



# Around the Block

Issue 70 April / May 2020 sjcommunitynewspaper@gmail.com

Published six times a year by the Saint John Human Development Council - sjhdc.ca

## COVID-19: staying safe, keeping others safe, and what's available to you



Washing your hands thoroughly and often is critical (Photo: ATB)

By ATB, adapted from Government of New Brunswick's website

Editor's note: **All information in this issue of ATB is accurate as of March 30th, 2020.** By the time you read this, there will be updated information. Go regularly to a **trusted** online source such as the Government of New Brunswick's website:

<https://www2.gnb.ca/content/gnb/en>

and click on Coronavirus for health updates and to

[sjhdc.ca](https://www2.gnb.ca/content/gnb/en)

for supports available to you - food, shelter, income, etc.

COVID-19 is spread when an infected person coughs or sneezes and the tiny droplets and spray from their nose or mouth may contain the virus. If you are too close, you can breathe in the spray and virus. Your hands touch many surfaces and you can pick up viruses from contaminated surfaces and objects. When you touch your eyes, nose or mouth with unwashed hands, a virus can enter your body and you can develop illness.

**Be Informed. Be Safe. Be Prepared. Be Kind.**

(Continued on page 12)

**Pannell**  
FAMILY FOUNDATION

**Ensemble** pour vaincre  
la pauvreté  
Overcoming Poverty **Together**

**Port Saint John**

**THE COMMUNITY FOUNDATION**  
building a greater saint john



**SAINT JOHN**



**Saint John Energy**

## UYES: reflections on a partnership that helps our youth reach their goals



UYES participants in the classroom (Photo: Jeff Lively)

By Lorna Brown, Editor, Around the Block

UYES is the Urban Youth Employment and Education Service. Since it started in March 2018, UYES has helped 200 Saint John youth gain employment skills, find jobs, get their high school diplomas - but most important of all, UYES has helped them realize that they belong. They know now that there is a place for them in our community. UYES has helped youth who face multiple barriers understand that, with the proper support, they CAN achieve their goals through commitment and hard work.

Providing that support has been a remarkable group of Waterloo Village partners working together in a new way: the Saint John Human Development Council (HDC), the Teen Resource Centre (TRC), the Saint John Learning Exchange, the Saint John Community Loan Fund, and Outflow Ministry. In this time of pandemic when we are working in partnership more and more so that our communities and families can survive, it is a good moment to celebrate a great partnership and discover how it has worked so well. ATB talked with Christina Fowler of the Learning Exchange, June Breau-Nason from TRC, and Seth Asimakos from the Loan Fund.

(Continued on page 9)

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

When CBC TV aired *The Greatest Canadian* in 2004, we all wondered who would be chosen. Terry Fox was a popular bet, or Dr. Banting for co-discovering insulin and extending the lives of those with diabetes. But in the end, one person stood head and shoulders above the rest: Tommy Douglas, the "Father of Medicare." This makes perfect sense, if you think about it; what marks us as Canadians is that we take care of each other.

Now more than ever we must summon our best Canadian-ness and take care of each other. The spread of COVID-19 through our communities is inevitable, but we can control its speed. If we do, the healthcare system won't be overwhelmed as we face the pandemic. There is a lot you can do that is very simple, that will prevent a sharp increase in sickness at any one time. Wash your hands often. Keep two metres/six feet away from others when you must be out of your home. And otherwise, stay home.

And if you can afford to hoard: don't. If you have already bought up big and stashed it away, donate some to a food bank. Shelf-clearing is un-Canadian. We are not more important than our neighbours. We are all in this together, and we will come through it together. Grade 5 student Cassie Gautreau (p. 7) is right: everyone deserves kindness!





Old North End • Old North End • Old North End • Old North End • Old North End • Old North End

## New Community Navigator

**By Jessica Bradley, Community Connector, North End Wellness Centre (New-C)**

Hello everyone! My name is Jessica Bradley! I am so excited to introduce myself to the north end as your new Community Navigator. For those of you who don't know me, I have just graduated from The One Future program in community development at our local Nick Nicolle centre.



(Photo: Jessica Bradley)

As a resident of the North End for over 10 years, I have seen massive change within the community, all because of you! With my new placement at The North End Wellness Centre, I am eager to connect with local residents to expand their sense of belonging and well being. I am here to work with families and individuals who seek to break down barriers they might have. I will navigate with you to find the resources and programs available to you and your family.

While the COVID-19 pandemic lasts, I will be working from home and you can contact me at (506) 650-8245. Once normal office hours resume, I will be dividing my time between the Nick Nicolle Centre and Crescent Valley.

Let's work together and make the impossible, possible.

## Anthony Connell, Tech Mentor

**By Jonathan McLeod**

Anthony Connell is someone who strives to better him self each day, This is why when the Nick Nicolle ONE Change community centre offered a new Tech Mentorship Program through ONE Future, he knew this was something he was passionate about. After attending a 12-week training program at the centre expanding his knowledge of technology and more, Anthony is now employed with ONE Change and is passing on his knowledge of technology and learning to others in and around our community. This program has helped him improve many things not just in his work life but personally and he cannot be happier with what this opportunity offered and has to come for him.



Anthony Connell, Tech Mentor at ONE Change  
(Photo: ONE Change)

## ONE Future's Community Development - part two

**By Brilliant Labs**

In February, participants in the ONE Future training program began their 28-week work placement terms as Community Developers and Tech Mentors. Employed with Boys & Girl Club Saint John, Brilliant Labs, Fresh Start Services for Women, Housing Alternatives, Horizon Health Network, ONE Change, Saint John Free Public Library, Saint John Tool Library & DIY Centre, Teen Resource Centre/Pathways to Education Saint John, and YMCA Newcomer Connections, these talented youth are applying their knowledge and skills across Saint John. The participants are enthusiastic about their work, and the feedback received thus far from employers is positive. From organizing special events to leading after-school programs, the youth are engaging community members and building relationships that encourage greater participation in community-building experiences.

Funding for ONE Future is generously provided by the Government of Canada Youth Employment and Skills Strategy and Government of New Brunswick Youth Employment Fund, in partnership with Brilliant Labs and New Brunswick Community College.



Front row (left to right): Kuma Thibodeau, Johnathan Driscoll, Brandon Burrell and Madian Kaba Khalil. Back row (left to right): Anthony Connell, Abdiaziz Adan, Zachary Boulanger, Daniel Couillard, Erik Olmstead and Nickolas Stilwell. Missing in the photo is Samuel Buchanan.  
(Photo: ONE Future)

## Board Games!

**By Chealsea Brown**

On behalf of the staff at ONE Change, we want to thank everyone to donated board games to the centre. Our afterschool program kids love them! It is their new favorite activity.

The board games help our afterschool program kids build teamwork skills and problem-solving skills as well! We are still taking donations for more board games, so if you have any that are not being used, save them for the Nick Nicolle Community Centre! The afterschool program would love to play them when normal services resume.

## 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



## North Neighbourhood Contact

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







South End • South End • South End • South End • South End • South End • South End • South End • South End

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

By Mary LeSage, PULSE

During the state of emergency please contact PULSE before coming to our doors. We are obliged to have not more than ten people at once on the premises. Call us at 632-6807.

During the COVID-19 pandemic, PULSE is concentrating on food security. The Government of Canada has announced that the deadline for tax returns is now June 1st, so right now we are focusing on food rather than helping with your taxes, until further notice. You can also pick up your NB heating rebate forms at PULSE when it is safe to do so again. Follow us on Facebook to find out when.

The Food Purchase Club is suspended till further notice.

We are always looking for volunteers. Call me and see what you can do to help out your neighbourhood. Right now we most need drivers to deliver food.

Follow PULSE on Facebook for the dates of our Coffee and Chat Fridays. April may see us offering a light meal at our Coffee and Chat later in the month if we have resumed by then. Check FB for dates.

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



# COVID-19: What PULSE is doing for you



Reverend Jasmine Chandra and Kathryn Ferris at PULSE with food packages ready to go out the door

By PULSE with ATB

We've switched over from handing out grab and go bagged lunches to actual food packs, consisting of a protein, some pasta, soups, some snacks such as cheese strings and yogurts and stuff like that. We got a good deal on frozen burritos! We're helping everybody throughout the city; we are delivering north, east, south, west, uptown. People are finding us on Facebook, on PULSE and the Saint John Inner City Youth Ministry, and they are calling us and emailing. They are finding out by word of mouth. At 10 a.m. the packers come in, at noon or sometimes earlier the deliveries start to go out until about 2:00. We just see what we have at the end of the day and re-evaluate.

Bob McVicar posted on Facebook that if you been laid off and if you needed any assistance with some food to get it touch, with no judgment. One of our other partners, Tamara Kelly at Credit Counseling Services posted about how PULSE does a backpack program in the summertime and an emergency food pantry. I commented that we had a locker full of cereal but no milk, so we would be happy if anybody would donate some milk. Next thing you know Bob called me Sunday morning [March 15th] and said how about we do a fundraiser? He said his full-time job on Sunday was answering Facebook messages and phone calls and texts, plus people just showed up at his door with cash and cheques. And within hours he had \$8000 raised for us. We picked up the cheques the next day! [March 16th]

We're not asking for food donations at this time. We're asking people if they want to donate food to hang on until when all this is over; we'll want to restock the pantry. But we did have a donation from one of the uptown restaurants that has closed shop and they emptied out their fresh veggies that they would have prepared. Some went over to the Nick Nicolle Centre (which is doing breakfasts and lunches) and some came here to PULSE!

CALL (506) 647-9813 OR (506) 632-6807

## EMERGENCY FOOD PROGRAM

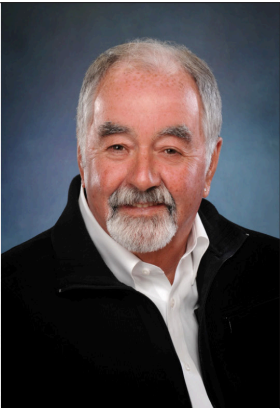
IN NEED OF FOOD DURING COVID-19?  
CALL (506) 647-9813 OR 632-6807  
OR FACEBOOK MESSAGE PULSE, INNER CITY YOUTH MINISTRY, OR CARLETON COMMUNITY CENTRE. WE CAN HELP.

PLEASE PROVIDE NAME, ADDRESS, PHONE NUMBER, NUMBER OF ADULTS AND YOUTH IN YOUR HOUSEHOLD, AND ANY DIETARY RESTRICTIONS.

**Gerry Lowe**  
MLA Saint John Harbour

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

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



**South  
Neighbourhood Contact**

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





## Community leader stepping down

*By Crescent Valley Resource Centre*

Community partners, volunteers, residents, and friends gathered at the RiverCross Mission on March 5th, 2020 to celebrate an amazing career, and bid a fond farewell to Joanne Barry upon her retirement. Joanne has dedicated an outstanding 38 years to nursing, with the past several years as the North End community nurse.

Many of us know Joanne as a positive and supportive voice for the health and well-being of residents and community partners alike. Joanne was always present, helping at community events, meetings, and volunteer opportunities, where she worked hard at making the neighbourhoods the best they could be.

Joanne was instrumental in getting many community initiatives off the ground, such as: the SJ Bike Share Program, the Growing Place Community Garden, the development of the North End Wellness Centre (NEW-C), advocating for the creation of the North End Community Navigator position, the development of the Outflow Dental Clinic, as well as contributing to the Neighbourhood Action Group and Living Saint John committees. The community will miss Joanne's guidance and positive leadership, and we wish her the very best!



*Joanne celebrates her retirement (Photo: CVRC)*

## Crescent Valley Neighbourhood Contact

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



## Crescent Valley Caring Tree

*By Justin Shepard, Community Engagement Coordinator, CVRC*

The CVRC celebrated Valentine's Day by having a Caring Contest during the month of February.

CV residents picked one of the red, purple, or pink hearts on display at the Centre, wrote the name of someone they care about on it, and placed it on the CVRC's "Caring Tree". Loved ones included family members, friends, teachers or someone respected and admired. There was lots of love on the tree when the draw was made, and four families got tickets for a Sea Dogs game (including a voucher to the concession stand), courtesy of Emera New Brunswick.

One lucky winner exclaimed, "Thank you! I've never been to a Sea Dogs game and I've always wanted to go!" Thank you to Emera New Brunswick for supporting our Caring Contest.



*The Crescent Valley Resource Centre's Caring Tree (Photo: CVRC)*

## CVRC launches new website

*By CVRC*

Crescent Valley Resource Centre has a new and improved website! We recently launched our new website, with a sleek new look and easy to navigate style. Our new site contains lots of information and photos about all the programs and events that go on, including an event calendar. This is just one more way to stay up to date with everything going on here at the centre, along with our Facebook, Twitter, and Instagram pages (@cvrcsj).

Interested in learning more about what CVRC offers? Visit <https://crescentvalleyresourcecentre.ca/> to check out the new website for yourself!

**As a preventative measure to eliminate the COVID-19 outbreak, the Crescent Valley Resource Centre has closed its doors to the public until further notice. However, CVRC is still here for the community so feel free to reach out to us via phone, email, WhatsApp, or Facebook; we will be more than happy to answer your questions.**

**Stay tuned for new information or any changes.  
We apologize for the inconvenience.**

**Please contact us at:  
Phone & WhatsApp: 506-693-8513  
e-mail: [crescentvalleyresourcecentre@gmail.com](mailto:crescentvalleyresourcecentre@gmail.com)**





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

Multicultural Fair



Left to right James Mullinger, Yuko Elman, Caterina Tymchenko, Niomi Leslie, Kristen Springthorpe (Photo: Beverly Janes)

By Beverly Janes, Acting Vice-Principal, Seaside Park Elementary School

Seaside Park Elementary School celebrated their first Multicultural Fair in March. Students learned about several countries and cultures, including Japan, China, Ukraine, Syria, Russia, Nigeria, England, Taiwan and our own Saint John heritage.

This event was made possible due to the support of parents, staff, and community members. Our school was also treated to food from Syria, Ukraine, and Taiwan.

Tasty Tuesday: on hold until further notice

By J J Jarvis

Tasty Tuesday is a project that is the result of the Learn and Go Working 4 Change program. Learn and Go is a ten-week program, with four weeks in a classroom and six weeks working on a change project in your neighbourhood.

Our group worked alongside some great mentors: Jill Roberts from Horizon Health, Samantha Greenwood from Irving, and Carleton Community Centre staff, to help get this started. We are also lucky to work with Shelley Scott, President of the West Side Food Bank and Jacinta Gallagher, who leads the Culinary Tech class at Harbour View High School (HVHS).

Since March 2019, we have been able to serve over 1489 meals that have been prepared by the students at HVHS. These meals are free and available to anyone. Community members are very grateful that they are able to enjoy a meal and meet new friends. The best part is watching the children try something new at Tasty Tuesday.

We look forward to the day when we can safely invite you again to just drop in on Tasty Tuesdays and fill your belly! You won't need to be going to the Wellness Centre or food bank to enjoy a meal. Until then, stay safe and well!

Supports for you and your family during the COVID-19 pandemic



### EMERGENCY FOOD PROGRAM

IN NEED OF FOOD DURING COVID-19?  
CALL (506) 647-9813 OR 632-6807  
OR FACEBOOK MESSAGE PULSE, INNER CITY YOUTH MINISTRY, OR CARLETON COMMUNITY CENTRE. WE CAN HELP.

PLEASE PROVIDE NAME, ADDRESS, PHONE NUMBER, NUMBER OF ADULTS AND YOUTH IN YOUR HOUSEHOLD, AND ANY DIETARY RESTRICTIONS.





### QUARANTINE GOT YOU DOWN?

# Let's Chat!

506-717-0880 | MONDAY TO FRIDAY 10AM TO 2PM

THIS IS A "SOCIAL HOTLINE" FOR ANYONE FEELING ISOLATED DURING COVID-19 NOT A CRISIS OR INFORMATION LINE. WHEN YOU CALL, OUR STAFF CAN TRY TO HELP YOU ACCESS ACCURATE INFORMATION, FIND RESOURCES AND HOLD A GREAT CONVERSATION. LONELY? WE'RE IN THIS TOGETHER!

For the most up-to-date information on supports available - food, income support, shelter, and others - please check the Saint John Human Development Council website regularly.

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



Dustin Leclerc  
[director@carletoncommunitycentre.ca](mailto:director@carletoncommunitycentre.ca)  
120 Market Place, Saint John NB E2M 0E1  
506 658-2920

West  
Neighbourhood  
Contacts

Jill Roberts  
[Jill.Roberts@HorizonNB.ca](mailto:Jill.Roberts@HorizonNB.ca)  
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](mailto:Dorothy.Shephard@gnb.ca)  
[www.gnb.ca](http://www.gnb.ca)



## Thank you to our amazing ACAP volunteers!



*SalesForce employees conducting a cleanup along Winter Street  
(Photo: ACAP Saint John)*

**By Shauna Sands**

Volunteers and community partners are critical to the success of ACAP Saint John. Every year, with the help of our committed volunteers, we are able to remove tonnes of garbage from the environment and waterways, and plant native trees and shrubs throughout the community. In 2019, a total of 18 cleanups were completed removing over 8,000 lbs of debris and garbage, and more than 350 trees were planted throughout the city. We couldn't have done it without our amazing volunteers - thank you! If you are interested in contributing to the many cleanups and community events we conduct throughout the year, send us an email at: [office@acapsj.org](mailto:office@acapsj.org)!

## The Solar HUB: innovation culture in action



**By Jamylynn McDonald**

Have you heard about the rooftop solar at the HUB? In 2019, the Social Enterprise Hub generated 17.57MWh of power from rooftop solar panels! This is an amazing step to reducing fossil fuel emissions, and the first of its kind in Saint John.

As the days are getting longer, our solar panels generate more energy for the HUB, bringing us closer to being carbon neutral! What is carbon neutral? This is when a building can balance their energy usage by generating the same amount of energy therefore giving a zero, or neutral emission.

Check our website [loanfund.ca](http://loanfund.ca) to explore real time data on the energy being generated.



*Images: Saint John Community Loan Fund*



**Sisters of Charity**  
of the Immaculate Conception  
[www.sistersofcharityic.com](http://www.sistersofcharityic.com)

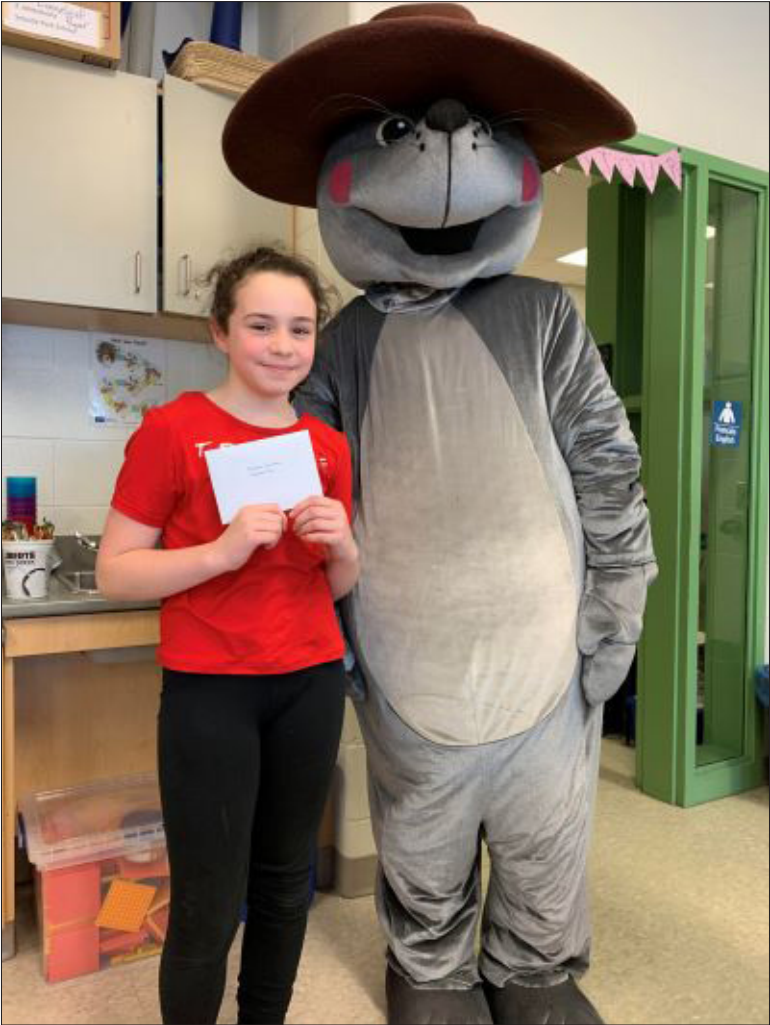
### Waterloo-Village Neighbourhood Contact

Penni Eisenhauer  
[commorg.penni@gmail.com](mailto:commorg.penni@gmail.com)  
Saint John Learning Exchange  
139 Prince Edward Street  
647-8047





Kindness Matters



Cassie Gautreau and friend  
(Photo: Krista Turnbull)

By Krista Turnbull and Cassie Gautreau, grade 5 student at Seaside Park Elementary School

A very special thank you to our PALS at the Port (Port Saint John) for hosting a kindness contest last month. I am pleased to share that our grade 5 student, Cassie Gautreau won the 2nd place prize.

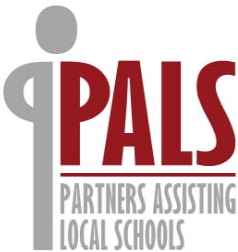
Cassie wrote: Everyone deserves kindness! I show kindness at school by treating people well, and by hanging out with people who are lonely, that's how I show kindness at school!

At home, I show kindness by being nice to my family. I give them presents. I love to show kindness. Fill up people's bucket and be KIND! When I see people happy I feel happy too. You should try and fill someone's bucket and BE KIND!



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  
tipper.susan@jdirving.com

We ALL have something to offer!

Husky Helpers at Hazen White–St. Francis (HWSF)



Paul Kelly, Sgt. Corey Jameison, and Sgt. David Hartley Brown with Wael Almohammad, Lexi Middleton, Caleb Rigby, Malachi Rigby, Ethan Evans  
(Photo: Megan Donovan Middleton)

By Megan Donovan Middleton

Thank you to our Community Police Officers who are working with students to develop positive leadership skills by being of service to their community through the *Husky Helper: Helping Hands on the Go* program. Our students have volunteered at the SPCA, Chateau Champlain, and the Cherry Brook Zoo as a way of giving back to our community!

#GiveLoveFeelGood Campaign delivers books to HWSF!

By Victoria Lawrence

Thank you to Duke Creative Collective for the generous donation of gently used children's books. Duke Creative Collective (in partnership with Moosehead, Innovatia, the City of Saint John, the Saint John Police Force, and The Feel Good Store) held a book drive in February as part of Duke Creative Collective's annual #GiveLoveFeelGood Campaign. Books were delivered on March 11th by SJ police to surrounding SJ area schools. HWSF staff and students thank you for this wonderful donation!!



Left to right; Sgt. David Hartley Brown, Mohamad Badenjki, Adam Painter-Chaisson, Marah Alkhalaf, Sgt. Corey Jamieson  
(Photo: Megan Donovan Middleton)

Big "Thank you" to the UNB Nursing students and the UNB Promise Partnership for partnering with us again on the January 21st Lunch and Learn initiative at HWSF!



## Civic Tech Saint John - meeting online!

At Civic Tech Saint John your health and safety are our top priority, so we are suspending all in-person meetings until further notice, even those with fewer than ten people (the limit at time of writing). However we are continuing virtually, so join us Tuesdays at 6:30 p.m. - the info for how to do so is on our Facebook page, Civic Tech Saint John. And if you are in a project, please stay in touch with your project lead because work can also continue offline while we are all at home! **Accurate at March 30th.**

CIVIC TECH SAINT JOHN  
Technology + Social Good

## Food packs - Inner City Youth Ministries

Inner City Youth Ministries will deliver a food pack to anyone in need. If you are in need of food, call ICYM with the following info: your name, address, phone number, and number of children and adults in the house; and they will deliver a food pack between 12 p.m. and 2 p.m. to your home. This service is now only offered on Monday, Wednesday, and Friday. **This is a day-by-day service and it could change.** They need some volunteers (specifically looking for drivers that can come in pairs from the same household. Ex. parent with an adult child, married couple, etc.). **Accurate at March 30th.**

Call: 647-9813    Email: [icymsj@gmail.com](mailto:icymsj@gmail.com)  
FB: <https://www.facebook.com/SJICYM/>

## Romero House

Romero House will be serving hot (take-away only) meals through their dining room window from 9:30 a.m.-12 p.m. every day. If you need an extra bag for your children at home or a self-isolating neighbour, please ask and they will do their best!

Call: 642-7447

Email: <https://www.facebook.com/romerohousesoupkitchen/>

FB: <https://www.facebook.com/romerohousesoupkitchen>

Accurate at March 30th.

## Cedar Hill - Greenwood Cemetery



*Because everyone wants a place to Remember...  
Every person grieves in their own time and in their own way.  
It is so important to have that special place for your loved one,  
so everyone may feel comfortable to visit and remember.*

Traditional & Cremation choices available at Cedar Hill Extension  
and Greenwood Cemetery

– Please contact our office: 9 am - 4:30 pm weekdays to discuss –

650 Manawagonish Rd. Saint John, NB – 672-4309

## Cancellations/Closures/Contacts

**Accurate at March 30th – but for the latest please check:**  
[sjhdc.ca](https://www.facebook.com/sjhdc.ca)

**Coverdale Centre for Women:** Shelter is still open but all programs are cancelled.

Call: 672-6285

FB: <https://www.facebook.com/Coverdale-Centre-for-Women-Inc-199051320601473/>

\*\*

**Sophia Recovery Centre** is closed to the public but available by phone and their peer recovery coaches are still taking appointments via telephone. Please call and leave a message or contact them on their Facebook page and they will get back to you. An AA publication called Grapevine is offering a FREE online subscription right now since AA meetings are not happening. To access, go to <https://www.aagrapevine.org/we-are-here-to-help>. More resources are available on their FB page.

Call: 633-8783

Email: [sophiarecoverycentre@live.ca](mailto:sophiarecoverycentre@live.ca)

FB: <https://www.facebook.com/SophiaRecovery/>

\*\*

**Outflow:** The Outflow Mission/Men's Shelter at 162 Waterloo Street will remain open during this time. The Catapult Training and Employment building is closed and all programs are cancelled.

Call: 658-8050

Email: [info@outflowsj.com](mailto:info@outflowsj.com)

FB: <https://www.facebook.com/outflowsj/>

# #golong

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





# UYES: Reflections on a partnership

*(Continued from page 1)*

UYES obviously hit the ground running, because there were short-term benefits both to the youth and to the partners very quickly. All three partners mentioned the increase in capacity, which in turn allowed them to directly increase their level and quality of support to clients. June and Christina both noted the advantage to partners and clients alike of having extra staff on site at the TRC working in case management. June says, “The case managers built the trusting relationship with the youth so that they could see that we’re only trying to help - that was huge. And in regards to partnerships, everyone was so open and willing to help the youth with whatever was needed.”

And the help to the youth right away was tangible. June adds, “I think that the short term [benefit] was immediate support that we could provide to the youth in our community in regards to financial help - with bus passes, with childcare subsidies, with rent deposits, utilities, some food security supports.” And this real-world approach was reflected in the classroom as well. Christina explains, “We had the learners getting their permits, doing driver’s training, as part of the English curriculum - to make things really tangible.”

The youth weren’t the only ones who were learning. 60% of UYES participants self-identified as facing five or more barriers, and a staggering 62% face mental health issues. Christina: “UYES did reveal that there are extenuating mental health issues with youth, and their housing gaps, so we’ve really been looking at policy change in how to address those things for youth - and I think the better we can work in collaboration, the stronger we are in supporting their journey.” June too was “shocked” to see the number of mental health issues that had not been addressed or had not been diagnosed, despite her long experience. “We’ve been doing this for many, many years, knocking around for over 18 years with the TRC, and I was always aware ... but because this was a significant grant and because we had so many partnerships we were getting to see a new face of the client.”

Another learning was about other partners and the value they can bring, with an upward spiral of positive impact for all. Seth notes, “HDC really stepped up. It’s interesting how in the past HDC was very much a convener on social issues and report writing and doing data collection - all these really important things - but UYES was a time they actually came forward to be part of the service delivery element. I think they’re going to continue to go after not only creating opportunities to collaborate or convene people around important issues, but I think also looking to really collaborate and develop service delivery options too. Not that they will necessarily deliver them, but they understand how to convene people to build something to deliver.”

There were other opportunities to learn and grow, too, as first-time situations so often provide in life – with positive results for the youth and partners alike. Seth continues, “For Outflow/Catapult, this was their first build. So there was a lot of back and forth about how we meet deadlines within this idea of providing opportunities for people who don’t necessarily have a lot of skills to come to a job site and learn, while we’re still trying to actually get the job done. And when you saw these young, almost, apprentices out there and the degree to which they got satisfaction on the job site, it was really great to see!”

As for the long-term benefits that have come from UYES to date, they are many and varied. Christina is happy about “being able to reach youth sooner - getting to them when they are as young as 16! Our relationship with different schools has been tremendous.” June talks about no longer working in silos: “We were able to communicate so often because of our shared clientele, I think it’s made the community look around to see how they can better strengthen their partnerships. At the end of the day it was always what’s the best support for the youth and we could all look beyond our own individual organizations’ mandates to ensure that that was being met. That was huge, just being able to monitor a youth for a longer period of time, not just “band-aiding” but looking at how we

can affect some change with the youth. We don’t have to own any program, we don’t have to keep it just to us; if we can refer out, we love it, because that gives another support system for the youth. We’re trying to complete the chain of safety net options for them and we’re just one link. And we hope that we can grow on that.”

Seth reflects on another aspect, for the wider community: “[UYES] added to our capacity, clearly. It enabled us to continue with our vision to add more assets in the neighbourhood, to continue to take vacant buildings and turn them into something that’s livable, affordable, and from the street looks good, so that people have a sense of that things are moving forward. It’s about creating a mixed, vibrant community. Taking a building that has sat vacant for 10 or 15 years and renovating it with a local social enterprise contractor like Catapult and then making it into something a couple of individuals involved in the project get to live in afterward after we’re done... it is a great achievement, I think.” He echoes June’s hopes when he points to “three or four organisations working together, I think that was really great. It built a sense of community together. We had always ad hoc worked together, but this was deliberate and I think very effective as well. I think what we need to do is leverage this forward because you could easily just go back to working primarily alone and at times come together. Actually I’ve thought about this quite a bit. Many of us are in the HUB; we really should be meeting on a regular basis and thinking about, what are the challenges, what are the opportunities, how can we work together on forging something?”

What partners in this sector most often remark on as the most moving or fulfilling part of their jobs is when clients find something for themselves, start to believe in themselves, start to do something purposeful and believe they can succeed at it. And that doesn’t happen by one organization waving a magic wand. “It’s clear that it’s very incremental. Everybody is providing a piece of the support that builds the next step for an individual,” says Seth. “People from outside don’t really understand the multitude of challenges and barriers that exist outside an individual and within the individual when you have no confidence, when you have never been really supported by a family structure. And so when you have the TRC providing support and counseling as well as, maybe, a bus pass or boots or whatever it is, those are really important pieces. And then you have young folks who come to the carpentry training centre and then move on to the job site where they’re treated like the gang on the site - everyone supports them in a different way.”

The support is greater than the sum of its parts, and the result can be far-reaching. Seth concludes, “When Damien finally moved into one of the apartments [he had helped to build] he said, ‘This is life-changing.’ And it is.”



UYES participant Damian and TRC Case Manager Stacy in front of apartments that UYES helped build

**“What we need to do is leverage this forward because you could easily just go back to working primarily alone...how can we work together on forging something?”**



## Looking to the Future at St. Luke’s



Some members of St. Luke’s outreach family show off their new reusable takeout containers. From left to right: Eva Feddery, Martin Keirstead, Melissa Clark, Randy Howell (Photo: St. Luke’s)

By Marlene Hull

St. Luke’s Anglican Church Loaves and Fishes is an outreach program for north end residents who live far from uptown services, but everyone is welcome to partake of the meals.

On March 12th, the last sit-down meal was held until the Covid 19 crisis ends. Following provincial guidelines, take-out meals only are available. Awaiting admission, people observe the two metre (six foot) distance and enter and leave one at a time. The volunteers will continue issuing lunches as long as they are legally allowed. Monday and Tuesday lunches are given out Monday from noon until 1:30 p.m. Lunch on Thursday is issued during the same hours.

The previous week, everyone had welcomed a new initiative for transporting leftovers. Rubbermaid “Takealongs”, donated by Trinity Anglican Church, and cloth bags, provided by the City of Saint John, replaced the one-use polystyrene containers and plastic bags, thus reducing landfill use and pollution. In preparation for the change, eight January devotions were about caring for God’s creation. One was based on Dietrich Bonhoeffer’s quotation, “The ultimate test of a moral society is the kind of world it leaves its children.”

**This change is a small step making the world a better place for its children. We look forward to the future when we can gather for meals and commence the new plan.**

The Saint John Newcomers Centre



Le Centre de nouveaux arrivants de Saint-Jean

#NewcomersWelcomeHere



SAINT JOHN



SJLIP PLISJ  
SAINT JOHN LOCAL IMMIGRATION PARTNERSHIP  
PARTENARIAT LOCAL POUR L'IMMIGRATION À SAINT-JEAN

## Shrove Tuesday At Brunswick Drive High Rise



The pancake and sausage supper (Photo: submitted)

By Richard Northorp

On Shrove Tuesday, February 25, 2020 at the Brunswick Drive High Rise we enjoyed a lovely pancake and sausage supper.

Thanks to all who helped set up, prepare, cook the meal and clean up afterwards.

We are excited to have two new board members elected back in September and seeing some volunteers step forward to give of their time and talents. Our board consists of Pat Callaghan (president, Richard Northorp (vice-president), Linda Harvey (secretary) and Brian Mills (treasurer).





Become a Yoga Instructor

YMCA Yoga Training

May 8, 9, 29 & 30  
July 11-12

Fridays: 6:00 PM -9:00 PM  
Saturdays: 8:00 AM - 5:00 PM  
Sunday: 8:00 AM-3:00 PM

Evaluations to be completed by August 21

We are looking for yogis who would like to learn and develop their anatomy knowledge, yoga philosophy, and knowledge of poses. This course will help deliver safe and meaningful yoga classes while improving their personal practice.

Pricing:

\$150 Members  
\$300 Non-Members

Please register at the Membership Desk.

For more information,  
please email Margaret at  
m.trites@saintjohny.ca

Page 10



## Quality Learning New Brunswick's Holiday Book Giveaway



On October 16, 2019 Canada Post Community Foundation presented \$2000 to Quality Learning New Brunswick (QLNB) for neighbourhood holiday literacy initiatives. Left to right: Michele McGree, Chris Victory, Cheryl Brown, Nancy Blizzard, and Mary Hunter (Photos: Cheryl Brown)

### By Cheryl Brown, Community Literacy Coordinator

QLNB helps families and communities to make healthy literacy choices. The book project grew out of programming in host neighbourhoods. "It is important for children to have their own books to facilitate the love and joy of reading," says QLNB Storytent Worker Wendell Dryden. This year 267 books were added to Christmas boxes distributed by Rivercross Mission; 78 books were provided to the Anglin Drive Neighbourhood Tenants Association for giveaway at their Christmas party, and 31 books were given to children ages 1 – 17 at the Crescent Valley Community Tenants Association Christmas Party. Approximately 100 families benefited!



Trenton Burley chats with Santa, CVCTA Christmas Party, December 7th, 2019




 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
--	---	---	---


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

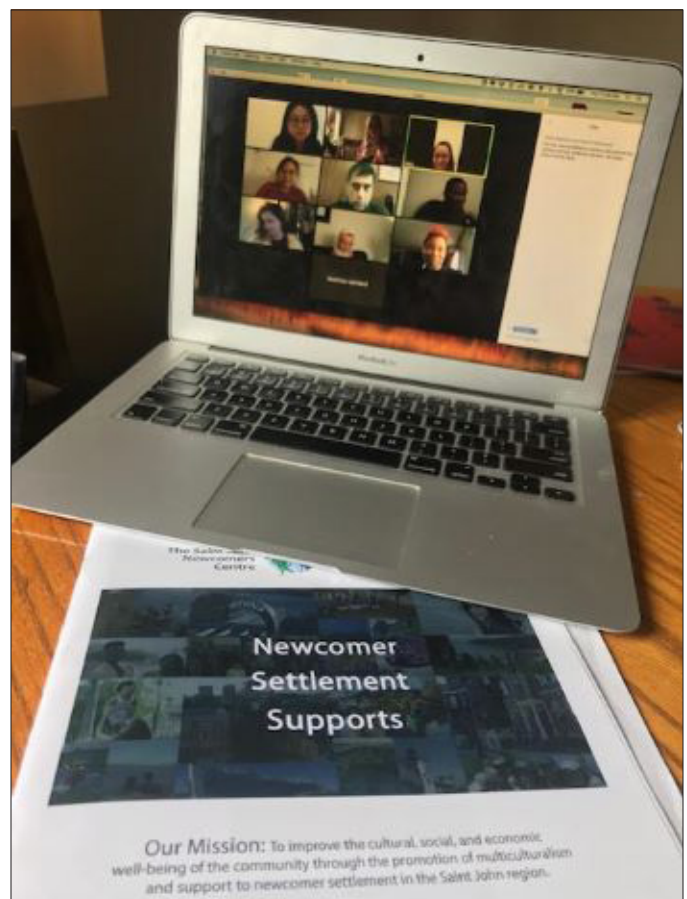
## Connect with us virtually!

By Emily MacMackin, Communications Specialist

During this time of uncertainty, the Saint John Newcomers Centre is still here for you! At this time, our Settlement Advisors will virtually guide individuals and families through creating a settlement plan according to their specific needs and immigration status. Our Useful Noon Hour sessions will also be moving forward. We want to give you the most accurate, helpful, and reliable information at this time.

Stay tuned online at [www.facebook.com/SJNewcomersCentre](https://www.facebook.com/SJNewcomersCentre) for information sessions that will help you navigate the many changes to our city's health and mental health services, employment offerings, tax clinics, and Francophone and Anglophone school systems. These changes are unfolding everyday and we anticipate that by the time you read this more changes will occur.

Thank you for your support and patience as we adapt and build a new database of information as it becomes available. If you have any questions please feel free to call (506) 642-4242.



## Connectez-vous avec nous virtuellement!

Par Emily MacMackin, Spécialiste des communications

En cette période d'incertitude, le Centre de Nouveaux Arrivants de Saint-Jean est toujours là pour vous! À l'heure actuelle, nos conseillers en établissement peuvent guider virtuellement les personnes et les familles en créant un plan d'établissement en fonction de leurs besoins particuliers et de leur statut d'immigrant. Nos "Conseils du jeudi" évolueront également. Nous voulons vous donner l'information la plus exacte, utile et fiable pour le moment.

Restez à l'affût en ligne sur [www.facebook.com/SJnewcomerscentre](https://www.facebook.com/SJnewcomerscentre) pour des séances d'information qui vous aideront à naviguer les nombreux changements apportés aux services de santé et de santé mentale, aux offres d'emploi, aux cliniques fiscales et aux systèmes scolaires francophones et anglophones de notre ville. Ces changements se produisent tous les jours et nous prévoyons que d'ici à ce que vous lisiez ceci, d'autres changements se produiront.

Nous vous remercions pour votre soutien et votre patience alors que nous nous adaptons et créons une nouvelle base de données d'information à mesure que l'information devient disponible. Si vous avez des questions, n'hésitez pas à composer le (506) 642-4242.



# COVID-19: staying safe and keeping others safe

(continued from page 1)

## Be Informed

- Sharing accurate information can help calm fears, manage anxieties and allow you to connect with others.
- To avoid spreading rumors, use reliable sources of information like public health authorities.

## Be Safe

- Wash your hands for 20 seconds and do it often. Sing Happy Birthday twice – that’s 20 seconds!
- Cover your mouth and nose with your bent elbow or tissue when you cough or sneeze and dispose of the used tissue immediately.
- Stay home if you are feeling sick.
- Don’t visit vulnerable people (older persons and persons with pre-existing medical conditions) - if you are feeling ill (coughing/ sneezing) or have a fever.
- Avoid touching your eyes, nose and mouth with unwashed hands.
- Clean and disinfect frequently touched objects and surfaces, such as toys and doorknobs.
- Practice social distancing. **Maintain at least a 2 metre (6 feet) distance between yourself and others, especially anyone who is coughing or sneezing. Why? When someone coughs or sneezes they spray small liquid droplets from their nose or mouth which may contain virus. If you are too close, you can breathe in the droplets.**

## Be Prepared

- Limit your exposure to crowded places. As of time of writing, avoid gatherings of more than ten people.
- Know what to do if you or a member of your family become ill or a member of your family becomes ill and needs care.  
[https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory\\_diseases/coronavirus.html](https://www2.gnb.ca/content/gnb/en/departments/ocmoh/cdc/content/respiratory_diseases/coronavirus.html)
- Refill prescriptions so that you do not have to go to a pharmacy if you do become ill.

## Be Kind

The outbreak of coronavirus disease can be stressful for people and communities. It is natural to feel stress, anxiety, grief, and worry during and after a stressful situation.

- Connect with others.
- Take breaks.
- Get plenty of sleep, exercise, and eat well.
- Take deep breaths, stretch, or meditate.
- Reassure your child that they are safe. Let them know it is ok if they feel upset.

## And be kind to yourself

Seek help if you experience stress reactions (feelings or behaviours) for several days in a row and are unable to carry out your normal responsibilities. Contact your health care provider or your local addictions and mental health centre: <https://www2.gnb.ca/content/gnb/en/departments/health/AddictionsandMentalHealth.html>

**Be Informed. Be Safe. Be Prepared. Be Kind.**

**And practise social distancing!**



Human Development Council  
Saint John's Social Planning Council

# COVID-19: community and government supports available to you



The ONE Change food team practise social distancing at the Nick Nicolle Centre (Photo: ONE Change)

By ATB with partners

**Remember to go regularly to a trusted online source such as**

**[sjhdc.ca](https://www.sjhdc.ca)**

**for the most recent information about supports available to you.**

**This information was accurate on March 30th. See also pages 3-5 and 8.**

\*\*

**ONE Change - Nick Nicolle Centre** will have grab & go breakfast and lunch that you can pick up from 8:30 -10 a.m. for breakfast and lunch pick up from 12- 1:30 p.m. from Monday-Friday. Please do not send children to pick up food and only send one adult to pick up for your family. For seniors and more vulnerable folks, if you need support, there are volunteers that may be able to help with delivery. Just call the centre at 658-2980. Please bring your own bags when picking up lunches.

\*\*

## Help line established to assist people in self-isolation

The provincial government has partnered with the Canadian Red Cross to support New Brunswickers affected by the requirement to self-isolate. This service is available to all residents and visitors. The Canadian Red Cross can assist people in accessing a wide range of supports and services. People who have issues or concerns should call **1-800-863-6582**.

\*\*

**East Side Food Bank** is open Tuesday and Friday from 1-3 pm. Call: 633-8298. (Continued on page 13)



## LAUNDRY ENERGY SAVING TIPS

- Check your vent hood make sure your dryer's vent hood is working correctly to prevent cold air from entering the home
- Clean your dryer's lint filter before every load for efficiency and safety
- Use cold water to wash your laundry where possible and don't over dry clothes.
- Wash a full load Only use washer when you have a full load





## COVID-19: community and government supports available to you

### Coming Soon!

The Human Development Council is going to have a new page on their website. This page will soon have information related to **food, income supports, housing** and **other resources** you may need.



For updates on the new support webpage, visit [www.facebook.com/SaintJohnHDC/](https://www.facebook.com/SaintJohnHDC/)

**For information on applying for income supports, check out the links below!**

### Canada Emergency Response Benefit

<https://www.canada.ca/en/department-finance/economic-response-plan/covid19-individuals.html>

### The New Brunswick Workers Emergency Income Benefit

[https://www2.gnb.ca/content/gnb/en/departments/post-secondary\\_education\\_training\\_and\\_labour/promo/nbweib.html](https://www2.gnb.ca/content/gnb/en/departments/post-secondary_education_training_and_labour/promo/nbweib.html)

\*\*

**Big Brothers Big Sisters:** The office is closed but staff are still checking phone messages and emails regularly. Agency staff are continuing to support community-based matches and in-school mentors and families through technology and through providing activity ideas. **Accurate at March 31st.**

**Call: 635-1145**

**Email: [brother@nb.aibn.com](mailto:brother@nb.aibn.com)**

**FB: [https://www.facebook.com/](https://www.facebook.com/BigBrothersBigSistersofSaintJohn/)**

**BigBrothersBigSistersofSaintJohn/**

## COVID-19: community and government supports available to you

PCAP SJ office is closed but this will be re-assessed on a week-by-week basis. Staff will be working off-site and limiting face to face visits. Please contact if you have any questions. **Accurate at March 31st.**

**Call: 349-4504 (new #)**

**Email: [PCAP.SJ@outlook.com](mailto:PCAP.SJ@outlook.com)**

**FB: <https://www.facebook.com/pcapsj1/>**

\*\*

**South End Food Basket:** Open Wednesdays and Fridays 10-11 a.m. and 12 noon- 2 p.m. There are changes to operation; only one person at a time will be admitted, everyone else will need to line up outside the entry door in an orderly manner. "CLIENT CHOICE" service is temporarily suspended. Three bags of food with three choices of protein products is what will be distributed.

**Call: 652-2707**

**Email: [foodbank@bellaliant.com](mailto:foodbank@bellaliant.com)**

**FB: <https://www.facebook.com/sjfoodbasket/>**

\*\*



Volunteers at PULSE with food bags for delivery. The initiative has grown so much they have had to move to Vineyard Church!  
(Photo: PULSE)

Questions about our services? Call anytime or visit us at [www.BrenansFH.com](http://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.

**Brenan's**  
FUNERAL HOMES  
& CREMATORIUM



Sharlene MacDonald

Gary Smith

Lethe Kerr

Karen Belyea

Kate Lavhey

Doug Ells

Courtney Lapp

1461 Manawagonish Road  
634-7425

111 Paradise Row  
634-7424

152 Pettingill Road  
849-2119



### Finding a Better Balance

Since 1986

\*Custom Foot Orthotics

\*Orthopaedic Footwear /  
Footwear Modifications

\*Compression Stockings

\*Canadian Certified Pedorthists\* - ask us about payment and coverage options

238 Metcalf Street, Saint John  
By Appointment: (506) 632-9397

[thera-ped.com](http://thera-ped.com) / [blog.thera-ped.com](http://blog.thera-ped.com) / [facebook.com/thera-ped](https://www.facebook.com/thera-ped)



***Around the Block* interview:**  
Christina Fowler, Executive Director  
Saint John Learning Exchange

## What was your journey to the Learning Exchange? What's your background?

I worked for government - at the time it was called Family and Community Services - and I was a case manager for a number of years. I used to refer a lot of learners to the Learning Exchange! I was always very impressed with the work that the Learning Exchange did. And then I did a short stint working for PETL (Post-Secondary Education, Training and Labour) working with employers in Sussex; I really enjoyed that. The travel was a bit much with my small kids. I saw a posting come up for the Executive Director position [at the Learning Exchange]. I didn't really have a management background but I applied, went through several rounds of interviews, and secured the position. We've come a long way since those early days because I've been with the Learning Exchange for 16 years. That's a long time - a lot of changes. One of the things I think I recognize the most about my personality in this job is I'm really a freedom-seeker and quite a risk-taker, so this role fits with my personality. When I worked for government I spent a lot of time trying to get around policies [ATB: LOL!], always trying to figure out how to work in the best interests of the client and of the learner, so that's always been in me. People are my passion; I've always volunteered, I have a sociology degree, I wrote my thesis on domestic violence - so I've always been geared towards the helping field. This job has allowed me to be creative, to be innovative. I have a wonderful board of directors that has allowed us to take the risks we have, and it ultimately paid off. And paid off to the benefit of our community.

**When you arrived on the first day what was your first goal?  
What did you hope to achieve on your day one?**

I guess I just wanted to figure out how to be a great leader. I'm very team-focused, people-focused. So what I wanted is to bring that energy into the work that they did. What I learned from micromanaging bosses was how not to be an executive director. That's a journey that actually helped me quite a bit to understand how you support people, how you develop people, how you help the team members be the best that they can be by empowering them and supporting them and coaching them. And I always think my biggest success is when I see people grow and evolve into leaders: when they stand up to do presentations, when they take charge of coming up with their own ideas to execute. I'm so proud of the people I work with, to be able to do that!

**You mentioned benefits to clients of the things you been able to do. What's the thing you are proudest of on that side - what achievement for the learners?**

I'm really proud of the fact that we've been able to expand our business lines. When I first started, programming really focused on just on GED (General Educational Development) and a little bit on skills training, and what we needed to do with that was that it wasn't the pathway for every learner. We have been able to develop all kinds of different business lines; while we still have the GED and essential skills training, we do a lot of project-based learning, we have the adult high school diploma, and we have coaching - we have a job developer and a coach that help with transition to work. I'm proud of the fact that we have expanded all of our lines of business and that we wrap around the learner. And also proud of the fact that we are so innovative with our learners, that we really do whatever it takes to help them succeed in what their journey is. Those are pieces that I am proud of. I am proud of the fact that we been able to secure money through Living Saint John to help learners set and achieve their own goals, and then be paid on those goals. I'm proud of the fact that every two weeks I signed many cheques for learners who are are setting their own path and who are moving forward. We're proud of them! I am also proud of the fact that we have been able to take risks and develop several businesses. It's been a journey with Voila [a cleaning business] and Stone Soup [cafe/catering]; we started the social enterprises off the side of our desk. At one point we lost all the cleaners and I was cleaning! It was a wild time, a social experiment. In our social justice

plans we said we want to train people in our businesses, we want to hire people in our businesses, so again - whenever it takes! I'm proud of all the businesses within the HUB. We've grown so much! It's amazing, and they stand on their own, all those businesses, and it was quite a journey to get there.

**That's a wonderful story! What's the greatest opportunity you see, since you say you have evolved and changed and grown over time. What's next?**

The greatest opportunity? You know, we stumbled onto something working with UYES; we work with the younger population now, 16 all the way to 80 - we have an 80-year-old! For the adult high school diploma some said they actually want that, want their high school and they want a piece of paper and they want to have that as part of their journey, so adding that line of business and reaching the learners sooner is really making an impact. We're not just reaching people who are 26 and have gone through more things and so that's pretty amazing. One of my favorite things about what we do is our project-based learning initiative - I'm so proud of the learners. And I'm proud of our other initiatives: we have an art program; we have a sewing project; we have a hydroponic greenhouse on the roof in the spring. We have the pantry, the learners stock it and learn budgets with it. The projects allow authentic adult learning. It helps people demonstrate employability skills within the projects. I am just amazed to see learners step up to take leadership roles, to help each other. I love what we do!



*Christina Fowler (Photo: Saint John Learning Exchange)*

**I'm proud of the fact that we have expanded all of our lines of business and that we wrap around the learner ... that we really do whatever it takes to help them succeed in what their journey is.**

**Let's flip the coin: what is the greatest challenge the Learning Exchange is currently facing?**

The biggest challenge? Core funding, of course. Any executive director will say that we're trying to be innovative in how we work and we're trying to figure out new funding models and how we can look at core sustainable funding. We are working with Bonfire Communications - we are trying to become less of the best-kept secret! We've moved away from "we teach people to read" but people still have had a hard time connecting the social enterprises to the Learning Exchange. So we're focusing on creating a picture, creating a story, and really getting that out there for people to to know what we do - just how much impact the Learning Exchange has in the community. We do want to do some learner stories and employers' stories and really change the conversation, get the word out there, that there is opportunity in Saint John and there are learners who really want to work and and want to go into post-secondary, and that we're doing everything possible to help people.



## Enterprising Women Success Story: Lisa Mosher



Lisa Mosher, quilting (Photo: SJ Community Loan Fund)

By Diane Snelgrove, SJ Community Loan Fund

In our Enterprising Women Business Accelerator program, we explore “Being brilliant, failing, and then being brilliant again.” In every instance the most critical moments are found between failing and being brilliant again. Big or small failures will happen, but it is when you lag in the recovery time, letting your mind carry the failure for hours, days, or even months that it weights you down. Learn the lesson, stomp your feet, eat a bag of Dunster’s Donuts, but soon the pity party needs to end. When it is time, take a deep breath and create a new plan to move forward 20 steps.

Lisa Mosher, Founder of KP Quilting Studio (KPQS) attended the Enterprising Women in Sussex, in 2017. The class helped her fully realize her dream of developing her property on the Kingston Peninsula. She was on a mission to combine the therapeutic benefits of a weighted blanket with the beauty and style of a traditional quilt.

At the tail end of her career in Correctional Services, Lisa was ready to transition into entrepreneurship. Big pivot, but with careful planning over several years she was able to realize her new venture. Being brilliant means that you dig deep and swing for the fences with every talent and skill you have. Lisa embraced the challenge, knowing that ever dollar she actively saved would go into KPQS’s inventory and business growth. Her Facebook page is a great look into her life well beyond quilting, into raising chickens, canning, and country barns, minutes from the Kingston Peninsula Farmers Market.

Once she completed the Business Plan in the Enterprising Women’s class Lisa launched, but it was not the end of the learning. Lisa knew she needed to continue to hone her skills in marketing, accounting, and operations - all new technologies, rules, and mind set, while working to deliver to the customers. She was extremely focused and dedicated to the details, resulting in a business to be proud of, with a great future.

Lisa made her first weighted blanket for a friend’s daughter, Emelia. Wanting something perfect for Emelia, Emelia’s mom commissioned a patchwork quilt in Emelia’s favourite colours, only with the addition of 10 pounds of extra weight. Emelia loved her new weighted quilt and had her first really good night’s sleep ever (and so did her parents)! This experience was life-changing for Lisa, as she realized that she had the potential to help lots of people by creating personalized and perfectly weighted versions of her beautiful quilts. Hence, the Weighted Comfort Quilt was born!

KPQS is located on the beautiful Kingston Peninsula in New Brunswick, Canada.

## Enterprising WOMEN – 90-Hour Business Accelerator Program Saint John Community Loan Fund

**ONLINE Courses - Starting Soon**  
**Apply TODAY [www.loanfund.ca](http://www.loanfund.ca)**



Photo: SJ Community Loan Fund)



## Around The Block Team (Issue 70)

**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 volunteer:** Debbie McLeod  
**Layout and Design:** Lorna Brown and Juanita Black

### Saint John Exhibition

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

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

## Saint John EX

### 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](http://www.exhibitionparksj.com)

Cash prizes!

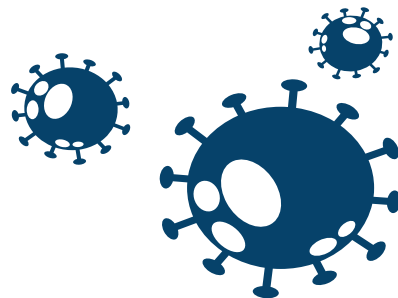
No fee to enter!





# Coronavirus (COVID-19)

## PUBLIC HEALTH ADVICE



### PROTECT YOURSELF AND OTHERS FROM GETTING SICK:



Wash your  
hands often



Elbow cough/  
sneeze



Avoid touching  
eyes, nose, mouth  
with hands



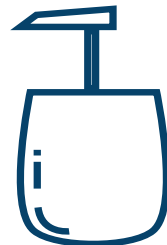
Cough in tissues  
and throw away



Stay home if  
you are sick



Avoid contact  
with sick person



Use alcohol-based  
hand sanitizer if soap and  
water are not available

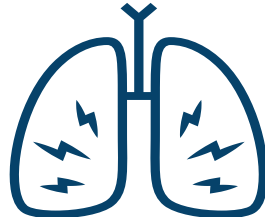
### SYMPTOMS INCLUDE:



Fever



Cough



Difficulty  
breathing

**FEELING SICK OR HAVE CONCERNS?**  
CALL **TELE-CARE 8-1-1 BEFORE** YOU PRESENT AT  
YOUR PHYSICIAN'S OFFICE OR THE EMERGENCY ROOM

For the latest information visit: [www.gnb.ca/coronavirus](http://www.gnb.ca/coronavirus)