are serving!

Thank you to the Greater Saint John Community Foundation and their grant for the backpack initiative that is serving up to 30 families in the South End and Waterloo Village. The backpacks are filled weekly with food and a suggested recipe and a free book to build food security, literacy and family connections.

Thank you to Saint John library for partnering with us and our reading to the kids.

Gerry Lowe
MLA Saint John Harbour

Constituency office is at the Mall
100 Prince Edward Street, suite #124
Saint John, N.B. E2L 4M5
tel: 506-643-2001
email: Gerry.Lowe@gnb.ca

Hours: Monday - Friday 8:30 a.m. - 1:30 p.m.



South Neighbourhood Contact

Mary LeSage
pulseinc@bellaliant.com
251 Wentworth Street
632-6807



Summer Squad

By Crescent Valley Resource Centre (CRVC)

Crescent Valley Summer Squad has had a wonderful time this summer being very active going on adventures, gardening, learning bike safety, reading, cooking, crafting, enjoying field trips, swimming, and more. Credit goes to the Summer Squad counsellors: Alyssa, Kayla, Carrie, Chloe and Brad, who have been fantastic mentors and leaders with the kids.

Many thanks to the following supporters of Summer Squad: Government of Canada, Province of New Brunswick, City of Saint John, Brilliant Labs, Crescent Valley Community Tenants Association, Kiwanis Club of Saint John, McInnes Cooper, NB Children's Foundation, Port Saint John, Saint John Cycling, Saint John Free Public Library, Sobeys and UCT- Jack Kidd Council #755.



Summer squad participants and counsellors enjoy the Flemming Court Park playground in Crescent Valley (Photo: CVRC)

New at Crescent Valley

By Juanita Black

Thanks to an idea by Wanda Roche there are six new hopscotch areas in Crescent Valley.

First thing, safe areas were selected. Then, the City of Saint John carpenter shop worker Matt Sullivan made the stencils. Over two days, Lynne Kaine from Recreation and Parks and Kim Gray, Karen Rodgerson, Janet McLaughlin and Juanita Black from the Crescent Valley Community Tenants Association did the painting.

With the bright colours they are hard to miss. Enjoy your hopscotches!



Front row: Juanita and Janet; back row: Karen, Lynne and Kim (Photo: CVRC)

Crescent Valley Neighbourhood Contact

Anne Driscoll
CVRC.driscoll@gmail.com
130 MacLaren Blvd.
693-8513



Bike Share



Paysen received a bike and helmet at the Saint John Bike Share presentation. (Photo: CRVC)

by Crescent Valley Resource Centre

There were two exciting events in July for the Saint John Bike Share Program. A bike presentation was made to 18 individuals from around the City, almost 500 bikes have been given out since the program began and the annual Crescent Valley Bike Parade was held. Special thanks to the volunteers who helped the kids decorate helmets and bikes and to Cst. Cory Jamieson, neighbourhood officer with the Crime Reduction Team, who led the participants safely around the Crescent Valley streets.

Thank you to the NB Environmental Trust Fund, Department of Social Development, Saint John Cycling, PRO Kids-SJ, NB Trauma Program, Living Saint John, NB Economic and Social Inclusion Corporation, NB Sport & Recreation Branch, and the Department of Tourism, Heritage, & Culture for supporting the Saint John Bike Share program.

Need a bike? Call the SJBS program at the CVRC, 693-8513. Want to donate a bike? Call the SJBS program to find out how.

Community Health Nurse at CVRC

by CVRC

Neighbourhood Community Health Nurse Jill Roberts will be at the Crescent Valley Resource Centre, 130 MacLaren Blvd., on Mondays (starting August 12), 10:30-11:30 a.m., to check your blood pressure, glucose, answer any questions or simply to have a chat.

Drop by with your questions.



Splash pad grand opening



Pure joy at the Market Place Splash Pad
(Photo: Jill Roberts)

by Jill Roberts, RN


Friday, July 5th was an absolutely beautiful day to celebrate the grand opening of the Market Place Splash Pad, which lies adjacent to the Carleton Community Centre on the city’s west side. Chuck Edison, the long-time director of the centre, acted as Master of Ceremonies and it was obvious to all in attendance that he was thrilled to see this dream become a reality for the community.

Special guests included MLA Gerry Lowe, who was determined to see this project come to fruition, Port Saint John CEO Jim Quinn, who was a major sponsor from the very beginning, MLA’s Dorothy Shephard and Trevor Holder and a number of City of Saint John Council members. Representatives from sponsors Province of NB, City of Saint John, AIM Recycling, DP World and NB Children’s Foundation were also on hand to join the celebration.

The most important guests of all, however, were the children and many were there to enjoy a bbq and all of the fun that the water features have to offer. Thanks to the recent run of hot weather, squeals of delight can be heard from opening time of 10 a.m. daily to closing time at 8 p.m.



The ribbon cutting
(Photo: Jill Roberts)



The Honourable Dorothy Shephard
MLA Saint John Lancaster

640 Manawagonish Road
Saint John, NB E2M 3W5
Constituency Office is located
at side of building facing Church

Tel: (506) 643-2900
Fax: (506) 643-2999
Dorothy.Shephard@gnb.ca
www.gnb.ca

Carleton Bike Rodeo

by Jill Roberts, RN

Children on the west side recently took part in a community bike rodeo, where they had an opportunity to have their bikes checked over by Kevin and his team of volunteers from Hayward’s Bike Shop. After a thorough tune-up, participants were invited to steer their bikes around a fun obstacle course that was created and supervised by Constable Don Metcalfe, of the Crime Reduction Unit. Special thanks to Don’s daughter Haley and her friend Maddie Dever for volunteering at the event.

Children without a helmet were properly fitted with a new one, thanks to a generous donation from Pro Kids. Volunteers Loretta and Jaime prepared and handed out healthy snacks and prizes to the children who attended. One lucky young man won a new-to-him bicycle thanks to sponsor Rob Scott of Desjardins Insurance and a lucky young lady will be receiving her brand new bike this week courtesy of Hayward’s Bike Shop and the Friar’s Sisters Concert Fund. Huge thanks to all sponsors and volunteers!



Happiness is a bike
and helmet
in summertime
(Photo: Jill Roberts)

Market Place Wellness updates

Market Place Wellness Centre, Carleton Community Centre

- Specimen collection is now Mondays and Tuesdays, 8 a.m.-3 p.m. Appointments only: 648-6681, press #3
- Food Bank, summer hours: once per week, Tuesdays, 1-3 p.m.
- Smoking Cessation Program: call 674-4335 for an appointment
- Free Health Coach Services: please call Lesley, 608-6498
- Free Gentle Path Counselling Services (state “West”): call 652-7284, press 0
- Social Development case worker on site Tuesday 1-3p.m., or by appointment
- Senior-led fitness program/ Falls Prevention for ages 50 and up (“Zoomers”), free. Schedule: Tuesdays 10 a.m. and Fridays 11 a.m. All participants must have an initial assessment. 674-4335.
- Pickle Ball: Mondays, Tuesdays and Wednesdays p.m., contact Mike, 672-9566
- Line Dancing: Mondays, fee applies
- Community Garden Plots are full. Registration for 2020 will be at the end of the year.
- Social Worker/Dietitian/Counselling: by appointment, 674-4335
- Art Class: Tuesdays, 1-3 p.m. Please contact Kimmy.cookson @ gmail.com
- Yoga with Russ: Monday, Wednesday and Thursday, 10 a.m. @ C.C.C. \$7
- Tasty Tuesdays downstairs and Drop-in Centre upstairs (Scotia Room): 12-2 p.m.

West Neighbourhood Contact

Jill Roberts
Jill.Roberts@HorizonNB.ca
120 Market Place 674-4307



Roots and Wings Garden: come see our progress!



Volunteers hard at work on the community build
(Photos: WVNA)

By Michelle Ortega

The Roots and Wings Garden partners Michelle and Lisa have been busy bees this summer! First, we held our community build day on June 16th and had a wonderful turnout ! Many thanks to our garden partners and contributors, Penni Eisenhauer of the Waterloo Village Association, the fabulous build team at Saint John Tool Library (SJTL), City of Saint John Parks and Recreation, Justin Sweeney of the Community Loan Fund, Prince Charles School where the garden is located, and many more !

At our community build day we tore down and rebuilt a portion of the fence, protecting the garden just off Union Street. Some of us used power tools for the first time with the guidance of Brent Harris from the SJTL. It was definitely an empowering experience we won't forget ! We planted the seeds for what will surely grow in to a beautiful pollinator garden, providing a much needed safe haven for our bees and butterflies in this urban environment.

Our second garden project is the pallet gardens located behind Prince Charles School. Lisa Morris, a Roots and Wings Garden Project partner had planned, fundraised and hosted the workshop on July 5th for neighbourhood residents who have a desire to learn how to garden in an urban environment where space, funds and supplies are limited. Lisa really came through with innovative ideas and limitless creativity to make this happen for our community !

Feel free to take a walk around the Prince Charles School on Union Street and visit these two garden project sites! Come see what we have growing!



If you wish to sign up and take part in future garden projects and events you may do so by emailing rootsandwingsgarden@gmail.com or join us on Instagram [@rootsandwingsgarden](https://www.instagram.com/rootsandwingsgarden)

We are so grateful for the support of community partners who believe in the Roots and Wings garden vision and support our garden project adventures ! Also thank you to our friends and fellow residents who continue to come out to support events! It's so exciting and rewarding to see our garden vision evolve into sustainable community projects!

Ninth annual Community Cleanup!

By Michelle Ortega

The Waterloo Village Neighbourhood Association and the Courtenay Bay Tenants' Association held their ninth annual Community Cleanup and BBQ on June 22nd.

Along with community partners such as the city of Saint John's Green Machine and gracious donation of barbecue supplies, a motivated Working 4 Change team on needle collection and disposal, as well as contributions from Tim Hortons and Giant Tiger, our event was a success!

A clean and healthy external environment is crucial for each resident's personal wellness. Neighbourhood cleanups bring a huge sense of pride and enable us to feel supported in our individual wellness journey; by sharing in the responsibility and the rewards we all benefit greatly.

Bringing neighbourhood residents and community partners together with the shared goal of making our streets safe and clean is inspiring, and empowering for all who take part, and the turn out was fantastic ! A very big thank you to all who came out and showed love for the Waterloo Village area! We couldn't have done it without you!



The BBQ at the clean-up
(Photo: WVNA)



Waterloo-Village Neighbourhood Contact

Penni Eisenhauer
commorg.penni@gmail.com
Saint John Learning Exchange
139 Prince Edward Street
647-8047



DARE role models

(This is a special repeat article for our safety issue. In issue 65, for reasons of space, we unfortunately had to omit the wonderful photo. Three cheers for kids helping to keep other kids safe! - The Editor)

By Victoria Lawrence, Hazen White - St. Francis

Our local police, Sergeant David Hartley Brown and Corey Jamieson have been working alongside some of our very own HWSF Huskies to promote the Drug Abuse Resistance Education (DARE) program.

Students from each grade have been selected to represent the DARE program and our school as DARE Role Models.

These students will promote and exemplify positive behaviours, be a support system to other students, and be a positive and bright presence within our school.

“I love it, it’s really cool,” says DARE Role Model Rawan.

Thank you to Sergeant David Hartley Brown and Corey Jamieson for



DARE role models (Photo: HWSF)

Safety

by Ben Gillcrist, Community Schools Coordinator, St. John the Baptist/King Edward School

Safety and conduct of the school year go hand-in-hand.

For a Community school like SJBKE (Saint John The Baptist/King Edward School), this means reconciling the safety needs of both students and staff with an effective ‘public face’, that is, ensuring the school is an open, welcoming place in the community while at the same time remaining vigilant with screening processes security, and physical safety within the building itself.

As a Community School, SJBKE hosts programming year round, often well into the evenings. The strength of our community security efforts lies in the professionalism displayed by our on site partners, who account for every child and person coming through their areas-our greatest safety asset lies within the seamless transitions that are effected between these programs and regular school scheduling. Safety is borne out within, and carried through by, effective communication therein from all parties.

SJBKE is a unique building with a ramp system connecting the two halves of the school- the safety facilitation provided through this physical asset greatly simplifies our ability to transport students with special needs, as well as heavy loads and items that might otherwise present dangers while being moved.

The railings along these ramps (which reach through three floors) have been raised in recent years make sure small children in particular have an effective barrier (and sense of well being) as they move from floor to floor. The ramps are also essential in facilitating easy delivery of our volunteer led, on site nutrition program.

Safety is both at the forefront of, and deeply ingrained within, Community School thinking.



Saint John The Baptist/King Edward School
(Photo: Ben Gillcrist)



Partnering from Kindergarten to Grade 12 and Beyond

- Partnerships
- Volunteering
- Mentoring
- Role Models
- Coaching
- Focus on Literacy
- Having Fun
- Tutoring
- Breakfast/Lunch Programs
- New Opportunities
- After School Programs
- Career Exploration
- Making a Difference

We ALL have something to offer!



iPALS
PARTNERS ASSISTING LOCAL SCHOOLS

Deborah Fisher
fisher.deborah@jdirving.com

Susan Tipper
tipper.susan@jdirving.com

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Hopscotch and Friendship Games – you can get involved!

By Lynne Kaine

The City’s Playground Program has been very busy this summer, which has been awesome. Crescent Valley, One Change, Carleton and Milford Community Centres along with the City-run sites have all been enjoying special events over the summer.

I have been helping stencil some hopscotch stencils around Crescent Valley and will also offer the stencil and my company to other communities. All they have to do is email me and we’ll set up a date and time to get together. lynne.kaine@saintjohn.ca .

I would like to put a call out to anyone who would like to volunteer for the 50+ Friendship Games! Next June will be the 30th Anniversary of the games and I am trying to help the committee by finding volunteers to help make the games a success! You do not have to be seniors to volunteer - all are welcome! Again, I am at: lynne.kaine@saintjohn.ca .



Your Bee Me Kidz family is missing you this summer!

By Kerri Brooks, Bee Me Kidz Program Coordinator

And we can’t wait to see our Bee Me Friendz and Familiez for another great year of making friends, learning about emotions and having fun on Saturdays!

Summer is a great time to make special memories with your kids. See how many things you can cross off before our program begins again on September 21st:

- | | |
|--------------------|-------------------------|
| Paint rocks | Create a scavenger hunt |
| Picnic | Dance party |
| Feed the ducks | Visit the library |
| Play “I spy” | Build a sand castle |
| Water fight | Make ice-cream sundaes |
| Visit a splash pad | Nature walk |
| Go to the market | Watch fireworks |

Call or text to register your child for September, 654-1395 and check out our Facebook page at Bee Me Kidz to learn more.

September 19th is Recovery Day

Saint John’s fifth annual Recovery Day takes place at King’s Square on September 19th from noon to 1 p.m. The event is being accompanied by an official proclamation by the Mayor, recognizing Recovery Day in the City. The celebration will include celebratory messages, personal stories of recovery and booths representing Saint John’s recovery support services. (See p. 14 for more about Sophia Recovery Centre.)

Big Brothers Big Sisters

By Charlene Perry

It’s not easy deciding what you want to do “when you grow up”! Maybe you feel like you have no options or you’re overwhelmed with too many. The fact is, it doesn’t matter where you start, as long as you do!

PROPEL is a program delivered for two hours a week for 28 weeks by Big Brothers Big Sisters of Saint John. Thanks to funding from RBC’s Future Launch, this program is free and there are plenty of incentives along the way!

Are you motivated to begin building a future of success on your terms? Register now for September 2019 - May 2020. Explore your education and/or career opportunities. For more information call 635-1145 or charlene.perry@bigbrothersbigsisters.ca.



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1 Market Square, Suite N306
Saint John, New Brunswick, E2L 4Z6
506-657-2500 • Wayne.Long@parl.gc.ca



Saint John’s community gardens



[continued from p. 1]
extends beyond the volunteers. “The amazing thing is, kids could jump over the fence, but they seldom do and there is very little trouble,” Linda adds.

The garden and the food bank, located at the CCC, are vital in a high-poverty neighbourhood. Jill says, “We have a cooking program— children come out to the garden and pick some produce to use in their recipe. The kids like it because the carrots still have the dirt on them. They can walk out and see where the food comes from.” So there is not just increased access to fresh produce; the residents’ knowledge grows too.

Recipes are also handed out at the food bank with less familiar produce such as beets or zucchini. Jill continues: “We started handing out fresh produce at the Food Bank and the reaction was terrific. During the winter people mentioned they wished they still had the produce, and suggested a meal, so we formed a partnership with Harbourview High for Tasty Tuesdays (see *ATB* issue 65, p 12).”

People take only what they want; the produce is not just bagged up and offered. Volunteers pick it early in the morning or the day before; at the food bank, it is laid out on a nice tablecloth. “That way it is more about having a choice. If people were hoping for something specific like the zucchini and that was not what was harvested for that day, sometimes we bring them out and let them pick it, and if they want two servings of something because of their large family, that’s ok.” Phil notes that the garden provided 80 crates of fresh produce to the food bank last year – “and there will probably be 100 this year!” That’s a lot of healthful food for residents with no access to it otherwise.

Crescent Valley

Olivia Clancy is the Registered Dietician in charge of Crescent Valley (CV)’s new garden. The team there have managed to build 25 active plots and get a good season in this year. The 19 plots in the established CV garden have been full for years, so there was a need; the unfinished new garden already has a waiting list! There will soon be 42 plots and a greenhouse; accessible plots will allow those in wheelchairs to garden.

Two plots (and two to come) are reserved for the North End Food Bank, but most individuals and organizations (ex. Somerset Daycare) are growing food for their own consumption. Yards in CV are very small, Olivia notes, so people don’t have a place to garden. There are many food-insecure residents who rely on food banks and other sources. This new space lets residents grow their own fresh produce. While there is no food bank in CV there is a dedicated bus to take residents to the North End one. The food bank plots are maintained by staff. “There are a lot of newcomers in CV,” Olivia tells us, “and many were farmers before they came to Canada. I have learned a lot listening to how they do things. Their plots are immaculately maintained.”
When the Atlantic Coastal Action Program (ACAP) planted 96 fruit



Olivia Clancy at the new Crescent Valley garden

plum, and pear. The fencing around the garden incorporated an existing community gathering space, which will be improved. The garden just got electricity before our early August visit; one shed is up and a second will house a barbecue and lawn games. A unique emphasis here is on formal gardening education. “We don’t want this just to be a space for experienced gardeners, it’s a welcoming and educational space for anybody. In the spring, we ran several workshops on planting seeds, growing herbs, planning your garden space, and composting. We will be offering these again!”

Rainbow Park Community Garden

Named after the South End park in which it stands, this garden has been “a matter of gradual improvement,” says gardener Andy Reid. “It’s up to volunteers. One of the largest improvements has been raised beds which were done largely through money donated to People United in the Lower South End (PULSE), who bought the lumber.” Standing on City-owned land, there is an agreement between the City and PULSE to let the garden exist here. Plots are 16’ by 4’ or 8’ by 4’. Andy’s has hoops which allow him to insulate the garden and get a head start on the season. “The climate in the South End is a little less forgiving than, say, in the North End. There’s a lot of fog and wind.”

There is no formal connection yet with a food bank, Andy notes. “But last year at the end of the season we gathered all the surplus and donated it to the Community Food Basket. Hopefully we can develop a partnership with them and have a designated plot for them as they do on the West Side and in CV.”

The garden has its own personality: you’ll see local materials such as seaweed used for compost. One experienced organic gardener has put stones around tomato plants to hold the heat. With the garden in an industrial environment across from some of the storage area of the Port, right on Broad Street, Andy hopes it will be possible to beautify and enclose the garden, perhaps by a hedge, and create a community gathering space. “It really is a community-building exercise for the South End, with its high level of diversity. There is a strong presence of newcomer families who often use the garden as a social gathering space.” Uniquely, this garden is not locked. “We have had kids and families from the community come to participate from the start. Then they are the ones looking out for it. They own it.”



Andy Reid at the South End garden

Exposing the threats to online security



Moazzam Jafri teaching workshop participants
(Photo: Lina Gharbiya)

by Emily MacMackin, Communications Specialist, Saint John Newcomers Centre

What is cybersecurity and how do you protect yourself online? Moazzam Jafri, cybersecurity specialist, addresses these questions Wednesday nights with his series of Cybersecurity workshops from 6-8 p.m. at ConnexionWorks.

In 2018, Moazzam approached the Saint John Newcomers Centre with a desire to give back. Knowing the growing cybersecurity ecosystem in New Brunswick and educational gaps, he knew he could make a difference by exposing threats to online security.

According the Department of Public Safety and Emergency Preparedness, Canadians spend an average of 43.5 hours per month online. Compared to other countries, the statistic is high.

High internet consumption means Canadians put themselves at risk of data breaches every day.

Le perfectionnement, une priorité pour les éducatrices en CPE



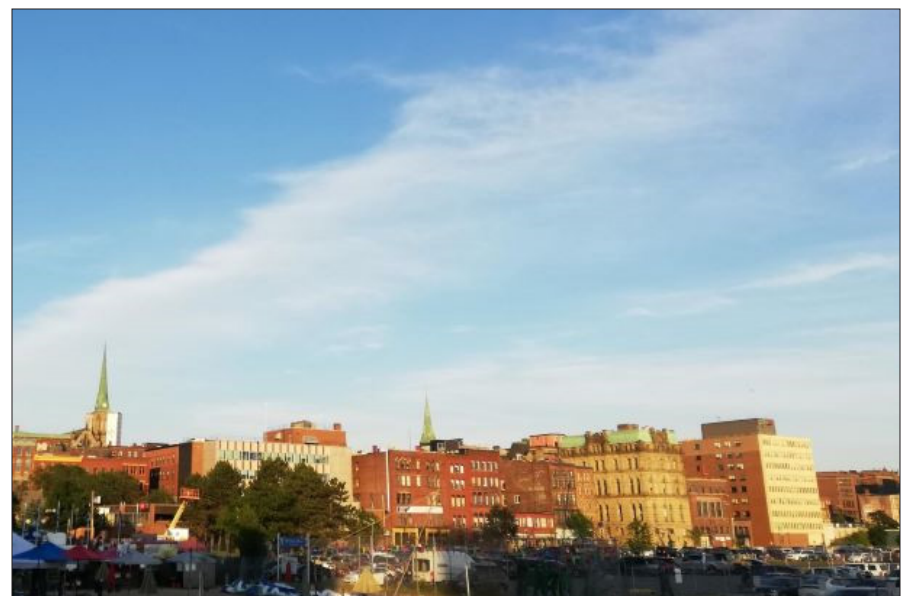
Présentation de Shirley Parisé
(Photographie: Jonathan Poirier)

Par Jonathan Poirier, Agent des communications, ARCf de Saint-Jean

Chaque année, les Centres de la Petite Enfance de l'ARCf offrent une demi-journée de formation à ses éducateurs et éducatrices pour les mettre à jour au sujet des meilleures pratiques à adopter au travail. Les employés font le point sur certains enjeux au travail et s'échangent des conseils pour améliorer leurs services.

Le 10 mai dernier, lors de la formation annuelle, l'Agente en pédagogie préscolaire au Ministère de l'Éducation et du Développement de la petite enfance Shirley Parisé est venue donner une présentation sur l'importance de la planification et de l'observation dans le travail d'éducateur/éducatrice. Elle a aussi expliqué que l'apprentissage va au-delà de l'alphabet et des chiffres, mais bien de former des personnes qui seront des adultes plus tard.

Health, safety and climate change



(Photo: ACAP)

By Jamylynn McDonald, Climate Change Intern, Atlantic Coastal Action Program (ACAP)

This summer, heat has been a topic of discussion in Saint John! As Earth's climate changes, we can expect the summer temperatures to continue reaching high twenties and thirty degrees. As a reminder, drinking water, wearing hats and light colours, and applying sunscreen will reduce heat exposure so we can enjoy our favourite outdoor activities. Heat stress may appear as exhaustion, dizziness, headaches, or nausea. If you are feeling this way, slow yourself down, get a drink, and find some shade. Take a trip to public air conditioned spaces to cool your body. Stay safe this summer!



Integration Starts Here

The Saint John Newcomers Centre

Le Centre de nouveaux arrivants de Saint-Jean

L'intégration commence ici

165 rue Union Street, Saint John, NB
welcome@sjnewcomers.ca
bienvenue@sjnewcomers.ca
tel/tél: 506.642.4242

More than just fun in the sun!



(Photo: YMCA)

By Morgan Daye, Communications Coordinator, YMCA

YMCA Day Camps offer new experiences, skill building, and lasting friendships. All of our staff are trained in CPR and Child Protection and uphold the YMCA Summer Day Camp Standards:

- 1) Summer Day Camps have safe, quality programming.
 - 2) Summer Day Camp programs foster positive relationships.
 - 3) Summer Day Camp families receive positive and timely communication.
 - 4) Summer Day Camp staff are engaged and well trained.
 - 5) Summer Day Camp programs model and inspire YMCA core values.
- With more than 50 camps to choose from at 10 locations in Greater Saint John, your child is sure to have a memorable summer with the YMCA. Visit www.saintjohnny.ymca.ca to register now!



Saint John Field House

Enjoy Child Care, Fitness Centre,
2 Turf Fields, Track and more!

1 YMCA Membership, 3 Amazing Facilities

Opening Fall 2019!

Financial assistance available

For more information please visit sjfieldhouse.ymca.ca

YMCA of Greater Saint John is expanding its reach!

By Morgan Daye, Communications Coordinator, YMCA

With the opening of the new Saint John Field House and the Loch Lomond After School Program in fall 2019, the YMCA of Greater Saint John will now have 16 locations in the region.

Not only have we expanded geographically, we have diversified our program options as well! The new Rothesay Hive Age Friendly Community Centre opened its doors to our older adult population creating a nurturing gathering place for socialization, and the Saint John Field House will be the first indoor turf field to serve Greater Saint John.



Working out at any age!
(Photo: YMCA)

Salvation Army cooking up a storm

by Louise Armstrong

During the Flood of 2019 the Salvation Army Community Response Unit (CRU) attended to the needs of both volunteers and first responders by providing meals. The six-burner gas fired stove was operating on a daily, for cooking anything from burgers to chicken stir fry. These items were cooked in our two frying pans which directly impacted the time in which food was served. Ready Arc graciously donated a stainless-steel griddle, custom built to cover four burners and easily cook 30 burgers at one time. This donation holds a value of over \$1500.00 Jason believes in the mission of The Salvation Army and by supporting the CRU with a new griddle he is able to serve his community in times of need. A big shout out to Jason and his team at Ready Arc who made this happen!



(Photo: Salvation Army)

Saint John is a “bright spot” for tackling homelessness

National recognition for local successes

By Michael MacKenzie, Community Development Coordinator, SJHDC, and Lorna Brown, Editor, Around the Block

Winter was harsh in 2018-2019, icy and unforgiving for people experiencing homelessness.

The cold weather always brings more pressure than usual on the emergency services that support people who have no home. Saint John’s Community Council on Homelessness knew what was coming as winter neared. Coordinated by the Saint John Human Development Council (SJHDC), the partners got together in November 2018 in a meeting that proved to be a turning point for how Saint John tackles homelessness.

Saint John is one of more than 30 Built for Zero communities across Canada as part of the Canadian Alliance to End Homelessness (CAEH). The “Zero” a state where if homelessness occurs, it is rare, brief, and non-recurring. Through Built for Zero, HDC staff had learned of an approach called Coordinated Access, which we introduced at the November 2018 meeting to representatives from partners such as the City, the University of New Brunswick, Veterans Affairs, the Department of Social Development, and local non-profits.

Coordinated Access allows people experiencing homelessness to do just one assessment to start finding help with housing. We can then refer them to whatever program or service is appropriate for them. This is the opposite of the usual system, where a person must do an intake or assessment with each agency for a different aspect of their situation (food, homelessness, physical health, mental health, addiction, etc.). For people with past trauma or mental health issues, repeating their story can be deeply troubling. Coordinated Access reduces the need for people to tell their story over and over, reduces duplication of services, plus fewer people give up and get lost along the way.

The national community of people working to end homelessness sees Coordinated Access as the path that will lead to the end of mass homelessness. And Saint John has some stark statistics: more than 400 people used the emergency shelters in 2018, a number that has increased every year since 2014. And more than 1700 are waiting for affordable housing.

But, behind the numbers are real people, individual human beings with names. And by knowing their names and sharing information among partner agencies confidentially through Coordinated Access (with the clients’ permission, of course), we created the By Names List. This is a real-time list of all people known to be experiencing homelessness in the Saint John area. Knowing people by name, and knowing their specific needs, allows the group of partners to see who is in the most need as resources become available to house people.

In an innovative move, the group of partners led by HDC sought and obtained 15 rent supplements from the Department of Social Development in the winter. As the cold deepened and the need for shelter space grew, the partners met weekly and moved people off the By Names List, out of the shelters or even off the streets, into permanent housing! Other partners such as Surplus Furniture and Ultimate Movers supplied and moved beds and other furniture.




Ben Appleby (member of Saint John’s BNL table) with SJHDC’s Michael MacKenzie and Chris Gorman at a Built for Zero Learning Session in Toronto. (Photo: CAEH)


Randy Hatfield, Executive Director of the Human Development Council, says: “Instead of providing temporary shelter space, HDC and our partners tried something new. We freed up existing emergency shelter beds by helping more people get permanent housing more quickly. In this way, we helped move those who most needed support away from chronic homelessness towards living with dignity.”

The Canadian Alliance to End Homelessness (CAEH) highlights on their website “outstanding work in ending homelessness happening across Canada.” The Saint John partners featured as one of these “bright spots” in April 2019: <https://caeh.ca/bright-spot-saint-john>. CAEH shone the spotlight on a three-month blitz of getting 22 people out of the deep cold into permanent housing through Coordinated Access. The CBC also shone a light on the work of the “homeless squad” in March: <https://www.cbc.ca/news/canada/new-brunswick/saint-john-homeless-squad-1.5055450>.

The By Names List is a foundation for a new way going forward. The idea is not to keep people in need waiting while you design a perfect system. Instead, you get together, work together, act quickly to help people, and learn and improve so you can help them even better. How well and how quickly this has worked in Saint John really convinced people that this is the way to go. HDC’s Michael MacKenzie and Chris Gorman will be supporting Saint John, Fredericton, and Moncton in developing By Name Lists and implementing Coordinated Access systems over the next couple of years. We will continue the rewarding work of connecting people to housing in real time.



Downed Powerlines



- Treat all downed powerlines as if they were energized. Stay at least 10m away from them and anything that they touch, including puddles of water and fences.
- Keep children inside and pets on a leash to prevent electric shock or electrocution.
- Never attempt to repair damaged power lines or remove tree limbs from power lines.
- If you see crews working on power lines, try to avoid their work area.

If you see a downed powerline call 911 and Saint John Energy Immediately at (506)658-5252.

Seaside Playground

By Rachel Wilson, Fundraising Assistant, Boys and Girls Club

New to Seaside Park is a playground for all! Let’s make it all fun and games, and safe! Teaching kids how to play safe is important. If they know the rules and act responsibly, they are less likely to get hurt!

The two most important factors are adult supervision and safe playground equipment. When first arriving to a playground you should become aware of its surroundings. Check to see if any parts are broken, cracked, or rusted, along with guardrails for elevated surfaces.

Things to teach the kids:

- Never roughhouse on playgrounds, slides, or swings.
- Use equipment properly, feet first. Don’t stand on swings. Don’t climb guardrails.
- Check that no other kids are on or too close to the equipment before you use it.
- Check the equipment as it may be slippery when wet and also dangerously hot in the sun.

Head over and have fun safely!

Summer learning



(Photo: Boys and Girls Club)

By Rachel Wilson, Boys and Girls Club

Over at our South End Summer Camp, we have started an exciting program to practice our reading and mathematics skills throughout the summer months. To help with the common learning loss that happens every summer, each day we have two teachers coming in the morning to continue literacy and numeracy development.

This program is a way to provide a more structured approach to summer camp activities, with specific learning opportunities built into fun camp activities. Each day includes a combination of large group/ team building activities, small group activities, and individual activities. The kids then have the afternoon to continue Boys and Girls Club fun summer programs!

Brunswick Drive Highrise



Left to right: Joanne Taylor, Wade Bradford, Betty Gauvin, Linda Harvey (Photo: Debbie McLeod)

By Debbie McLeod

During the June Tenant Association meeting for the summer, Wade and Joanne surprised the Tenant Association members with a big-screen TV to use in the community room. Betty, president of the Tenant Association, and Linda, secretary for the Tenant Association, were called upon to accept the donation.

Thanks so much to Joanne and Wade for their generosity! Activities will start again in the Fall for 656 Brunswick Drive Highrise and I’m sure the new TV will be put to good use.

Hope everyone enjoys their summer.



New Seaside Playground
(Photo: Boys and Girls Club)

goldrush

Boys & Girls Club of Saint John

Play the same number every week

\$2 to play per week

Deadline to pay is 9am Thursday into the green boxes and 10am Friday at the Club

We have 26 Green Box locations. Check our website for more details

Contact Us

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Around the Block interview: Jo-Anne Renton, Sophia Recovery Centre

by Lorna Brown

September is International Recovery Month, and Saint John is among 30+ organizations across Canada that will celebrate Recovery Day. *ATB* sat down with Jo-Anne Renton, Executive Director of the women-only Sophia Recovery Centre, to learn more.

What led you to your job at the Sophia Recovery?

I have always had a heart for helping people in general but especially for empowering women. Here we can help them create a better life.

What results do you see?

When one woman gets well, it improves her life, but it improves the life of her children, of her family overall, of her community - employers, landlords – it has such a ripple effect when one person gets well! And what happens with our women is, when they get well, then they come back and they help other women. [*Sophia has a program of peer mentorship.*] That is a huge part of recovery in general. When you've been given this gift of recovery, it is your duty to pass that gift on to someone else, to help another woman.

How do you work?

It is all about building relationships with other community agencies - Ridgewood, Coverdale, First Steps, Elizabeth Fry, 12-step groups - everybody communicating with each other, because a lot of the women who come here use other services, so knowing what's out there can help us advocate on their behalf.

What is your essential message to potential clients?

That recovery is possible. There is *hope*. Many women come to our door in a state of hopelessness. Not all; there is spectrum of addiction. Some come thinking they might have a problem; others have lost everything and have to start over from nothing. And they come from all socio-economic backgrounds. That is a big part of Recovery Day - breaking the stigma. There is a misperception about what a person with a substance use disorder looks like. And there is an idea that this is a moral issue, a matter of choice. Addiction is a *health* issue. It is a disease. We need to break that stigma because it is keeping people from seeking help.

Tell me more about Recovery Day

Since 2002 in the United States and 2012 in Canada, Recovery Day's main purpose has been to reduce the stigma, to bring people out of the shadows. Anonymity is a basic premise of 12-step groups, and that is great, but there is this whole group of people with hope who are not visible, and addiction is growing, people are dying - think of the opioid crisis. Recovery Day is about getting out there and showing people, from experience, that recovery is possible.



Jo-Anne Renton in the welcoming kitchen of the Sophia Recovery Centre (Photos: Lorna Brown)

When was the first Recovery Day in Saint John? And what is the date?

2015 was the first, and Sophia spearheaded it. This year it is on **September 19th**. It is something to celebrate; don't be ashamed of it, it's a beautiful thing. By sharing it with others you are giving hope.

How does the day unfold?

Our event runs from noon to one in King's Square, or Market Square atrium if it rains, but so far it never has! It starts with a proclamation by the Mayor - the "why" for the day - and then three or four speakers who are in recovery share their lived experience. Then we have some music. All around the Square are tables from organizations that support recovery, where people can get information: Ridgewood, Celebrate Recovery, Narcotics Anonymous, Alcoholics Anonymous, the Parent-Child Assistance Program. The Salvation Army comes with their food truck.

On your day, there will be three cruise ships in Saint John!

Yes, it so exciting! Our speakers are so powerful, and King's Square at lunchtime is pretty packed. Whether you have come to hear the speakers or not, if you are just passing through, you will hear them. One story may affect one woman walking through the Square, someone who didn't even know about Recovery Day. If you need help, call 633-8783, weekdays 9 a.m.-4:30 p.m., or come see us!

On my way out, we stop to see the inviting living room at Sophia, where there are some words on the mantelpiece. The most prominent is this:



**Free
Admission
Everyday!**



**August 27—August 31
Tuesday to Saturday—12noon to 11pm**

Advance ride bracelets available at
all Deluxe French Fries
Questions? phone us at 633-2020

Be sure to visit

East Coast Amusements Midway
Horticultural & Handcraft Competitions
Poultry & Rabbit Show
Nashwaak Farm Animals - Bldg 3
Woodworking Competitions
Red Knights 60 ft Remote Control Car Track
Danielle's Party Pets-Bldg 2
Swampbear Chainsaw Carvings
Cuddle with our Chicks-Bldg 3
Bruce the Mechanical Bull
Hay Bale Art Competition
Mobile Maple Bush
Science East
Bldg 1 Vendors Market
Saint John Fire Dept—Fire House
Woodland Traditional Archers

**Fireworks
Tuesday
Night!**

**Pony Rides
3pm-7pm
daily**

**Welcome
Diesel—Police
Service Dog**

Free Daily Shows

Presidents Choice Acrobark SuperDog Show—The Most Fun on 4 Legs! (3 shows daily)
West Coast Lumberjacks (3 shows daily)
Circus Stella Stilt Walkers (3 strolls daily)
Ken Jen Petting Zoo (all day-every day)
The Domino Man (3 topples daily)
Pony Rides (3pm-7pm daily)
Science East (2 shows daily)

And More.....

Fireworks—Tuesday—dark (around 10pm)
Gary Morris & the Country Jamboree —Tues. Aug 27-7pm
Roarin' 20's Tea—Wed. Aug 28—12 noon (advance tickets)
Steve Lyons & Friends—Wed. Aug 28-7pm
Donnie & the Monarchs—Thurs. Aug 29 -7:30pm (advance tickets)
Seafood Luncheon - bingo, draws & music - Fri. Aug 30-12 noon (advance tickets)
Ivan Hicks & Country Music Hall of Fame—Fri. Aug 30-7pm
Incendia Motus Fire Dancers - Thurs. Aug 29, Fri. Aug 30 & Sat. Aug 31 Dusk (2 shows per night)
Baby Show—Saturday 1pm (no registration needed)

Visit us on Facebook!



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www.exhibitionparksj.com**