



Around *the* Block

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Bike Share Program Expands to West Side



CCC volunteers receive their first shipment of bikes. Left to right: Wayne King, SJBS tech; Zach Northrup and Mike Roberts, CCC volunteers; Ann Barrett, CVRC board president. (Photo: CRVC)

By Anne Driscoll, Crescent Valley Resource Centre (CRVC)

The Saint John Bike Share program (SJBS), based at the Crescent Valley Resource Centre, is branching out again. After expanding the program to the Waterloo Village area, the active transportation program now has a satellite service at the Carleton Community Centre (CCC) in the Lower West Side of Saint John. Volunteers from the CCC will work with the SJBS to repair and maintain bikes for West Siders.

"This is a fantastic opportunity for families in our neighbourhood. People often forget about how isolated the Lower West Side can be; introducing this program is a small step to remedying that," said Dustin Leclerc, Director of the CCC. "We're excited to be partnering with Crescent Valley to bring this amazing program to local residents this spring."

Anyone interested in volunteering with this program should call the CCC, 658-2920. A special thank you to Mike Roberts for leading this project.

Civic Tech is now in Saint John!



Civic Tech Saint John's launch drew an appreciative and diverse crowd for project pitches, pizza, and great conversations (Photo: Heather Acker)

By Lorna Brown, Editor, Around the Block

Civic Tech Saint John launched with a bang on January 28th, 2020 at ConnexionWorks! More than 40 people showed up to learn how they can both help and have fun addressing community challenges together. Huge thanks to Pomodori Pizzeria and Moosehead Breweries for the treats!

Civic Tech is "Technology for Social Good." It connects people to work as volunteers on solutions to community challenges, to make Saint John a better and better place to be. We had all ages; men and women; community organizations with challenges to present and software developers and data analysts with the skills to help them; long-time "Johners" and many newcomers! Civic Tech Saint John is a community having a weekly conversation in which everybody is welcome.

Email us at civictechsaintjohn@gmail.com or just drop in sometimes, any Tuesday at 6:30 pm at ConnexionWorks, 1 Germain Street, 3rd floor (unless the schools are closed for a storm day). Do you believe that if we want a great community, it's not enough just to vote and pay your taxes? If so, come join us! Civic Tech - it's not a commitment, it's a community!

From the Editor's desk Lorna Brown,
(506) 647- 4850, sjcommunitynewspaper@gmail.com

It was very cheering to read about the bike program expansion to the Lower West Side - a real example of people helping people, a good idea that has moved to several neighbourhoods. *Around the Block* has always celebrated the people of the priority neighbourhoods and how they help those around them. If you are a regular reader you will have noticed over the last year that we have moved away from themed issues such as Safety or Strong Women, to give you a greater variety of stories to read. But we have always had, and always will have, one ongoing theme: good news from our communities. And any time is a good time to read great news about strong women or a successful move from education to employment. Contact your neighbourhood association if you have a story you think it is important to share.

The other thing you probably notice is more articles and interviews about serious issues. The latest Child Poverty Report Card contains some sobering numbers; it is disheartening to see one child in five living in poverty as an improvement. That's only because thirty years ago it was one in four. The Human Development Council's recommendations to government (page 12) are a positive - and there is hope. The Canada Child Benefit has made a huge difference; increasing it would lift even more children out of poverty. Keep the conversation going in your neighbourhood. When we listen to all voices and then speak as one, loudly, things can change!

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Rose Young

By Christa Petts

We are very lucky to have an amazing volunteer and Board member, Rose Young. She volunteers for our Community Dinner and other events throughout the year. She bakes treats for our programs and always bring meals and treats for the staff as well.

One of our Events is all hers. She bakes a hundred cookies and plays Mrs. Santa Claus for all the kids. With the help of staff, she spends an evening with our kids decorating gingerbread cookies.

Rose, we thank you so much for all the joy you bring to our community with all you do.



Rose Young - Mrs Santa Claus
(Photo: Peter Lege)

ONE Future Tech Mentors



(Photo: Jonathan McCleod)

By Jill Richards–Cook

Our “Tech Mentor” participants demonstrated their skills with multi-media creation and robotics. They also showed off their 3-D printing, programming, and circuitry skills.

A few participants demonstrated a “Makey-Makey piano,” its keyboard, built out of every-day cutlery, interacted with a computer, so that when touched, the knives, forks, and spoons became keys, each playing an individual note!

Lots of tech-tastic fun for children and adults to be entertained with and hopefully, inspired to visit ONE Change’s off the hook MakerSpace.

Keep your eyes out for this space next issue
and we’ll keep you posted on our ONE Future
successes!

ONE Future’s Community Development

By Jill Richards-Cook

On December 20th, ONE Future’s Community Development participants held their first ever: ONE Future EXPO at ONE Change. Our Community Development participants displayed their interpersonal and communication skills by meeting and greeting community leaders and the public, all while honing their networking abilities. They showcased their learning by presenting projects which displayed their research and report-writing skills. These projects demonstrated their knowledge of the Priority Neighbourhoods and their understanding of community and social issues. The feedback on the EXPO was phenomenal, so we decided to do it all again on the 24th of January.



ONE Future participant Jasper at the EXPO
(Photo: Jill Richards-Cook)



Tree Lighting 2019

Story and photo by Christa Petts

This year we had a tree lighting to remember. We prepped all day while our Community Development class baked cookies. The City of Saint John made sure our tree was up and the lights were ready. St. Luke’s Choir joined us to sing carols. By supper time the temperature dropped; it was cold. Our community braved the cold and came to our tree lighting. We returned to the Centre for hot chocolate and the choir sang for us. Thank you to the Honourable Trevor Holder for a beautiful tree once again to open our Christmas celebrations.

North Neighbourhood Contact

Christa Petts
christa.onec@gmail
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.

Please remember our monthly Food Purchase Club Money is due February 14th and March 13th, 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!

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


Follow us on Facebook for the dates of our Coffee and Chat Fridays - come in out of the cold from 12-2 p.m.! February will see us offering a soup at our coffee and chats!

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



Why should I file my taxes?

2020 INCOME TAX CLINIC



FREE

CERTAIN RESTRICTIONS APPLY:

- Single person: Income of \$30,000 or less
- Couple and family: Income of \$40,000 or less

FOR MORE INFORMATION CALL 632-6807



LOCATED @ 251 WENTWORTH STREET

Saturday February 29, March 14 and 28

Wednesday March 18

11 a.m. - 1 p.m.

5:30 - 7 p.m.



By Mary LeSage, PULSE

Take advantage of refundable tax credits. What does that mean? That means things like GST/HST Credits or the Working Income Tax Benefit. And the Home Energy Assistance Program that comes out once a year is based on your filing on time! Also, your Child Tax Credit is dependent upon your filing your taxes! Did you know that even if you didn't work you are still entitled to these credits?

You won't receive these credits if you don't file a return.

We can't forget the seniors; there are credits out there that are dependent on your filing your taxes on time – such as the Guaranteed Income Supplement (GIS), for one. Seniors receiving GIS also qualify for a one-time New Brunswick Low Income Seniors Benefit of \$400 which comes out April 1st!

Did you know that you can file taxes right in your own neighborhood? Check with your local centres: PULSE, The HUB, The Nick Nicolle Centre, Carleton Community Centre, Crescent Valley Resource Centre and the Seniors Resource Centre, just to name a few.

Time Out Cafe

By PULSE (Photos: Roy Nairn)

Happy Friday! Please help spread the word that the #TimeOutCafe is open the following Fridays from noon until 2 p.m.: February 14th and 28th, March 13th and 27th. Come join us for a hot beverage and soup and check to see what your "PULSE" has to offer.



We are Heating things up!

Friday, Feb 14th
11 am – 1 pm

Family Resource Centre
211 Wentworth St

RSVP by Feb 12th
barbmuir@gmail.com

Join us for a Community Partner Valentine Open House at the FRC!

Drop in for a light lunch and networking.

Come learn about our new programs.

CARING

SWEET

South Neighbourhood Contact

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





Get Growing in 2020

By Olivia Clancy, Food Security Coordinator, Crescent Valley Resource Centre (CRVC)

It may still be freezing cold outside, but we are starting to plan for the 2020 garden season!

We will have a limited number of plots available this year, so if you are interested in gardening, keep your eyes open for the application announcement on our Facebook page, The Growing Place (@thegrowingplacecvrc) or the CVRC website, crescentvalleyresourcecentre.ca.

Want to learn about gardening but unsure about the commitment of a plot? We will be offering several workshops starting in March. Learn how to start seeds, grow herbs, compost properly, and much more this spring!

Want more info? Want to get involved?

**Contact Olivia Clancy,
CVRC's food security coordinator:**

cvrc.thegrowingplace@gmail.com or 693-8513



*The Growing Place in Crescent Valley, summer, 2019.
(Photo: The Growing Place)*

Food Secure SJ

By Olivia Clancy, Food Security Coordinator, Crescent Valley Resource Centre (CRVC)

Food Secure SJ is a network of partners working to improve food security in the Saint John region. We meet monthly to discuss programs and issues relating to food security. Our goal is to stay connected so that we know how to best help people in the city have enough healthy food for themselves and their families. There are so many amazing initiatives in our city to get to know! Interested in learning more? Have food security related questions? We love having new members and topics to discuss! Head over to our Facebook or Instagram pages (@foodsecuresj) or contact Olivia Clancy at cvrc.clancy@gmail.com.



New Addition to CVRC's team!



*Maryam Naser
(Photo: CRVC)*

By Anne Driscoll, CRVC

The Board of Directors and staff of the Crescent Valley Resource Centre welcome Maryam Naser who has joined the staff of CVRC as Community Engagement Coordinator. She has many years' experience working with newcomers and will be helping us maintain a welcoming and inclusive neighbourhood.

**Maryam's email is: cvrc.naser@gmail.com
and her phone number is 693-8513. Be sure to drop by
and say hello to Maryam.**

Crescent Valley Neighbourhood Contact

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



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*





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

A New Friend!



Left to right Ruby Douthwright, Georgie and Olivia Ramsay
(Photo: Laureen Craft)

By Olivia Ramsay, Grade 5 Aucoin, Seaside Park Elementary School

This past Christmas Eve my best friend, Ruby, got a new puppy. I always wanted a dog. I get to see it a lot because she lives right next to me and I can come over anytime.

Ruby wrote a letter with her mom asking me if I wanted to help take care of the dog with them. So now we share the responsibilities of the dog.

It's only a puppy but when it's a little bit older, it is going to be pretty big. Its paws are humungous! It is a girl chocolate lab and her name is Georgie. She scratches and bites a lot! I have a bunch of holes in my shirts and pants, but I understand because she is still learning. She pees a lot in the house. We think she has a bladder infection.

Georgie loves to run and play games with us, but after all that running, she gets extremely tired, and sleeps most of the day. I love Georgie!

880 Danells Drive News

By Wendy Coughlin

Busy, busy at Danells Drive. We are starting our hot dinner program up twice a month: seniors can get a hearty hot meal for \$5. We will be holding them on Wednesdays starting February 12th at 4 p.m.

On Valentines Day we are having a tea with sweets and sandwiches. We also serve breakfast twice a month for the low price of \$4 a plate. All of our meals are prepared by our volunteers, and the association pays for the ingredients.

We are looking forward to free haircuts. Our tax clinic is being held on March 18th at 10 a.m. We will also be hosting mental health clinics on depression and self-care. We will be hosting our annual St Patrick's Day potluck on March 17th. Come participate and enjoy yourselves.

March Break Winter Carnival!

By Kate Worden, CCC

The Carleton Community Centre (CCC) is partnering with the Boys & Girls Club of Saint John to provide Lower West kids with a free March Break Winter Carnival! Activities will run Monday, March 2nd through Friday, March 6th, from 1-5 p.m. each day. Regular evening program will continue in the evenings from 6-9 p.m. on those days. Join us for some fun: face painting, bobbing for apples, a pizza party, a surprise trip out, and so much more!

Limited registration available; children must be registered to attend. Watch the Carleton Community Centre Facebook page for details on how to register, or stop by the centre.



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 or \$25; 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



Dustin Leclerc
director@carletoncommunitycentre.ca
120 Market Place, Saint John NB E2M 0E1
506 658-2920

**West
Neighbourhood
Contacts**

Jill Roberts
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120 Market Place 674-4307



**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

Waterloo Village Neighbourhood Association (WVNA) Update

By: Penni Eisenhauer, WVNA

The Association had its first meeting in 2020 last month. It is always a great opportunity for residents and community partners to share their upcoming programs, new services being offered and resources with each other.

An area of highlight to note is the Learner Led Pantry project in collaboration with the SJ Learning Exchange and their WESLinks (Workplace Essential Skills linking to Employment) program participants. We are seeking ongoing donations of healthy frozen breakfast and lunch items (egg bakes, pita pockets, burritos, lean cuisines, etc.). If you are interested in supporting this initiative please contact commorg.penni@gmail.com

If you are interested in being more involved in the Waterloo Village neighbourhood feel free to attend our next meeting on Wednesday, February 19th from 12-1 p.m. located at the Social Enterprise HUB (139 Prince Edward Street) or contact commorg.penni@gmail.com for more information.



Jason Collrin, WESLinks pantry project (Photo: Penni Eisenhauer)

Scholarships available

By Tamara Kelly, Credit Counselling Services of Atlantic Canada

Credit Counselling Services of Atlantic Canada Scholarships are open for application. Saint John students are encouraged to apply for the scholarship. It is available to students who live in Atlantic Canada and will be attending college or university in the 2020-2021 academic year.

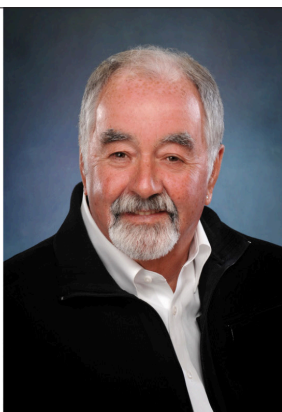
The scholarship is \$1000 and more details can be found on our web site: <https://www.solveyourdebts.com/english/scholarships/>

Good luck! And we look forward to seeing your application.

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.



Enterprising Women at the Loan Fund

By Abigail Reinhart, Saint John Community Loan Fund

Enterprising Women, a program run through the Community Loan Fund, is 90 hours of free entrepreneurial training for women who want to start their own business. Participants learn the ins and outs of starting a business in a supportive environment of other women.

"To share our ideas and be able to support each other in that process is very therapeutic," says Enterprising Women graduate, Tanya MacPherson.

Women come together to learn how to conduct market research, create financials, build a business model, and create a business plan. Conflict resolution, goal-setting and mentorship also play a key role in the program. Participants learn from the experienced facilitator as well as from each other.

"No matter what stage you're at this course will help you get to the next level and set a path to achieve your goals," says Diane Snelgrove, Enterprising Women Facilitator, Saint John Community Loan Fund.

The Saint John Community Loan Fund is proud to congratulate the Saint John Enterprising Women graduates who have successfully completed the program this fall! (See photo.)

Register at www.loanfund.ca



Top row from left to right: Melanie Clark, Diane Snelgrove, Kaz Butte, Giang Huong Nguyen. Bottom row left to right: Sarah Patton, Connie Graham, Tanya MacPherson. (Photo: Abigail Reinhart)

Waterloo-Village
Neighbourhood Contact

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



Warming Up to Winter @ SJBKE



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

January brings us snow and cold temperatures! Sometimes the grey skies and chilly winds can make the days seem long and unpleasant. We'd like to remind our Clippers that there are many things about the start of the year to look positively forward to and celebrate. If January is an "ordinary" month (compared to December), then we would do well to remember just how many extraordinary things occur in our school every single day.

Our volunteer base has swung back into action for the new year- Holly Singh and our wonderful kitchen helpers have been working to make sure that first rate meals get to our students. Other helpers have been here conducting guitar lessons, or bringing warm mittens and hats for the kids; buses have rolled in, trips have been had, and, all the while, our teachers work tirelessly to make sure that our students receive nothing but the very best - we say "Bring on winter"!



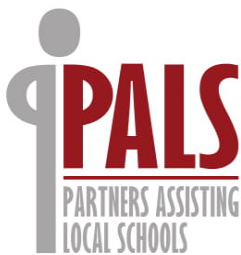
Photos: Benjamin Gillcrist



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



Deborah Fisher
fisher.deborah@jdirving.com

Susan Tipper
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We ALL have something to offer!



Lunch and Learn at Hazen White– St. Francis (HWSF)



UNBSJ nursing students teach about the Canada Food Guide using picture, facts, and interactive games (Photos: Sara Thurlow)

By Victoria Lawrence, Community Schools Coordinator, HWSF

On Tuesday, January 21st, HWSF, in partnership with the UNBSJ nursing students, hosted our 2nd Lunch and Learn session for students and parents.

The Lunch and Learn session included an educational lesson on Canada's food guide, fun and interactive games for students and parents to test their knowledge of healthy foods, and a group setting where all participants were encouraged to come together to make their own healthy lunch. The lunch consisted of a vegetarian wrap, and a fruit and yogurt parfait.

A huge "Thank you" goes out to Sara Thurlow and Victoria Fowler from the UNB Promise Partnership, UNBSJ nursing students from Professor Rose McCloskey's nursing class, and to both Ann Barrett and Olivia Clancy from the Crescent Valley Resource Center.

Thank you all for volunteering your time and for giving our students this unique and wonderful experience!



UNBSJ nursing students preparing the lunch ingredients (Photo: Sara Thurlow)



FREE

Interview Skills Workshops

Learn skills to ace your next job interview.

When: Feb. 27th from 2:00pm-3:00pm or
Mar. 26th from 2:00pm-3:00pm

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 and speak with us at 1 Agar Place.



www.careersthatwork.ca



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 email lauren.mackeigan@nbed.nb.ca



www.careersthatwork.ca

These are the workshops that are coming up at Agar Place Work Room.

Interview Skills Workshops: February 27th and March 26th at 2 p.m. (These workshops take place on the last Thursday of the month.)

These are the workshops that are coming up at Agar Place Work Room.

Resume Writing Workshops: February 3rd, February 24th, March 2nd and March 9th, all at 10 a.m.

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Programs and volunteer opportunities at Coverdale Centre for Women

By Channele Morgan, Coverdale

Coverdale Centre for Women continues to offer programs to women in Saint John. Our programs cover life skills that many people struggle with. We offer understanding and tools to improve in the following areas: Boundaries, Improving Self-Esteem, Mastering Your Worries, Money Management, and more. We also have programs about social media safety and cyber harassment that are helpful for people unfamiliar with ways to stay safe online. Give us a call at 634-1649 to register.

Our shelter is often full, and we would love to have more volunteers on our schedule to help our staff from 4-8 p.m. If you are 18+ and are interested in helping, please give us a call at 634-0812.

Coverdale would like to send out our thanks to ICS for choosing us to win a prize in their contest, the Social Media Strategy. We are grateful for the help in this area.

We would love to have more volunteers on our schedule to help from 4-8 p.m.

#golong

Wayne Long
MP/Député • Saint John-Rothesay
1 Market Square • 657-2500



Big Brothers and Big Sisters needed!

By Rhoda Welshman, Big Brothers Big Sisters (BBBS)

Did you know that there are always children waiting to be matched with a Big Brother or Sister? Mentor Links is a program for children on our waitlist. Each month we plan for daytime, evening, and weekend activities based upon the availability of our mentees and mentors! Mentor Links activities and events take place at various locations in and around the Greater Saint John Area and there is never a cost to our volunteers to attend or participate!

For some children, the wait for a match could be more than a YEAR! This program is a great opportunity for our waitlist children and volunteers to get to know each other and our agency. This allows us to cultivate an environment where strong matches and connections naturally occur. Volunteering with Big Brothers Big Sisters for just a few hours a month can change the trajectory of a child's life. 635-1145



Above: Left to right:
Little Brother - Slevin;
Waitlisted – Memphis;
Volunteer - Victor
(Photo: Charlene Perry)

Left:
Waitlisted - Elise
(Photo: Rhoda Welshman)

Saint John
Energy



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
Pre-pay by calling the club or stopping in			



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

Spend Family Day at the YMCA Indoor Triathlon and Family Fun Obstacle Course!



A Triathlon contestant dives into the pool. A mother races through a family obstacle course with her children in tow. (Photo: Jordan Mattie)

By Callie Tracy

The Saint John Regional Y is excited to host its new and improved Annual Indoor Triathlon in Support of the Strong Communities Campaign. Presented by Aberdeen Subaru, this year's Triathlon will take place on Family Day, Monday, February 17th. In addition to the Annual Indoor Triathlon, there will be new opportunities to get active as a family with our first ever Family Fun Obstacle Run and family swim!

Come as an individual, a family or group of friends, we have something for everyone this Family Day. YMCA members and the general public are welcome to participate, child minding will be available. To register, please visit or call our membership desk at 506-693-9622.

Seal monitoring in Saint John Harbour



A haul out site is an area (usually a large rock) where seals will "haul out" when the tide is low. They will use this site as a place to rest until the tide comes back in. (Photo: ACAP)

By Shauna Sands, Atlantic Coastal Action Program (ACAP)

The population of harbour seals in Atlantic Canada is currently listed as unknown and little is known about their behaviour, food habits and distribution in the area. Since winter 2018, ACAP began collecting population data on harbour seals in the Saint John Harbour through bi-weekly surveys conducted at low tide. This data collected will be used to determine the population numbers and to establish their distribution patterns throughout our area.

A drone is used for aerial surveys, as it allows us to fly over the haul out site and count the seals that are hauled out.

Do you want to get involved with this project? We want to hear from you!

If you happen to see seals in Saint John Harbour or along the St. John River, let us know by heading to our website: www.acapsj.org/



Strong Communities Campaign
Strong Kids • Strong Health • Strong Families



YMCA Indoor Triathlon & Family Fun Obstacle Run

Presented by Aberdeen Subaru

Monday, February 17, 2020

OPEN TO THE PUBLIC!



Indoor Triathlon

Check in 7:30 am
Race Starts at 8:30 am

Swim, Bike, Run

Individual Adult & Group Challenges

Family Fun Obstacle Run

1:00 - 3:00 pm

Team costume contest
Family swim
Prizes



To register please visit or call our Membership desk!



saintjohnny.ymca.ca

506-693-9622



Registration Open Now!
Child Minding Available!



Cedar Hill Cemetery

Greenwood Cemetery

FREE Cemetery Placement

A value up to \$500!

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Purchased at and placed in the Cedar Hill-Greenwood Cemetery
Offer Valid Until April 30, 2020 - Terms and Conditions May Apply

"Setting Your Story In Stone"



Gmet MONUMENTS



Headstones for the Murphy, Jamieson, and Foster families are visible in the foreground.

L'influence importe: de la diversité à la prospérité

Par Emily MacMackin, Centre de Nouveaux Arrivants de Saint-Jean

Entre 2018 et 2019 le Centre de Nouveaux Arrivants de Saint-Jean a connu une croissance de 34% de clients servis dans le Grand Saint-Jean. Établi depuis 2009, nous avons accueilli plus de nouveaux arrivants dans la région que les années précédentes, avec 753 nouveaux arrivants anglophones et 669 francophones qui ont bénéficié de nos services.

Les nouveaux arrivants qui sont venus au Centre sont originaires de 40 pays différents et sont arrivés sous le volet fédéral (incluant les réfugiés), le programme des candidats de province, le projet pilote d'immigration au Canada atlantique ou sont des étudiants internationaux, époux, jeunes, ou travailleurs temporaires.

Le Centre de Nouveaux Arrivants de Saint-Jean est une organisation à but non lucratif qui compte sur le soutien inestimable de bénévoles locaux et d'organismes communautaires. Nous travaillons au nom des communautés et pour les communautés de la région du Grand Saint-Jean, et nous croyons fermement que la diversité et la prospérité vont de pair.



Doaa Higazy, Dange Su
(Photo / photographie:
Emily MacMackin)

Impact matters: from diversity to prosperity

By Emily MacMackin, The Saint John Newcomers Centre

Between 2018 and 2019 the Saint John Newcomers Centre saw a 34% increase in clients served in Greater Saint John. Established in 2009, we welcomed more newcomers to the region than in previous years, with 753 anglophone and 669 francophone newcomers accessing services.

Newcomers arriving through the Centre's doors originated from 40 different countries and arrived under Federal Immigration Streams (including Refugees), the Provincial Nominee Program, Atlantic Pilot program, or are international students, spouses, youth, or temporary foreign workers.

The Saint John Newcomers Centre is a non-profit relying on the invaluable support from local volunteers and community organizations. We work on behalf of the communities and for the communities in the Greater Saint John area, and strongly believe that diversity and prosperity go hand in hand.

Sophia Recovery Centre update

By Jo-Anne Renton, Executive Director

Sophia Recovery Centre is pleased to report that in 2019 we helped almost 100 women find new recovery or maintain existing recovery from substances. We are so grateful to be here as a resource for women when they recognize a need for change in their lives.

We provide the guidance, support and space to create a new way of living through peer recovery coaching, mentoring, programs, and opportunities for women to build healthy relationships with other women in recovery. The centre truly is a "women helping women" environment.

We celebrate our 12th anniversary in February 2020 and we hope to continue to serve the women of Saint John and surrounding areas for many more years to come.

If you or a woman you know needs help, please reach out to us at 633-8783 or drop in from Monday-Friday 9 am-4:30 pm.

You can also find more information and view our event calendar on our website at www.sophiarecoverycentre.com.

You are not alone. We are here for you.

The Saint John Newcomers Centre

Le Centre de nouveaux arrivants de Saint-Jean

#NewcomersWelcomeHere

Questions about our services? Call anytime or visit us at www.BrenansFH.com

It's traditional...

There are many traditions surrounding funerals. The oldest have been with us for centuries, the newest; they're being created every day.

It's our tradition to do everything we can to ensure that each family that turns to us gets the service they expect, the respect they deserve, choices that suit their budget and everything they need to find meaning for today and hope for tomorrow.

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Child poverty rates in New Brunswick are declining

By Chelsea Driscoll, Saint John Human Development Council

Every year the Human Development Council writes a Child Poverty Report Card. The report card looks at child poverty rates in New Brunswick and tracks the number of children that live in families with incomes below the poverty line. The latest report came out in January. Child poverty rates in New Brunswick are going down, but there is still a long way to go to end child poverty.

Here are some of the key findings in the report:

- In 2017, more than 1.3 million children lived in poverty in Canada. This includes 30,000 New Brunswick children.
- 1 in 5 children in NB lived in poverty in 2017, compared to 1 in 4 children in 1989.
- Between 2016 and 2017, 1,440 children in New Brunswick were lifted out of poverty. The child poverty rate fell from 22.8% to 21.7%.
- New Brunswick had the 6th highest child poverty rate in the country.
- 1 in 3 children lived in poverty in Saint John. Only 1 in 10 lived in poverty in Quispamsis and Rothesay.
- There are big differences between Saint John's four Wards:
 - 1 in 5 children in Ward 1 lived in poverty.
 - 2 in 5 children in Ward 2 (Old North End, Crescent Valley) lived in poverty.
 - Half of the children in Ward 3 (Lower West Side, South End, Waterloo Village) lived in poverty.
 - 1 in 5 children in Ward 4 lived in poverty.

- Half of all children living in lone-parent families lived in poverty.
- 1 in 4 children under 6 lived in poverty.
- The Canada Child Benefit makes a difference! Without the Canada Child Benefit 15,000 more New Brunswick Children would have been living in poverty.

The report also recommends policy changes to government.

- It would help if government increased the amount families get through the Canada Child Benefit.
- Families need more childcare spaces and ones that cost less.
- Other recommendations include increasing welfare rates and investing in pharmacare, and there are many more.

These policies would be great steps in the right direction to end child poverty!

To find out more you can read the full report at <http://www.sjhdc.ca/>



Community policing will be on the chopping block (AGAIN)!

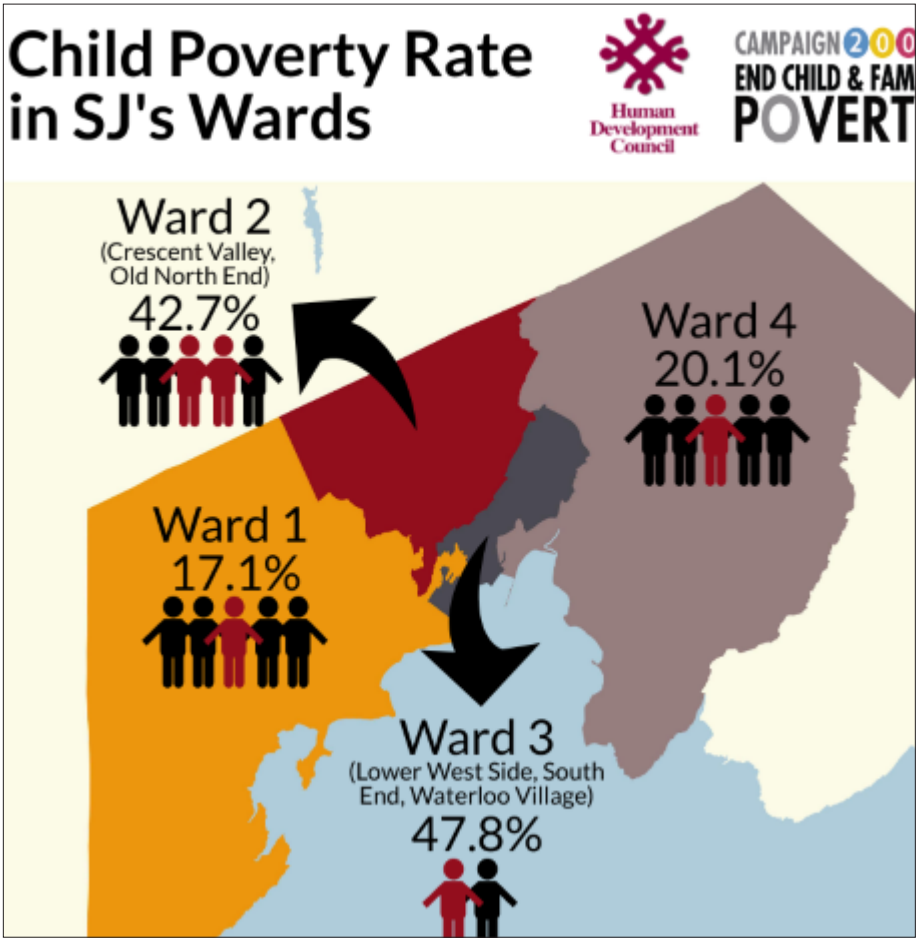
By Randy Hatfield, Executive Director, Saint John Human Development Council

At its first meeting of the year, Common Council voted to instruct the Police Commission to cut \$1.175 million from next year's police budget. It also said that the cuts had to come from "workforce adjustments and personnel policy changes."

The last time the Police Commission was told to cut its budget, Community Policing got the axe. Saint John's priority neighbourhoods worked hard to restore it. They know the contribution that community policing has made to the safety and inclusiveness of their neighbourhoods.

It was only a rescue package from the province that saved (most of) the service.

There is no guarantee that Community Policing will survive this round of budget cuts. It's a tempting target for budget-cutters. Get ready for another fight!



In 2017 half of the children in Ward 3 (which includes the Lower West Side, South End, Waterloo Village) lived in poverty

Your public library has something for everyone

By Sean Thompson, Library Assistant

The Saint John Free Public Library at Market Square has programs for everyone!

Older people can keep fit with our Zoomers program every Tuesday at 1pm and cool down with a hot drink at our Seniors' Café the first and third Tuesday of each month at 2 p.m.

Children can enjoy weekly Storytimes Tuesdays at 10:30 a.m. and dig into Cartoons and Cereal 10:30 Saturday mornings.

If you like games, play Chess with us Saturdays at 2 p.m. or join the quest with our High Rollers Dungeons & Dragons group Saturday 10 a.m.-5 p.m. and Sundays from 1-5 p.m. You can also borrow board games and puzzles at any time.

Come join our Newcomers' Social, each Saturday from 12-2 p.m. It's a chance for Saint Johners new and old to practice their English and meet people from across the city.

For more on all our programs, check out our social media pages or visit us in Market Square seven days a week!



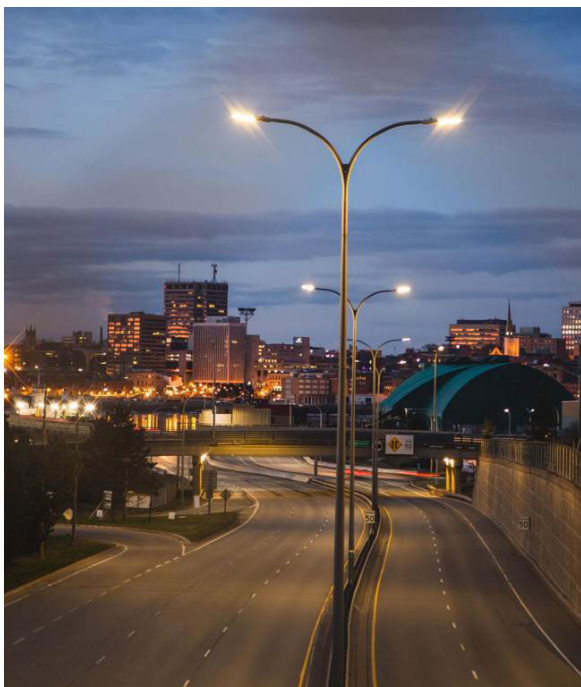
*Sharing stories and practising English at our Newcomers' Social
(Photo: Saint John Free Public Library)*



ENERGY SAVING TIP

By replacing conventional light bulbs with LED light bulbs, you will use 75% less energy, reduce CO2 emissions and save money.

Remember to turn off lights when they are not in use!



Bee Me Kidz Winter Update

By Kerri Brooks, Bee Me Kidz Program Coordinator

Are you looking for some free family fun on Saturdays this winter? Look no further, come join the fun at Bee Me Kidz!

If you have children in grades 1-3, you are invited to join us Saturdays at 10:30 a.m. at the Nick Nicolle Centre (North) or Glen Falls School (East). Every Saturday (except holidays) we have a free nutritious family brunch followed by emotion learning groups, parent groups (*optional with childcare provided), arts and crafts, gym time and team building activities!

If you have children in grades 4 and 5, the fun starts a little earlier on Saturday morning at 8:40 a.m. During this program, children learn essential skills for becoming a leader in their home, school and community, followed by a free nutritious family breakfast.

We would love to see you and your family! Call 654-1395 to register or get more information. Check out our Facebook page at Bee Me Kidz to learn more.

Loaves and Fishes: meals at St. Luke's

By Marlene Hull

St. Luke's Anglican Church outreach program, Loaves and Fishes, is joining the growing number of organizations and businesses who are trying to reduce our negative impact on the environment. Starting in March, polystyrene containers and plastic grocery bags will no longer be used for take-out meals. Rubbermaid "Takealongs," kindly donated by the people of Trinity Anglican Church, will replace the one-use boxes, and durable cloth bags will replace the plastic ones. These were generously given by the City of Saint John.

People are welcomed to St. Luke's every Monday and Thursday noon hour for lunch (doors open at 10 a.m.) and every Tuesday for breakfast 8-9:30 a.m.. They arrive early and enjoy chatting with each other and with Rus Blanchet (outreach minister), Rev. Dr. Cole Hartin (assistant curate) and the volunteers. At noon, following a short devotion, a delicious meal is served by one of six teams of volunteers, the most recent addition being the Saint John Y's Men's Service Club.



*Left to right: Brayden (nine), Owen (three), and Kristopher (12).
Building the snow castle kept them busy for two days!
(Photo: Danielle Saunders)*

Around the Block interview: Sarah Campbell

Sarah, what’s your role with Parent Child Assistance Program (PCAP)?

I am the Research Manager of the New Brunswick Social Pediatrics Research Program [in Horizon Health]. We run PCAP, a pilot project to see if we can make a meaningful difference in the lives of women who have been impacted by substance use or alcohol during pregnancy. We’re funded through the Social Innovation Fund which identifies programs that help disrupt the cycle of generational poverty. Our intention is a long-term sustainable program.

What journey led you to PCAP?

I have a background in research but I was a very young single mom so I always understood the struggles. I had a really excellent support system when that happened to me, so I understand the importance of having people that support you when you have those challenges, especially younger women. My intention was always to come back and work in the community and try to make an impact here in Saint John. Sarah Gander and I started talking about trying to disrupt generational poverty; we identified that pregnancy is that key moment that’s going to have a huge impact on people one way or the other and if you could make some positive changes during that time, then it not only could improve the quality of life of the mother but also help that child across their life span. The most vulnerable were experiencing substance use or alcohol use; they have experienced trauma in their lives. That’s usually what leads to addiction; trauma is the real gateway drug. A lot of women have experienced difficult childhoods - abuse or neglect, having someone that died or went to prison - then it carries over into adulthood. It impacts your mental health for your entire life, makes you more vulnerable to chronic illnesses, increases the risk for suicide. So really we see this as a two-arm intervention: we are working with the mom but it’s really setting the children up to have a more successful childhood.

What do you see has been achieved so far by the program?

There has been an increase in family planning methods being used; as our mums make decisions about having babies again, it’s important that they are in control, and that it’s going to be a drug- and alcohol-free pregnancy. Housing is a real struggle in Saint John; rents have become so high. It’s hard to focus on making any other meaningful change in your life if you are worried about where you are going to sleep tonight and where your kids are going to sleep tonight. So we’ve made little improvements in the situations that our families are living in, but that’s going to be an upward battle as we go on, and we know that. We’ve seen a lot of moms engaging in methadone treatment, and that’s really helping with the opioid crisis around here. There is more availability for it now. It allows these moms a chance to get the other drugs out of their system and prevent relapse.

How many moms have you helped?

We have 45 families enrolled; we have a waiting list right now but are continuing to enrol. And looking for opportunities to expand.

Is there a typical process?

The basic criteria are that a woman is pregnant or has been pregnant in the last two years and there was alcohol or drug use during that pregnancy. We are obviously focusing on families that are impacted by poverty. The self-disclosure is an important piece because if someone isn’t admitting that they used during pregnancy then it is hard for us to address that issue. Anyone can make a referral; we have people that will call and self-refer, sometimes we get calls from community groups, clinicians, physicians. Once we get a referral the typical process is that the mom would come in here and sit with me so we get a very full history of her experience, what she’s going through and what her challenges are going to be, so then we can identify the ways that we could help with that. Then she would be assigned a case manager who will ask questions about things that the mom is dealing with. We’ll deal with the crisis stuff first – health issues, legal issues, domestic violence. Then we work on longer-term goals. We want to know where that mother sees herself in three years and break down how we can achieve those goals for her.

What are the things that you provide as a service to people?

We’ll often deal with missing ID – you can’t go to the food bank if you don’t have your Medicare card. We take the clients to appointments, help to arrange counselling. We try not to duplicate services that already exist in the community. For instance we have a mom that’s never filed a tax return so we are working with PULSE so that she can get her Canada Child Benefit. But the main idea is that your PCAP case manager is that person that you can count on, it’s your grammy or your auntie who will come and pick you up, they’ll just be there to be on your side when it feels like there’s nobody on your side.

What do you most enjoy about doing this work?

We just finished a parenting program with eight families for 14 weeks. It’s amazing to see the progress, things like they’ve managed to pay their rent every month, they’re staying clean but other things too - like they’re speaking more kindly and they feel safer. Many moms don’t have a really healthy relationship in their life and now they have people that are just there for them, that really think that they’re worth helping. It breaks down some of those walls that they’ve built to protect themselves over the years. **My favourite part is seeing when somebody else recognizes their own value for the first time.**



Left to right: PCAP team members Joanna Beckett, Kelly Carline, and Sarah Campbell

Your PCAP case manager is that person you can count on... they’ll just be there to be on your side when it feels like there’s nobody on your side.

Happy children at Anglin Drive!

By T. Roy with Lorna Brown

The Anglin Drive Tenants Association and residents enjoyed their annual Christmas party at the Somerset Centre on December 7th, 2019 from 12-2 p.m. In addition to 20 adults, more than 30 children attended.

The children were pleased to receive gift cards from Santa - \$10 for the Dollar Store and \$5 for McDonalds. Each child also received a stuffed animal from the Harbour Station Teddy Bear Toss, plus Cheryl and Wendell from Quality Learning NB supplied a beautiful gift pack of books and a family board game for each child.

A special thanks for that! Every year for the past three years, Shannex Parkland Estates has made generous donations to make the purchase of all the gift cards possible. Thanks also to Saint John Energy, whose donation helped supply a pizza party for all the friends and neighbours gathered.

The generous support from our sponsors is appreciated by our whole Anglin Drive community.

Food purchase contest Deadline: February 20th at noon

By Juanita Black

This is issue 69 of *Around the Block* and our food purchase contest, sponsored by Saint John Energy, which **this time provides three \$15 fresh fruit and produce orders!**

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 13**).



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 February 20th at 12 p.m. Winners will be called with the location where you can pick up your order.

The contest winners of issue #68 were Ethel Albert and Gordon Hooper. We will list the winners of the issue #69 contest on the Human Development Council Facebook page on Friday, February 21st.

Updates from Living SJ

By Carrie Tanasichuk

This issue we would like to profile one of the projects that is funded through the Social Innovation Fund. The Saint John Learning Exchange has been encouraging learners to reach their goals through the Transition-to-Work Program. Learners are very engaged and motivated to reach their goals to improve their quality of life and move themselves out of poverty. In just the first year of the project, 176 learners were recruited and 645 goals have been achieved by learners so far. Also, 101 individuals have found a job, eight are pursuing post-secondary education and 23 have received their General Education Diploma.



Food purchase contest December 2019



(Photo: Mary LeSage)

By Juanita Black

For our special \$25 Christmas Food Purchase contest, the winners (Gordon Hooper and Ethel Albert) each received: two lbs. apples, avocados. two lbs. bananas, a mango, six oranges, a pomegranate, broccoli, a bunch of kale, two lbs. carrots, an English cucumber, celery, three lbs. sweet potatoes, two lbs. onions, a green pepper, five lbs. potatoes and a turnip. They also received a turkey and a 2019 teddy bear.

Saint John Exhibition

It's never too early to start thinking about the Ex!

Calling all exhibitors! The Ex is just around the corner!

September 1—5

Knitting, crafts, jams, baking, vegetables, flowers....we've got a spot for whatever you've got

2020 exhibitors handbooks available soon, call the office 633-2020 or check our website at www.exhibitionparksj.com

Cash prizes!

No fee to enter!



Around The Block Team (Issue 69)

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Spotlight on seniors!

Knitters from Charlton Place / Stephenson Tower give back

Stories and photos by Debbie McLeod, Community Involvement Coordinator, Social Development

The knitters from Charlton Place and Stephenson Tower meet every Wednesday afternoon and knit under the helpful guidance of volunteer and experienced knitter Jean Pond.

This Christmas I had the pleasure to drop off knitted items and cash donations, with the help from an Elf, to different non-profit groups. We started at Hestia House, then moved uptown to Fresh Start, Coverdale and Out Flow. We finished up delivering to First Steps. Each group was so excited to see us as the homemade gifts are such a treat.

The money raised by the knitters all goes back into the community. I am so proud of this group. If anyone has yarn they would like to donate to this wonderful cause, please call Gerri @ 642-4777.

Thank you, knitters, for making a difference.



Elf Marianne Chiasson (left) and Krista Roi, Executive Director of First Steps (right)

Supporting our local food bank

Thanks to all the seniors from Charlton Place, Stephenson Tower and Vimy Estates for donating food for the North End Food Bank!

Thanks to Steve from the City for providing his time and the truck! It was a cold December day, but people kept coming by with lots of food donations.

We picked up the food donations from Vimy Estates and that filled the truck!!

The North End Food Bank does so much for the community so it was nice to give back.

Photo at right: the food bank crew in front of Stephenson Tower: Steve, Jean, Marianne, Rose, Sandra, Debbie, Charlie

Children enjoy Christmas Bingo!



Seniors from Stephenson Tower and Charlton Place with children from Centennial School

The SKIP Program (Seniors and Kids Intergenerational Program), facilitates activities with grade 3 students and seniors. In this picture the Christmas Bingo was held in December at Stephenson Tower with children from Centennial School.

The seniors and the children meet every six weeks and they spend time doing different activities together. The next activity will be held around Valentine's Day. The children bring a lot of joy to the seniors and the seniors make the children feel very special.

Other SKIP programs are held at Brunswick Drive with Princess Elizabeth School students and Danell's Drive with Beaconsfield students.

Thanks to Social Development, Public Health and Fundy Wellness Network for supporting all the SKIP Programs.

The children bring a lot of joy to the seniors and the seniors make the children feel very special.

