



Around *the* Block

Issue 68 December 2019/ January 2020 sjcommunitynewspaper@gmail.com

Published six times a year by the Saint John Human Development Council

Priority neighbourhood associations demonstrate impact



Child poverty rates in Saint John were a focus at the Dec 2nd meeting
(Photo: Lorna Brown)

By Lorna Brown, Editor, Around the Block

On Dec 2nd, the five priority neighbourhood associations that form the Neighbourhood Action Group, plus the Teen Resource Centre and *Around the Block*, joined invited elected officials and a variety of stakeholders in a shared lunch and information session at the Nick Nicolle Centre in the Old North End.

The heart of the session was the presentations on the positive impact that the seven organizations are having on the community, from their food security efforts to after-school programs, from educational opportunities to helping residents navigate complex systems or fill in their tax forms.

That the help is critical was a point ever-present in the stark image above the speakers' heads, on child poverty rates in Saint John.

The session was facilitated by the Saint John Human Development Council. Lunch was prepared by the volunteers in the kitchen at ONE Change/Nick Nicolle.

(To learn more about the work of the neighbourhood associations, see the story on p. 12.)

Peace Mural completed



Newcomers for peace – the team celebrates the mural
(Photo: Emma Hickey)

By Emma Hickey, Communications Liaison, YMCA of Greater Saint John

Peace is an active state of being, not a passive one. Together, let's build community. Act for Peace.

The YMCA of Greater Saint John is so excited to show you the completed Peace Mural, mounted on the Aquila Tours - Bay of Fundy Shore Excursions office in the South End! This project was designed by Soha Soltan, a YMCA Newcomer Connections employee who immigrated to Canada in March 2018. We recruited nine young newcomers who had an interest in art to help Soha paint this mural!

We'd like to thank our community partners - City of Saint John, Outflow, Dykeman's Hardware & Marine, Elder Sheila Croteau and S.V. Masonry - who helped make this possible.

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

We have reached the holidays - the season of peace and joy. The newcomers to Saint John who painted the Peace Mural are an inspiration to us all to *act* for peace, the state of being that signifies genuine love. Action is the key. Love is more useful as a verb than as a noun. It's something you *do*.

As for joy, it can be in short supply for many people during the holidays, especially those living in the circumstance of poverty. The picture above left shows the depth of poverty among children in Saint John's priority neighbourhoods, which means there is lots of room for love in action in our community.

So here is a shout-out to the neighbourhood associations and all non-profits who serve our neighbours most in need. To Penni Eisenhower at Waterloo Village for her passionate work on the Pantry Project (p. 6), for how can learners learn when they are hungry? To Mary LeSage at PULSE (p.14) for the 1000 free tax returns that put money into the pockets of the lowest-income Saint Johners. To Anne Driscoll and the Crescent Valley Resource Centre (p.4) for their award-winning literacy work, because education is the path out of poverty. To Dustin Leclerc and Jill Roberts at the Carleton Community Centre (p.5) for Tasty Tuesdays and Zoomers fall prevention, a GED classroom always at capacity and a food bank with 8000+ visits a year - 3100 from children. To Barry Galloway and Christa Petts at ONE Change providing programs to 357 children - and their heartbreak in having to turn some away.

This holiday, let's act for peace, joy, and love. Don't just feel it: do it!

Proud Sponsors of Around The Block

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Christmas Events 2019

By *Chealsea Brown*

Every Christmas, ONE Change puts on amazing events for people in the community. The Christmas extravaganza kicks off with the tree lighting at Victoria Square Park on November 29th. The next event takes place on December 5th, which is the Christmas concert, followed by family night on December 10th. Family night is a bunch of activities such as decorating cookies with Mrs. Claus and family Christmas photos.

This leads to our big Christmas event on December 14th. Senior tea also has a Christmas event on December 17th. Finally, our last event is on December 25th which is a Christmas dinner.



Left to right, Ashley Dunphy, Railynn Flewelling, Aaliyah Grant, Amy Earl
(Photo: Chealsea Brown)

Looks like Christmas at Nick Nicolle!



Jessica Bradley (Photo: Sue Davis)

By *Kendra Gautreau*

It's beginning to look a lot like Christmas here at the Nick Nicolle Community Centre! Participants from the ONE Future Program have been busy getting involved in the community by decorating the centre with festive frill and flounce. They are selling fudge as part of a fundraiser to help support community members over the holidays and spreading holiday cheer by joining the ONE Change Choir. There are many merry things happening here at Nick Nicolle, so be sure to stop by and spread some joy. After all, it's the most wonderful time of the year!

The Honourable Trevor Holder MLA Portland - Simonds

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



After school at Nick Nicolle: 'Tis the season!

By *Latoya Grant*

'Tis the season to work on special projects at the Nick Nicolle Community Centre.

Our after-school kids are busy making hand print penguins, Christmas ornaments, snowmen and Santas to help decorate our centre, which they really enjoy doing.

In Makerspace we are working on light-up Christmas cards and glowing Christmas decorations, and building Christmas merry-go-rounds.

In our art classes the kids are making different art projects for Christmas. They love making different projects for the holidays.



Carter Fillmore
(Photo: Latoya Grant)

Christmas Dinner - a new tradition at ONE Change!



Enjoying Christmas dinner together (Photo: Christa Petts)

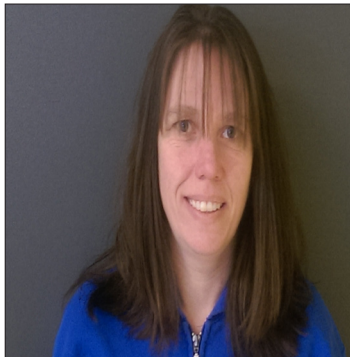
By *Christa Petts*

One of the newest traditions added to our holiday celebrations is Christmas Dinner.

Barry Galloway came to realize many people in our community have no family or friends to celebrate with. For the last three years, on December 25th he has prepared a community dinner with all the fixings. Each year, more people attend. It provides families a safe place to gather and make Christmas brighter for those who wouldn't celebrate at all. Small gifts are given, and the children are always grateful what they receive. It really is a special day for all who attend.

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)

By Mary LeSage, PULSE

Don't forget to pick up your heating rebate forms at PULSE starting January 3rd.

Please remember our monthly Food Purchase Club Money is due January 17th and February 14th 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!

As always our nurse is available upon request!

Stay tuned in our next issue for income tax clinics.

We are always looking for volunteers; come in and talk to me and see what you can do to help your neighbourhood.

Follow us on Facebook for the dates of our Coffee and Chat Fridays, and come in out of the cold, from 12-2 p.m.!

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



I was Farm Bombed by Cory Richardson, AKA 'The Squash Guy'!

By Mary LeSage, PULSE

On a recent Friday night, I was browsing Facebook when I came upon this post that a farmer was coming into Saint John to unload some squash and other produce. I answered the ad and sent him a message. He showed up a while later to share some vegetables he had. This is how community is built, one friend at a time. We had a great conversation about his farm and how he wanted to share the bounty from his garden.



Mary and Cory (Photo: PULSE)

Congratulations to two teams!

The Saint John police department crime reduction team and its partners have worked hard to ensure the safety of their communities. The crime reduction team partnered with the Saint John Newcomers Centre and the New Brunswick Crime Prevention Association to make videos for new residents of the Saint John area. (Photo: right.)

Together We Care is an activity that aims to dispel the myth that there are not enough community resources for vulnerable people. It attracted 82 exhibitors and 300+ citizens visited.

Gerry Lowe
MLA Saint John Harbour

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



PULSE opens Community Food Pantry

By Dave Spear, The Final Five

The South End is a growing community with lots of good kids, single parents, and struggling seniors. We have a new playground, a community police presence, and a nurse who visits PULSE weekly, but a growing problem is waking up to a bare cupboard, knowing that payday is not until tomorrow or a few days from now. That cup of coffee and a bowl of cereal means the world to someone facing food insecurity.

To address this issue, PULSE's new Community Food Pantry opened on December 9th, to be open twice a month. The grand opening is December 16th.

The times and dates for the next three months are as follows:

Month	12-2p.m.	10 a.m.-12 p.m
Dec.	9th	16th
Jan.	10th	24th
Feb.	14th	21st

We would greatly appreciate ongoing food and/or monetary donations. If you can help, or for further information, please phone Mary at 632-6807.

Time Out Cafe

By The FAB 5

Our first ever Coffee and Chat was a HUGE success! On Friday, November 15th, we had our first cafe and boy, were we busy! There were upwards of 30 people who stopped in to get out of the cold and chatted with both old and new friends.

Our upcoming dates are: Christmas Cafe December 13th and January 3rd from 12-2 p.m.

Follow us on Facebook to get updates!



The Fab 5, left to right: Doug, Sharon, Roy, Nancy, and Kathleen (Photo: Tara Parlee)



Crime Prevention Association of New Brunswick Inc Awards Presentation, November 13th, 2019 - Oromocto NB (Photo: PULSE)

South Neighbourhood Contact

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





Food Purchase Club

By Olivia Clancy, RD, Food Security Coordinator, CRVC

The Saint John Food Purchasing Club offers fruit and vegetables at an affordable price on a monthly basis. You can pay for the order you want (\$15 for one large bag or \$25 for two bags) by the date listed for each month. Pick up your produce the following week, at the same location where you paid, from 12-3 p.m. You do not need to buy an order every month – just when it is beneficial to you! Each bag contains a wide variety of delicious veggies for you and your family to enjoy!

Locations:

- West Side: Carleton Community Centre, 120 Market Place, 658-2920
- North / Crescent Valley /Anglin Drive: Crescent Valley Resource Ctr., 130 MacLaren Blvd., 693-8513
- Uptown / Central: St. Joseph's Community Health Centre, 116 Coburg Street, 632-5537
- Old North End: Nick Nicolle Community Centre, 85 Durham Street, 658-2980
- South End: P.U.L.S.E., 251 Wentworth Street, 632-6807
- East Side: St. Mary & St. Bartholomew Church, 646 Westmorland Road

Saint John Food Purchasing Club 2020 Dates		
MONTH	MONEY DUE BY	PICK UP DAY
January	17	24
February	14	21
March	13	20
April	10	17
May	15	22
June	12	19
July	17	24
August	14	21
September	11	18
October	16	23
November	13	20
December	11	18



November Food Purchase Club Order (\$25.00) (Photo: CVRC)

Crescent Valley Neighbourhood Contact

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



Crescent Valley Resource Centre Receives Literacy Award

By CRVC

The Crescent Valley Resource Centre has been awarded the 2019 Dr. Marilyn Trenholme Counsell Literacy Award for Community Literacy Programs. The awards are presented annually by the Literacy Coalition of New Brunswick. "We are thrilled and honoured to receive this award," said Anne Driscoll, Executive Director of CVRC. "We're proud of our literacy programs and activities, and happy we can offer residents - of all ages and abilities - opportunities to increase their skills - thereby enhancing their chances at a successful future. Being recognized for our literacy work is exciting."

The CVRC offers residents a community library for all reading levels, year-round family-literacy activities such as game nights, Bookwagon, story tents, family movie nights and literacy-related activities during the children's summer program. Also offered are food literacy events that enhance residents' skills to ensure they and their families are eating nutritious foods.



Crescent Valley children enjoying new books (Photo: CVRC)

CV Holiday Tradition: Family Portraits

By CRVC

Holidays are a time for creating family memories, and for many years, families living in Crescent Valley have enjoyed receiving a Christmas portrait taken by a professional photographer. "The portraits mean a lot to people who can't afford to have Christmas pictures taken," said Janet McLaughlin, CV resident and president of the CV Community Tenants Association.

Emera New Brunswick generously provides the services of Rod Stears Photography who sets up a mini studio at the CVRC during the annual tree lighting ceremony. Families arrive in their holiday finest, and within a few minutes they receive a family photo to take home.

"What better way to start the holiday season than having a keepsake to share with friends and family," said Ann Barrett, president of the CVRC board of directors. "We are thankful to Emera New Brunswick for their generous support to Crescent Valley families."

Exploring Youth Health and Wellness

By Shelby Scott, Kelly Reicker, and Alexis Liston
Third-year nursing students, UNB Saint John

Throughout the fall we have been working out of the Crescent Valley Resource Centre (CVRC) on a community project. Our goal was to communicate with the youth of the community to determine their health and well-being needs, in order to provide education on this matter. After conducting surveys with a small number of youth it was determined that they may struggle with well-being issues and are unaware of how to access resources. As a result of this project, we created two pamphlets, one outlining community resources, and one outlining coping strategies, that will be available at the CVRC as resource material for community members. As the project comes to a close, we hope to leave a lasting impact on the community and that the resources will help improve the lives of CV youth.



Lower West • Lower West • Lower West • Lower West • Lower West • Lower West • Lower West • Lower West

Christmas at the Carleton



The Carleton Community Centre team (Photo: CCC)

By Dustin Leclerc, Centre Director, Carleton Community Centre

It's that time of year for Christmas at the Carleton. Coming this holiday season are traditions old and new and we invite everyone to take part.

On December 21st we will be serving a pancake breakfast from 10-11 a.m. and then invite everyone back from 12-5 p.m. to shop in our vendors' village, watch the Carleton All-Stars perform a special show, check out the Christmas movie theatre and canteen. You can heat up by the outdoor fire pit but most importantly... Santa called and confirmed he is coming with presents!

Our amazing team at CCC has decked out the lobby with holiday spirit and will be waiting for Santa's arrival. There will be surprises throughout the day so make sure you join us at Carleton Community Centre on Saturday December 21st (120 Market Place West).

Please feel free to bring non-perishable foods for the West Side Food Bank.

Holiday Traditions at 880 Danells Drive

By Wendy Coughlin

There is lots of excitement in December at 880 Danells Drive. We start on December 1st with our annual Christmas tree trimming tea party and gift exchange. Then we hold our Christmas Dinner on December 15th at 5 p.m. Our tenants' association pays for the ingredients and the residents pitch in with the cooking, serving, and cleaning up. After the meal we exchange gifts. The only stipulation about the gifts is that the amount cannot exceed ten dollars.

We are hosting students from Beaconsfield School on December 17th. They are coming to perform a variety show for us which we are looking forward to. We may host a get together in the lounge on New Year's Eve!

Ukrainian holiday Christmas traditions

By Nik, grade five student, Seaside Park Elementary School

My name is Nik. I am from the Ukraine. I have been in Canada for two months.

Ukrainian Christmas is on January 7th and lasts a week until January 14th. People dress up, visit homes, and sing Christmas songs called Kolyadka.

A Ukrainian Christmas dinner includes dishes like 'kutia' (sweet grain pudding) and 'borscht' (beet soup).

Ded Moroz is known as Father Frost, the Ukrainian and Russian version of Santa Claus.

The difference between Ded Moroz and Santa is that Ded Moroz wears a floor-length coat with a sash and short hat that can be red, blue, or white. His beard is long and straight. He comes through the front door and his sleigh is pulled by three horses. Ded Moroz has a helper, his granddaughter.

Market Place Wellness updates

**Market Place Wellness Centre, Carleton Community Centre
674-4335, 120 Market Place
Monday to Friday 7:30 a.m-3:30 p.m.**

- Specimen collection is now Mondays and Tuesdays, 8 a.m.-3 p.m. Appointments only: 648-6681, press #3
- Food Bank, fall and winter hours: twice per week, Tuesdays and Fridays, 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
- Food Purchasing Group/Produce: \$15.00 or \$25.00; please call 658-2920.
- Social Development case worker is 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: Monday-Friday p.m., full at present.
- Community Garden Plots - Registration for 2020 (starting January - March 2020-deadline)
- Social Worker/Dietitian/Counselling: by appointment, 674-4335
- Art Class: Tuesdays, 10 a.m.-12 noon. Please contact Kimmy. cookson@gmail.com or 506 651-4537
- Yoga: Monday, Wednesday and Thursday, 10 a.m. at CCC, \$7. Monday and Wednesday, 5:05 p.m at CCC, \$5
- Tasty Tuesdays downstairs: 12-2 p.m.
- Drop-In Bridge 12:30-2:45 p.m. Mondays and Fridays at CCC, no cost.
- Free Youth programming - after-school, 2:45-5 p.m. Youth evening programs 6 p.m.-8:45 p.m., Monday-Thursday
- Breakfast - Saturday 10 a.m. No cost



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**West
Neighbourhood
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**The Honourable Dorothy Shephard
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Update from the Waterloo Village Neighbourhood Association (WVNA)

By: Penni Eisenhauer, WVNA

The Friars family concert proceeds in the past year have had a significant impact in the Waterloo Village Neighbourhood Association's ability to create and support community-based initiatives and activities throughout the year. This year, all the proceeds from their upcoming annual concert will be held in an endowment fund for the Five Priority Neighbourhoods with the Community Foundation.

The Waterloo Village Neighbourhood Association has partnered and supported over the past year on the following initiatives:

- A partnership the Saint John Learning Exchange on a Learner-led Food Security Pantry initiative. This project is for the learners of the Exchange while they are onsite working on GED, Soft Skills, Computer Skills, youth education, and gaining employment opportunities. We developed partnerships with local businesses, non profits, churches, and along with private donations have helped with the ability to sustain the project. On average 600 – 1000 items were donated on a quarterly basis. (See photo)

- Our collaborative Summer Lunch Connection Program and Backpack (food and literacy) initiative with PULSE in the Lower South End and Inner City Youth Ministry.

- The 2019 extended Summer Edition of Music at Chown Field in partnership with Courtenay Bay Tenants Association and Social Development. Up to 100 residents weekly enjoyed the music and engagement, and building community pride.

- Scaling a mentorship initiative with low-income residents who are interested in building skills to have on their resume for employment opportunities or volunteer experience.

If you are interested in getting involved in your neighbourhood feel free to contact me at commorg.penni@gmail.com



Saint John Learning Exchange learners (from left to right): Rheal Doucet, Adrian Jones, Jaehyun Son, and Jason Collrin (Photo: Penni Eisenhauer)

Coverdale Centre for Women receives funding

By Mary Saulnier-Taylor, Executive Director, Coverdale

It was an exciting wintry night for Coverdale Centre, having been nominated and selected by the Hundred Women Who Care to present at their meeting on December 3rd. With so many agencies in our community needing extra funding to serve their clients' needs, we are extremely grateful that we were the lucky recipients of \$23,325 this night. The monies donated will assist our Women's Homeless Shelter and Hope Bridge apartment in purchasing extra beds and supplies. This past year we have seen a steady increase in the number of women accessing our services. We appreciate all that these special members provide to our local agencies, making huge contributions for our community to assist in improving the quality of life for families.



Left, Crystal Scott, Shelter Director; right, Executive Director, Mary Saulnier-Taylor (Photo: Coverdale Centre)

The Parent-Child Assistance Program

By Sarah Campbell, Research Manager, NB Social Pediatrics

The Parent-Child Assistance Program (PCAP) was launched in October 2018 with funding from the Social Innovation Fund. Just over a year later, we have enrolled 43 families in the program and have received more than 70 referrals. PCAP is a three-year program that supports women that have experienced substance or alcohol use during pregnancy.

Addiction is often linked to childhood trauma and other troubles at home. We support families to make meaningful and positive changes in their lives. If we can disrupt the cycle of trauma and stress in the home, this generation and the next will be healthier and happier. If you would like to support PCAP, or make a referral for yourself or someone else, please contact our office at 506-214-1186.

www.nbsocialpediatrics.com



Waterloo-Village Neighbourhood Contact

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Saint John Learning Exchange
139 Prince Edward Street
647-8047



Hazen White-St. Francis teacher wins Excellence Award

By Victoria Lawrence, Community School Coordinator - HWSF

Hazen-White/St. Francis School (HWSF) would like to extend the biggest congratulations to our very own Paul Kelly!

Paul received the 2019 Minister's Excellence in Education Award in recognition of his exceptional work in the education system.

All who know Paul can attest to his love for teaching, his passion for helping students, and his phenomenal ability to be positive and joyful each and every day.

HWSF is so lucky to have him!

Congratulations!



*Paul Kelly, back row, third from left., with other Excellence Award recipients
(Photo: Hazen-White/St. Francis School)*

Holiday traditions are well-established at SJBKE School



Hard-working Christmas Dinner volunteers (Photos: Ben Gillcrist)

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

December sees us roll through our 'Christmas Triad' of major recurring events, each with its own story.

Last year we highlighted our wonderful Irving Oil Breakfast. (A much-anticipated event!)

For 2019, we are celebrating our annual Christmas Turkey Dinner, which is a major effort put on by our amazing Kitchen Volunteers in the Nutrition Program as a cap-off to Christmas. Led by the inimitable Holly Singh, and aided by both individual volunteers and our Saint John Firefighter helpers, a full turkey dinner with all the trimmings is made from scratch in our kitchen. It is then served out to the entire school - students, staff, as well as students and staff from the Early Learning Centre.

In total, about 300 people receive this lovely lunch on the second Tuesday of the month. It's an amazing indicator of the special relationship we have with our volunteer community, without whom we'd be so much the poorer.



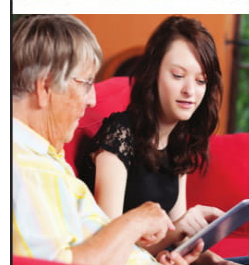
Annual PALS train ride

By Victoria Lawrence, Community School Coordinator-HWSF

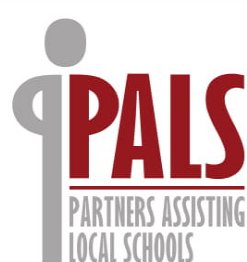
In October, Grade Four students from Hazen-White/St. Francis School boarded a train on the NBM Railways for the much-anticipated annual PALS train ride trip. Students rode from TD Station all the way past Grand Bay and back, enjoying the beautiful scenery, fun music, and a delicious lunch. As always, our students had the best time and are so thankful to Irving, NBM Railways, and PALS for this wonderful opportunity!



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



Deborah Fisher
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Susan Tipper
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We ALL have something to offer!



55+ group

By Major Tracy Goyak, Church & Community
Pastor, Salvation Army Hope Community Church

55+ Group meets the second
Tuesday of every month at
The Salvation Army on
27 Prince Edward St.

Please join us for our next
meeting on January 14th at 10
a.m. for a program and lunch.



Giving Hope Today



Free mental health drop-in clinic

By Joelle Blais, Counselling Intern

Since September 2019, Laura Gatien and Associates Counselling
Services have been offering a free, drop-in mental health clinic, every
Friday from 2-4 p.m at 66 Waterloo Street, Suite 220. Appointments
are not necessary and people will be seen on a first come, first served
basis. Our friendly office manager, Kelly, will provide you with a quick
form to read and sign. A registered social worker or social work/
counselling intern will spend approximately 30 minutes with you,
giving you the opportunity to share your reason for coming. You and
the therapist will come up with a plan on next steps you can take.

If you have any questions or would like to set up an information
session on behalf of your community organization, please contact us
(506) 651-1239.



FREE

Resume Writing Workshop

When: Every Monday at 10:00am
Where: Agar Place Work Room
1 Agar Place (Off Waterloo Street)

To register for an upcoming workshop, please call
(506) 658-5580 or drop-in at 1 Agar Place.



www.careersthathwork.ca

We will be running resume sessions on the following dates: December
16th, January 6th, 13th, 20th, and 27th. Please note that there will be
NO resume writing workshops on December 23rd or 30th.

On behalf of Msgr. Henneberry, staff and parishioners
of Holy Redeemer Parish (St. Pius X Church) we
wish you the joys of the Christmas Season, a time
when we celebrate the "reason for the season"

Christ among us

Christmas Mass times;
December 24 - 4, 6, and 9 p.m.
December 25 - 10 a.m.



Season's Greetings
and Best Wishes for a
Happy New Year!

WAYNE LONG
MP
SAINT JOHN - ROTHESAY







Play the same
number every
week



\$2 to play per
week
Pre-pay by
calling the club
or stopping in



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

634-2011 goldrush@sjclub.ca www.sjclub.com

Language Classes are changing in 2020!

By YMCA of Greater Saint John

At the YMCA, one of our goals is to enrich the lives of our members, clients and staff. Based on your feedback, we've made some changes coming in 2020 in order to serve you better!

Beginning January 2020, the year will be divided into four terms: January to March, April to June, July to September, and October to December. Instead of monthly promotions and new client intake, this will be done every three months.

Students will stay with the same teacher and classmates for three months. This will prevent class disruption, improve class morale, and allow more time and freedom for choosing topics as a class. We hope that this will help students focus more on learning and reduce the stress of completing assessments "in time."



Programs at Coverdale

By Coverdale Centre for Women

At Coverdale, we offer programs to all women in the community. Our programs help women learn to manage their worries, improve their self-esteem, set healthy boundaries, and learn about healthy relationships among other skills. To register for programs, contact Chanelle at coverdaleprograms@gmail.com or at 634-1649. We offer hot lunch at 148 Waterloo Street every second Wednesday, cooked and shared by our Drop-In Centre staff, which is open to all women as well. The hot lunches in 2020 will begin January 8th.

The temperature outside is dropping, and our shelter is open for women to have a bed out of the cold. The shelter opens at 4 p.m. and closes at 8 a.m.. A meal is served in the evening and a quick breakfast is available every morning. For more information about the shelter, contact Crystal, our Shelter Director, at 634-0812 or call our main line at 634-1649.

If there are women in the community who find themselves in need of hygiene items, please contact us. We have lots to share. From everyone at Coverdale, we wish you all Happy Holidays and a Healthy New Year!



It takes a community: REALTORS Care week

By Emily MacMackin, Communications Specialist, The Saint John Newcomers Centre

The Saint John Newcomers Centre would like to extend appreciation to The Canadian Real Estate Association (CREA) for choosing us for the National Realtors Care Week! Between November 18th and 22nd, Saint John Realtors and members of the CREA painted and began redecorating the office. With the addition of a children's corner, the Centre will be able to better accommodate families with young children. This will allow newcomer parents a welcoming and cozy home away from home while seeking resources or attending English language groups, information sessions, or workshops.



(Photo: Canadian Real Estate Association)

La communauté s'investit: la semaine REALTORS Care

Par Emily MacMackin, Spécialiste en communication au Centre de Nouveaux Arrivants de Saint-Jean

Le Centre de Nouveaux Arrivants de Saint-Jean souhaite exprimer sa gratitude à l'Association Canadienne de l'Immeuble (ACI) pour l'avoir choisi lors de la semaine REALTORS Care! Lors de la semaine du 18 au 22 novembre 2019, les agents immobiliers de Saint-Jean et les membres de l'ACI ont repeint et re-décoré nos locaux. Avec l'addition d'un nouvel espace pour enfants, le Centre sera plus apte à accommoder les familles ayant de jeunes enfants. Cela permettra aux parents nouveaux arrivants d'avoir un foyer accueillant en dehors de chez eux tout en usant de notre centre de ressources et en participant à nos groupes de langues, sessions d'informations et ateliers.



“Check Out” your local library!



A warm and welcoming place (Photo: Saint John Free Public Library)

By Daniel Teed, Head of Community Library Services, Saint John Free Public Library

Make sure to visit your public library because there are lots of things to do! At the library in Market Square, bring the kids for “Cartoons & Cereal” every Saturday morning and then stay to read stories or play games in our comfy family area. You can meet new friends and share stories at our Seniors Café twice a month, or help folks practice speaking English at our weekly Newcomers Café!

If you want to learn more about computers, we can help! You can get one-on-one computer help at our eClinics and our Teen Tech Tutors program. For more information check out our program guide or give us a call (506-643-7220).

Plus, when you are ready to head home, you can borrow books, movies, and even board games!

Summer STEAM Camps in Saint John!



Photo: Brilliant Labs

By Brilliant Labs

This past summer, classrooms, gyms, and community and youth centres were transformed into free STEAM – Science, Technology, Engineering, Arts and Math - camps across Saint John. Over an eight-week period, about 959 girls and boys from every walk of life had fun learning how to be artists, inventors, engineers and scientists, using computers, circuits, coding, digital art-making, robotics, 3D printing, Virtual Reality, etc.

Camps were conducted in partnership with the City of Saint John Summer Playground Program, Boys and Girls Club, Carleton Community Centre, Central Branch Library, Crescent Valley Resource Centre, East Branch Library, Nick Nicolle Community Centre, South End Community Centre, Teen Resource Centre, and West Branch Library. Funding for the camps was generously provided by Canaport LNG, City of Saint John and Government of Canada.

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Nedelek Kowasa
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Feliz Natal
Crisolun Fancit
Glædelig Jul
Felicen Kristnaskon
Nedeleg Laouen
Frohe Weihnachten
メリークリスマス
Juulimi Ukiortassamiku Pilluarit

Sretan Božić
Hyvää Joulua
Vesele Vianoce
Blithe Yule
Selamat Natal
Bon Natali
Wesołych Świąt
UKhisimusi omuhle
Христос се роди
С рождеством
Meri Kirihiemete
Buon Natale
Mutlu Noeller

On behalf of Saint John
Common Council and staff,
we wish everyone a happy
and safe holiday season and
a prosperous New Year. May
joy and wonder fill our City,
our hearts and our homes.

Mayor Don Darling, maire

SAINT JOHN

Les aînés francophones s’amusent avec les tout-petits!



(Photographie : Association Régionale de la Communauté francophone de Saint-Jean)

Par Jonathan Poirier, Agent des communications et relations publiques, ARCF

Le mardi 12 novembre au Centre de la Petite Enfance Samuel-de-Champlain avait lieu une nouvelle activité qui réunissait nos aînés et nos enfants du centre. De bonnes crêpes ont été ainsi réalisées et dégustées.

Toujours un vrai moment de bonheur partagé!

La prochaine activité aura lieu le 12 décembre au Centre de la Petite Enfance La Vallée enchantée de 10h à 11h. Nous préparerons un bricolage de Noël, alors n’hésitez pas à nous rejoindre, ce sera votre premier cadeau de Noël!

Pour plus de renseignements: Cathy 506-658-46-06 ou cathy.wojtala@arcf.ca



Teddy Bear Toss



A mountain of teddy bears (Photo: Saint John Hyundai)

By Juanita Black

Every year around the end of November, or the first of December, the Saint John Sea Dogs hold a Teddy Bear Toss night. This year it was Sunday, November 24th. Through the coordination of Andree Stephen, Game Day and Community Manager, Saint John Sea Dogs, Marie Sly, Saint John Hyundai and me, Juanita Black, Crescent Valley Community Tenants Association (CVCTA), the planning all comes together.

After the Sea Dogs score their first goal, the fans are encouraged to throw new or gently loved teddy bears onto the ice. The Hyundai volunteers fill their cars with the teddy bears and take them to volunteers from the CVCTA, where the bears are separated into different sizes. Some need to be dried and are left out overnight. The next morning when the packing is finished, the community groups in the five priority neighbourhoods, plus two others pick up the bears. By Monday noon, all the bears have been distributed.

We thank the volunteers from Saint John Hyundai: Marie, Barb, Raj, Rebecca, Steve, and Darrell and from the CVCTA: Janet, Cathy, Catherine, Kim and Juanita. Most importantly, we thank you, the Sea Dogs fans, for approximately 1000 bears and a lot of smiles on local children’s faces for the holiday season.

WISHING YOU HAPPY HOLIDAYS & A HAPPY NEW YEAR



Saint John Energy is proud to provide Christmas lights to the residents of Saint John!

Visit sjenergy.com for energy savings tips this season!

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Grants to Neighbourhood Associations likely won't be cut

By Randy Hatfield, Executive Director,
Saint John Human Development Council

The City is facing its worst budget crisis in decades. Although it posted a \$500,000 surplus in 2014, it's now looking at a \$10 million shortfall for 2021. And cities in New Brunswick aren't allowed to run a deficit.

The City needs to bring in more or spend less or find a combination that balances the books.

In October, the City identified 60 possible "sustainability" initiatives that will either generate revenue or reduce operating costs. One option was to cut the number of grants and incentives it offers – money for heritage development and beautification, community arts programs, community events and sponsorship. The list also included the Community Grants program and support to Priority Neighbourhood Associations.

The City has supported the work of Priority Neighbourhood Associations since 2008. The funding targets Saint John's five priority neighbourhoods which include: Lower West Side, South End, Waterloo Village, Crescent Valley and the Old North End. The program also supports the Teen Resource Centre and *Around the Block*.

In 2018 the City signed two-year agreements with the seven organizations, providing a total of \$152,000 for 2019 and 2020. And on December 2nd, Council adopted a recommendation from the City Manager that final consideration of grants and incentives should maintain funding for the Priority Neighbourhood Associations and Community grants for 2021 and 2022!

According to the City, "Grants related to community and neighbourhood development are vital to improving civic pride and leveraging other funds to support grass-root organizations. A significant decrease or elimination of funding related to those grants could result in the folding of one or more organizations that are providing important services within their respective neighbourhoods."

The preservation of neighbourhood grants is good news, because the neighbourhood associations do great work! The City's investment pays handsome dividends.

For some perspective, each penny of the City's the tax rate (\$1.785 per \$1,000 of assessed value) brings in about \$600,000. Community Grants and Priority Neighbourhood Associations service agreements added up to \$331,000 last year. That's little more than half a penny on the tax rate! Wonders are being worked on that half a cent.



“... an enormous return on investment for a modest grant that allows them to reduce barriers, build capacity, foster community identity, and bring hope.”

But right now, in the face of rising need, the associations are doing even more.

They are helping hungry people survive. The Nick Nicolle Centre in the Old North End serves 30,000 meals a year. Their grant to have someone to organize that and other programs is \$23,500.

They are getting people TO the free meals: The Lower West Side is totally isolated for those without transport; given you can't walk on the Harbour Bridge, they would face an hour and a half walk in the cold via Harbour Passage to get to meals in other neighbourhoods on days when there isn't one on the West Side – if it weren't for Carleton Community Centre giving out bus tokens. CCC's grant is currently being finalized at about \$20,000.

They are putting money into the pockets of the lowest-income Saint Johners: PULSE (People United in the Lower South End) does 1000 income tax returns for Saint Johners a year, free. Canada Revenue averages those at \$2000 per return, which means \$2 MILLION into the local economy – for a grant of \$21,000.

And the other associations all have similar examples of an enormous return on investment for a modest grant that allows them to reduce barriers, build capacity, foster community identity, and bring hope.

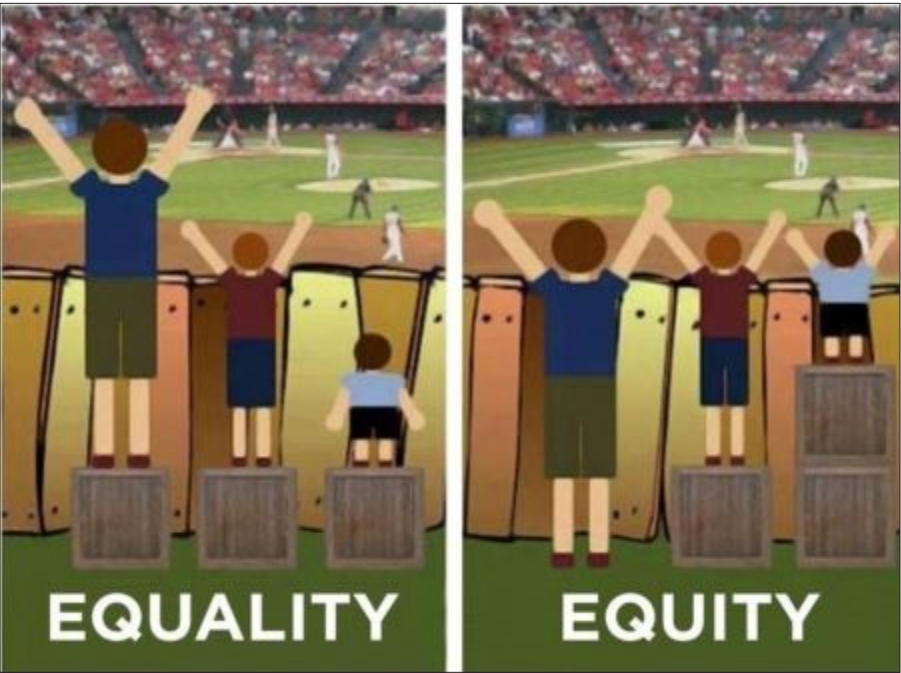
The Priority Neighbourhood Associations and the amounts they receive are as follows:	
Waterloo Village Association:	\$22,000
Around the Block:	\$22,000
ONE Change Inc.:	\$23,500
PULSE:	\$21,000
Crescent Valley Resource Centre:	\$23,500
Teen Resource Centre for Youth:	\$20,000
Carleton Community Centre:	\$20,000
(currently being finalized)	

TOTAL \$152,000

Congratulations are due to the five neighbourhood associations, the Teen Resource Centre, and the team at *Around the Block* for their expertise, passion, and compassion in leveraging these grants to provide so many essential services to our community.

And thanks are due to Saint John City Council for acknowledging the impact of Priority Neighbourhood Associations and recommending that their funding be preserved in this tough economic climate.

Happy Holidays!



Human Development Council
Saint John's Social Planning Council

Updates from Living SJ

By Carrie Tanasichuk, Living SJ

Living SJ is a community initiative trying to reduce generational poverty in Saint John - a family having lived in poverty for at least two generations.

Recently we have been partnering with community organizations to host focus groups. We really want to listen to people to understand what barriers people face and figure out how we can help. We have been asking people about the challenges or barriers that keep people in poverty in Saint John.

The most common challenges that we have heard so far include childcare (cost, finding an open spot, only available Monday to Friday), difficulties with public transit, criminal records, mental health (addictions, lack of services, long waitlists), and lack of affordable housing.

We will keep hearing from people to uncover more barriers as well as create solutions that help with these challenges.

Editor's note: Check out Living SJ's 2019 Annual Report to our Community. It has colourful, easy-to-read graphics about our neighbourhoods, health, education and more! You can find it at Living SJ's website: <https://www.livingsj.ca/>



RiverCross Church would like to wish the people living in Saint John's priority neighbourhoods God's joy and blessing during this Christmas season. We are proud to call each one of you our neighbour and our friend!

www.rivercrosschurch.ca

Christmas Kettle Campaign



Kettle kickoff at McAllister Place – Left to right, Maryann Hesko, Major Orest Goyak, Robert England, Glenn Ingersoll, Major Tracy Goyak, and Major Rowena Wiseman (Photo: The Salvation Army)

By Major Tracy Goyak, Church & Community Pastor, Salvation Army Hope Community Church

The Salvation Army is ringing the Christmas Bells for our annual Christmas Kettle Campaign in various locations around the city. The money collected remains in the city of Saint John and is used for Christmas assistance as well as operating our programs throughout the year. Please consider making a donation or volunteering by standing at a kettle. Call Glenn at 608-4539.

The Salvation Army - "Giving Hope Today"



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MONUMENTS



Around the Block interview: Mary LeSage

By Lorna Brown,
Editor, Around the Block

Mary LeSage is Operations Manager of People United in the Lower South End (PULSE).

Around the Block sat down with Mary to hear about her inspiring journey.



What journey led you to PULSE?

I was a Registered Nurse’s Assistant (RNA). I was diagnosed with Multiple Sclerosis (MS) almost 25 years ago. Life happens, you roll with it. I decided that when my youngest started kindergarten, I was going back to school. So I started my journey at NBCC in business administration, at almost 40. It was not easy; I didn’t graduate but I got most of my courses. I had a wonderful social worker; she found me a self esteem course. So I took “The Key to Wellbeing” with Sue McEwen - best course I ever took in my life! Then through the Partners Workplace Inclusion Program (or CCRW) I worked with Laura Anderson and Rachel Kelly (good friends of mine now) with my self-declared disability - MS. We did my resume and my inbox was full of jobs they sent. One was PULSE Operations Manager for 15 hours a week, in 2010. I looked at the job description and thought, I could do that, I have the skills in a different way - life skills.

What was your most important goal when you started at PULSE?

To work out how to let people know that we were there at this beautiful new building - and that we were there to help. We did a lot of outreach, at the schools, at the clean-up. You start by food: we did a Halloween event with a barbecue - people will always come for a hot dog and a hamburger.

What has been the most rewarding part of your work?

I am proudest of helping somebody who comes in who doesn’t think that they are worth anything. And I can tell them, Yes, you are. I’m here to tell you: you’re OK.

Are you seeing a change over time?

Oh, for sure! Sometimes we do have our down times but then there are times like our coffee and chat on Friday. I’ve never seen the building more alive! We had five people upstairs making roast coffees, Smores coffees, and downstairs there was music playing, everybody was laughing and having a good time. It was amazing. Our big thing at PULSE is our income tax clinic plus the fact that we do income tax year-round. People who are on social assistance get that extra \$149 [from GST, once their taxes are submitted]. That might mean a meat order, fresh fruits and vegetables!

People trust you. Why do you think that is?

Because I’ve been there for so long! I can’t believe it’s been nine years! I can still remember the first layout and design meeting I went to [for ATB]. Penni [Eisenhauer] took me and I was so afraid of Juanita!

Well, you’re not alone in that! [LOL]

We used to meet in the basement at St. Joe’s and we would literally cut out the ads and place them, and you could do your own page... it was just so overwhelming! But Penni showed me how to lay out ads and get stories. Sometimes you just have to learn on the fly.

You’ve obviously done very well with that. What is your one main message to funders and sponsors?

On our PULSE banner we have a picture of a young skater at sunset on the Rainbow Park ice, which might be taken away to save \$10,000. I ask, is that face worth a fraction of a cent? (See p. 12)

If there’s one thing that would help residents the most in the Lower South End, what would it be?

Food security is huge but ...just being a resident and being *heard*. People are talking about the new school and affordable housing but they aren’t being heard. I’m just so afraid that because of the school people will buy a house and rent it out for \$1200 a month. They will push out all the South End families who have been there for years. The families won’t even be able to use that new school because they won’t be able to live in the area!

Are there any other programs you’d like to talk about?

We’ve been working on a food pantry modelled after what Penni has at the Learning Exchange; it’s opening in December (see p. 3). For residents of the South End that long journey up the hill to the food bank can be quite trying in the winter. We’re really excited to improve our fresh fruit and vegetable program, so residents will get ahead a month. This is to help when they have to wait three weeks [between Social Assistance and the Canada Child Benefit on the 20th]. In December we add a turkey and a teddy bear to the \$25 food purchase order to brighten their day!

“I am proudest of helping somebody who comes in who doesn’t think that they are worth anything. And I can tell them, Yes, you are. I’m here to tell you: you’re OK.”

Winter ice is not nice!

By Jamylynn McDonald, Atlantic Coastal Action Program (ACAP)

We may want to run away from this winter season, but in reality, we cannot run anywhere without slipping on icy walkways and sidewalks! :(Freezing rain events and ice storms are becoming more severe as the climate changes in Saint John. This is a reminder to help direct rainwater away from your driveway and sidewalks to prevent ice build up and to take your time when walking outdoors. Wearing boot clip-ons is a great way to increase traction and reduce your chances of slipping. Check Marks Work Warehouse, Sport Check or other footwear stores to find a pair this season. ACAP Saint John is wishing you a happy, safe and warm winter season!

Keep sobriety intact over the holidays

By Sophia Recovery Centre

Whether you are newly sober, or are years into your recovery, the holidays can be a challenging time of the year. Although it’s wise to acknowledge that the risk for relapse tends to rise over the holiday season, it certainly doesn’t mean it has to be at odds with your recovery! Here are some tips.

-Avoid “slippery places” by zeroing in on who, what, or where could trigger a chance of relapse, and avoiding those situations at all costs.

-BYOC (Bring Your Own Car) or make sure you have an escape plan if you need to leave early. Going early to an event (and leaving early) is a good idea, as substance use tends to increase as the night unfolds.

-To turn down a drink or substance, have a few responses ready such as, “No thanks, I have to get up early tomorrow.”

-Avoid isolation by surrounding yourself with your support system. If you’re attending a holiday event, let your support system know beforehand. That way, they’ll keep their eyes and ears on their phones, in case you are trying to reach them!

-Self-care is vital to staying sober over the holiday season. When we nurture our bodies with healthy foods, get enough sleep, and ensure we stay hydrated, it is much easier to make positive decisions. Sophia Recovery Centre wishes you a Merry Christmas! If you need help, we are here for you! Come in to 83 Hazen Street or call us at 506-633-8783. For more information on our centre, feel free to visit our website www.sophiarecoverycentre.com or email us at sophiarecoverycentre@live.ca

Food purchase contest

Deadline: December 19th at noon

By *Juanita Black*

This is issue 68 of *Around the Block* and our food purchase contest, sponsored by Saint John Energy, which **this time provides two \$25 fresh fruit and produce orders plus a turkey and teddy bear!** To



enter the draw, you need to find hidden anywhere, in the pictures, the ads, or in the stories throughout *Around the Block*, two Saint John Energy logos (not including this notice, the SJ Energy logo on page 1, or the Saint John Energy ad on page 11).

Send your answers, with your name, address, and phone number to sjcommunitynewspaper@gmail.com or **leave a message** at 647-4850 with your name, answers, and contact details. Your call will not be returned, but don't worry: you will go into the draw! You need to identify the page and location of each hidden logo.

Only one entry per household. Correct answers will go into the draw. The contest will end Thursday December 19th at 12 p.m. Winners will be called with the location where you can pick up your order.

The contest winners of issue #67 were Gabriela De Austin and Dawn Kierstead. We will list the winners of the issue #68 contest on the Human Development Council Facebook page on Friday, December 20th.

Happy Holidays from Key Industries!

By *ELEV8 Communications: a proud division of Key Industries*

We want to take this opportunity to wish the Saint John community a warm and magical holiday season.

As another year draws to a close, we'd like to update everyone on what is happening here at Key Industries. We've experienced a substantial year of growth in 2019. We now have seven divisions and employ 130 staff on-site and across the province. Renovations on our newly purchased building next door are almost complete, and our Employment Services division will fill the new spot by the end of the year.

We want to thank the community for its strong and continued support. We look forward to providing quality services to empower persons with a disability to achieve social, community and economic independence.



Around The Block Team (Issue 68)

Publisher: Saint John Human Development Council
Editor: Lorna Brown
Old North End: Christa Petts
Lower South End: Mary LeSage
Crescent Valley: Anne Driscoll
Waterloo Village: Penni Eisenhauer
Lower West Side: Dustin Leclerc and Jill Roberts
Proofreaders: Rona Howald, Mark Driscoll, Joanne Britton, Cindy Bishop, Jane Hanlon, and Lorna Brown
Community volunteers: Lyn King and Debbie McLeod
Layout and Design: Lorna Brown and Juanita Black

Pet Safety at Christmas



Molly under the Christmas tree (Photo: SPCA)

By *Joan Richardson, Shelter Manager, Saint John SPCA Animal Rescue*

The holiday season is on its way. Make it a new tradition with your family to make sure your home is safe for your pets.

Secure your Christmas tree so pets can't knock it over; cats are great climbers. Try to hide the Christmas lights and electrical cords because they can deliver a shock if bitten. Cats are especially attracted to tinsel, which can harm your cat if swallowed.

Protect your pets from having an upset stomach; don't share your holiday food or treats with your pets. Chocolate can be especially toxic to dogs. Instead, choose healthy pet treats.

Holiday party noise and extra visitors can cause anxiety for your pet. Make sure your pet always has a quiet space away from the celebrations.

**Special thanks to Belinda Kumar
for her years of editorial and
proofreading service!**



Community Events and Celebrations

10th Annual Senior Wellness Fair and Clinic

By Debbie McLeod, Social Development

Friday November 8th, we celebrated the 10th annual Senior Wellness Fair and Clinic at Portland United Church.

We had our largest crowd ever. Even though the weather was wet, windy and snowy we still had well over 300 people!

The theme this year was, “To Live is to Laugh” - so who better to make us laugh than comedian James Mullinger? He entertained us royally during the opening ceremonies.

We had 35 exhibitors, a health clinic, a wellness area, reiki treatments, free haircuts from Eastern College and much, much more. Representatives from Jean Coutu gave flu shots and a cosmetologist gave cosmetic advice. Delbert entertained us musically so it was a great day.

Thanks to everyone who volunteered!

“Even though the weather was wet, windy and snowy we still had well over 300 people!”



Great attendance!



Committee members with James Mullinger cutting the cake
(Photos: Peter Legge)

Partnerships are the key: Loan Fund 20th anniversary celebrates all who helped



Sisters of Charity with Seth Asimakos and the plaque honouring the late Sister Angie Martz. From left to right: Sisters Mae Arsenault, Pat Poole, Mary Beth McCurdy, Seth, Sisters Anital Homes and Anita Naves
(Photo: Bethany Reinhart)

By Lorna Brown, Editor, Around the Block

The Saint John Community Loan Fund (SJLF) celebrated its 20th anniversary with a well-attended event at the Social Enterprise Hub on Thursday, Nov 21st. Posters of success stories lined the walls, a string quartet played, and friends of the Loan Fund old and new filled the event room and spilled over into the crowded lobby, enjoying good food and even better company.

General Manager Seth Asimakos gave a mini-history of the Loan Fund in his remarks. (See *Around the Block* Issue 67 for a summary of SJLF’s journey). But the thrust of his celebration was about the partners who had made it all possible.

“The main thing is that we got here! We made it to 20 years because of the commitment of many people to the goal: creating income and building assets with people.”

In particular he expressed appreciation to the Sisters of Charity, who had been involved from the start as investors and in the presence of the late Sister Angie Martz on the Advisory Committee. Sister Angie was honoured with a plaque (see photo). The Sisters have recently committed to contribute to the Loan Fund’s operating funding for the next five years.

Seth also noted that Cathy Wright, then Executive Director of the Human Development Council (HDC) had been a co-founder in 1999, and that HDC had incubated and supported the Loan Fund.

Many partners including HDC had made it possible for the Loan Fund to branch out and build the Social Enterprise Hub on Prince Edward Street, where the anniversary celebration was held!

And Seth stressed “the importance of investors and partners that have followed us as we innovated and pivoted to build out the three streams of activity: social finance; social purpose real estate; and financial and enterprise training.

“None of this would have been possible without the significant commitment of so many good partners!”