



Around *the* Block



Issue 49 October / November 2016

• sjcommunitynewspaper@gmail.com •

My Life Starts Here



Pictured above: Carol Doiron in the Y pool (photo by Nicole Doiron)

By Nicole Vair with Carol Doiron

Member Thanks the Y for changing her life: Carol Doiron has been a member of the Saint John Regional Y since February 2016. She is a regular in the pool, coming almost every day for the late morning swim.



A year ago, Doiron weighed more than 200 pounds. She had congestive heart failure and has survived a heart attack. She is also an insulin-dependent diabetic.

She swims for about an hour each visit, water jogging with her waterproof mp3 player. She has lost 60 pounds through her swimming routine and cutting her meals in half.

"Coming to the YMCA was the best thing I have ever done," she said, while sitting on the pool deck before her morning swim. "I was dying and now I have so much energy."

And it's not just the energy that has given Doiron her life back. She has also been able to stop taking six of her medications and has gone from needing 100 units of insulin daily to manage her diabetes to only 15 units. Carol credits swimming at the Y to changing her quality of life. She has even convinced five of her friends to join our Y family! "The Y has given me my life back," she said.

Coordinator's Comments Juanita Black, 647-4850, sjcommunitynewspaper@gmail.com

Here we are! Another year of good new stories and celebrations from our neighbourhoods and community partners. We have a good mixture of stories related to our theme and sponsor Social Development the Wellness Branch, and many celebratory ads for the 8th anniversary of Around the Block.

Eight years! It is hard to believe, from eight pages and 6000 copies to 12 pages and 9000 copies free and hand-delivered to homes in our priority communities, with drop off locations at both hospitals, the library, doctors offices, corner stores and many seniors complexes. These are the stories and pictures that bind the communities and the partners that keep us moving forward.

Thank you to Around the Block advertisers who purchase ads in ATB, to the many volunteers who proofread, to each community volunteer who collects stories for their community's page and our partners who send their updates. And thank you our readers for welcoming Around the Block into their lives.

Carleton Community Garden Gives Thanks



Youth, Savannah, Danny, Josiah, and Gavin are from the summer cooking/gardening program. Gardener Harry is talking to the kids about growing fresh produce. (Photo courtesy Jill Roberts)

By Jill Roberts

It has been a wonderful growing season at the Carleton Community Garden. Thanks to all of the volunteers who have maintained the West Side Food Bank plots and made it possible for the food bank to include fresh produce in orders all season long. Thanks, also, to the many gardeners who donated any excess produce from their own gardens. It was a big hit!

The garden was pleased to host a summer gardening and cooking class for local youth. This initiative was a result of a partnership between St. Patrick's School, the Market Place Wellness Centre, the Carleton Community Centre, Zoomers Senior Fitness volunteers and garden volunteers. A great big thanks to John MacDonald and staff who offered time and resources to make the "Picket Fence Art Wall" a success.

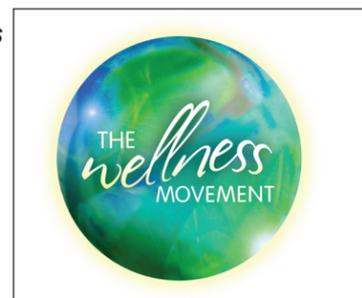
Finally, thank you to Jim Quinn and staff of Saint John Port, who generously support the Carleton Community Garden.

We are happy to announce that construction of a greenhouse has begun and has been made possible by a grant from Food Banks Canada and Compass Group Canada.

Carleton Community Garden - "Growing Community, Growing Knowledge, Growing Food".

Celebrate The Wellness Movement

By Sylvie Poulin, Regional Wellness Consultant / Conseillère régionale en Mieux-Être Social Development / Développement social



The Wellness Movement is the collective momentum of everyone in New Brunswick! All New Brunswickers, from families and communities to schools and workplaces – ALL of us taking steps to improve wellness for ourselves and those around us. Saint John let's step up and be wellness champions!

The Wellness Movement is a grassroots initiative in support of New Brunswick's Wellness Strategy.

Proud Sponsors of Around The Block



Human Development Council



SAINT JOHN



Old North End • Old North End

An Enjoyable Week Of Activities

By Christa Petts.
This year we celebrated our Old North End Days from August 8-13. This year was special, as we added in our first Seniors Tea. It was a great success having our seniors come together and enjoy a day of music and celebration. We were impressed to see our seniors who traveled from other senior complexes around the city. It was a great day. We even had Rose Young riding our tricycle.



Pictured above: Marie & John Caley (Photo courtesy Peter Lege)

Thank you to Braden Jones for providing all of our great music for the day.

Summer Program Review



By Gavin Richard
During the summer of 2016, the summer program was filled with plenty of fun times with the kids. One highlight was that our kids participated in The Push for Change, where two groups created their own inspirational messages, and with creative touches to it, we won second place! The kids won a party pass at The Vegas Entertainment Centre.

Another highlight that we had over the summer was the summer end Wake-a-thon. This night started off with stargazing at the Irving Nature Park, and ended with games, movies, and baking throughout the night.

Healthy After School Program



By Christa Petts
ONE Change is now commencing our after school program at the Nick Nicolle Community Centre. This year we are going to work on the children developing their minds and bodies through a variety of different activities, such as science, reading, math, and physical by playing games in the gym and going on walks throughout the community.

Our groups consist of 20 kindergarteners to grade 2 and 10 children from grades 3 to 5. We will also be concentrating on healthy snacks which will incorporate all the major food groups. We are excited to have the program back at the center.

Thank You For Your Support

By Barry Galloway
Once again, we extend our sincere thanks and appreciation to our great friends at Lancaster Mall – in particular, Larry King, who has shown incredible commitment to the ONE Change Community!

20 of our kids were treated to a Back to School treat at Lancaster Mall. At In For a Pound each child received up to 5 lbs of clothes. Our friends at Rock Gorgeous Hair Salon provided haircuts. Level Up Arcade provided free Laser Tag and arcade games.

And, not to be forgotten, our friends at Wizard's Café provided 8 pizzas and beverages for the group.

Thanks again Lancaster Mall.



(Photo courtesy of Christa Petts)



ONE CHANGE
Congratulates
Around The Block
On their 8th Anniversary

Trevor A. Holder
MLA Portland - Simonds
Constituency Office
229 Churchill Boulevard
Telephone: (506) 657-2335



North Neighbourhood Contact
Christa Petts
christapettstonechange@gmail.com
Nick Nicolle Community Centre
85 Durham Street
658-2980





Rainbow Park Community Garden Clean-up



Back row left to right; Patti A, Jen Mac, Chrissy F, Beth S
Front row left to right Jenny V, Andrea G, Jenna G
(Photo courtesy Jason P.)

By Jenna G.

In late August 2016, the Momentum program participants from Key Industries spent over 100 hours working together to help revitalize the Rainbow Park Community Garden on Broad Street in the South End. Our hope is that in 2017 it will be a more welcoming area for citizens to prepare their plots and experience the joy of becoming urban gardeners.

We really enjoyed this time together working as a group and seeing how our contributions can make our community stronger.

Comings And Goings At PULSE Inc

WOW! Summer is over! Where did it go? We flipped over 1,000 burgers and hot dogs during our two barbecues at Rainbow Park. What a time we had!

We are pleased to announce our visiting nurse will be back the first Friday of the month starting October 7. Kathy London-Anthony will be at P.U.L.S.E. to address your health needs. Check out our Facebook page for updates on time and date!

Would you like to buy a \$10 window poster in lieu of handing out treats for Halloween? Call the office at 632-6807 and we will get one over to you.

Have you noticed the clothing bin in our parking lot? The clothing is donated to the non for profit store In for a Pound. A portion of the proceeds from the bin stays in YOUR neighbourhood. Fill it up!

Please remember our monthly Food Purchase Club! Money is due October 14 and November 10 and comes back to you the following Friday. We have \$15 and \$25 orders available.



PULSE

Congratulations to the Around the Block!!

Thank you for keeping our neighbours informed !!

Happy EIGHTH anniversary!!

South End Community Centre Walks



Participants pictured above are: Hope Ryan, Xavier Savoy, Ashton Ali-Stewart, Calvin Rowe, Aaliyah Loatman, Katanna Glode, Maliki Graham, Kaisen Graham, Savanna Glode, and Dekaiasha Butts
(Photo courtesy Jennifer Lingley)

By April Adam, Director, South End Community Center

Keeping active and enjoying the outdoors was the focus of our summer camp this year at the South End Community Centre (SECC) and the kids did just that. The participants of the SECC showcased their endurance by walking nearly 500,000 steps. That's enough steps to walk from Saint John, NB to New Glasgow, NS.

At SECC, everyday was an opportunity filled with activities; from hiking the Irving Nature Park and exploring the St. Martins Caves to running at the UNB stadium. We are very proud of all our members for their daily commitment, and encourage them to keep active and continue enjoying the outdoors!



BOO!!!

STAY TUNED FOR SOME EXCITING NEWS ABOUT OUR HALLOWEEN EVENT AT A NEW LOCATION!!

COME JOIN US FOR A BBQ AND TREATS ON OCTOBER 31ST

TIME: 5:00-7:00

COME IN COSTUME!!

FOLLOW US ON FACEBOOK FOR UPDATES!!

Gerry Lowe Councillor Ward 3

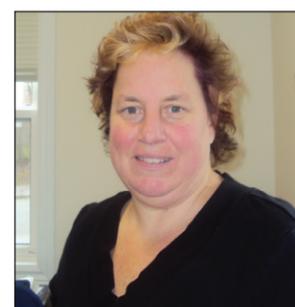
I am your Councillor for Ward 3. Parts of the Lower West Side, Lower South End, and parts of the East and a bit of the North by the Rockland Road area.

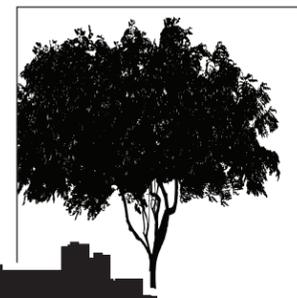
I can be reached by phone at 721-5690 and by email at Gerry.Lowe@saintjohn.ca



South Neighbourhood Contact

Mary LeSage Phone: 632-6807
E-mail: pulseinc@bellaliant.com
251Wentworth Street





Crescent Valley • Crescent Valley

Eating Healthy In The CV Garden

By Janet McLaughlin

We have a contest in our Crescent Valley Community Garden each year and it is great. The amount of vegetables that were grown this year was fantastic. There were so many different vegetables grown like tomatoes, cucumbers, lettuces, peas, potatoes, zucchini, celery, turnip, squash, broad beans, peppers, and so on. It is wonderful that 19 families can eat healthy foods that they grow themselves and share with other friends and neighbours. Our winners for the contest were: Juanita Black - first place (raised bed), Karen Rodgerson - first place (full plot), Adam Gridale and family - second place, and Kenny Buckley - third place. I must say that the CV Community Garden was in full bloom and it's a shame it's coming to an end Thanksgiving weekend again this year.



Pictured above: Brayden Saunders-Grisdale and his pumpkin.

NB Children's Foundation Donates



NB children's foundation Director Jim O'Connell presents a cheque to Ann Barrett secretary / treasurer of youth enhancement

By Ann Barrett

The Youth Enhancement Program Inc. is a charitable organization that seeks funding to help supplement the Hazen -White / St. Francis nutritional programs. The NB Children's Foundation has granted \$11,000 for these programs. This extra funding is needed so all students have a nutritious breakfast, lunch, and healthy snacks during the day and before after-school programs. This adds to the wellness and energy levels of the students and helps them to be ready to learn. Thank you NB Children's Foundation.

Stakeholders Thanks Contributors



Sitting on bench left to right; Jennifer Carhart and Ann Barrett, with community partners (Photo courtesy CV Resource Centre)

By Ann Barrett

The benches in the park at Flemming Court in Crescent Valley are in place and are well used by residents and visitors. One bench now has a special plaque to recognize the contributions and support of Jennifer Carhart, who was principal of Hazen-White / St. Francis from 2008 to 2015.

Our CV stakeholder group works together to support the CV community and is made up of residents and representatives from Crescent Valley Resource Centre, Crescent Valley Community Tenants Association, HW/SF School, Community Police Officers, City of Saint John, Social Development, Horizon Health, the Y, and Building An Early Start Together

Hajj Celebration

By Anne Driscoll

Being the new kid on the block can be tough at times. When you've come half-way around the world and can't understand the local language, that's really difficult. Throw into the mix - your homeland is in the midst of war and you and your family are refugees. Let's face it, you need a friend.

That's why Crescent Valley residents have worked hard to welcome Syrian families to the neighbourhood. In September the community helped our new neighbours celebrate Eid Al-Adhaand Hajj with a Family Fun Day and Potluck held in Flemming Court Park. The celebration included music, dancing, Canadian and Syrian foods, storytent, face painting and lots of fun meeting new friends. Crescent Valley residents and volunteers look forward to continuing to help our new neighbours feel at home and welcome in the community.

Soup Savvy

By Anne Driscoll

Wondering where you can have fun learning to cook low-cost, nutritious and tasty soup? Would you like to meet new people, learn new skills, and take home soup to enjoy with your family or friends - all in one session? Savvy Soup is what you're looking for. The free Savvy Soup program is offered monthly at the CVRC, 130 MacLaren Blvd. At each session you'll get hands-on experience making two different soup recipes, and taste-test them with your co-cooks.



Upcoming fall sessions are: October 26, November 23, and December 14. Call 693-8513 for times and to register. Space is limited. Transportation assistance is available for anyone living outside walking distance to the CVRC.

Crescent Valley Neighbourhood Contact

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



Wayne Long
MP/député - Saint John/Rothesay

1 Market Square, Suite N306
Phone: (506) 657-2500
Hours: 9 am - 4 pm
Monday - Friday





Lower West • Lower West

West Produce Packs

By Anna James

President Westside PACT

To promote healthy eating, the Westside PACT has been offering Fresh Produce Bags once monthly for a year now. The bags are priced at \$10.00 each. The orders have to be in by the second Wednesday of the month and then they are available for pick up on the third Thursday. They are packed with a variety of fresh fruit and vegetables (selection varies each month). We have started a street by street giveaway. This month we will be giving away a bag to some lucky person on Watson Street.



See our Facebook page for details or call our office 672-0226.

Westside Wellness Updates

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

- Specimen Collection Tuesday & Wednesday, 8a.m.-3p.m., appointments only: 648-6681.
- Food Bank, Fall hours commence Tuesday, Sept. 6/16 back to twice a week, Tuesdays & Fridays.
- Smoking Cessation Program, call 674-4335 for an appointment
- Fundy Fog Chasers meet Thursdays at 6:30p.m. and Saturdays 9a.m. Runners and walkers welcome. No charge to participate. There is a site on Facebook.
- Food Purchase Club (Clients pay for their bag of fresh produce, once a month) 674-4335 for information.
- Social Development Case worker on site Tuesday 1p.m.-3pm., or by appointment.
- Senior led fitness program/ Falls Prevention ages 50 and up, "Zoomers", free. Tuesday 10:am., Friday 11:am., all participants must have an initial assessment. 674-4335
- Gentle Yoga, Mondays 9a.m. & Thursdays 10:00a.m., \$6.00 fee applies.
- Pickle Ball, Tuesday, 11a.m., contact Mike: 672-9566
- Line Dancing, Beginners: Wednesday 10a.m., Intermediate: Mondays 10a.m., \$5.00 fee applies.
- Community Garden Plots - \$15 plus \$5 key deposit, first come first serve.
- 2 Nurse Practitioners, by appointment only
- Social Worker/Dietitian/ Counselling by appointment – 674-4335
- Art Class – Tuesday mornings @ 10: a.m. (Goodwill offering) contact: kimmy.cookson@gmail.com

Girls Self Esteem



In photo, Helen Stanley, Jill Roberts, Savannah Worden, Haleigh Sanderson and Savannah Penhollow
(Photo courtesy Krista Turnbull)

By Krista Turnbull, Community Schools Coordinator, St. Patrick's School

The final week of summer vacation, the girls' self-esteem program started early. We were offered a sponsored pottery class by the Saint John Arts Centre. The class was in conjunction with the Sculpture Saint John Symposium, held on the waterfront. Thanks to Helen for the great two hour class which allowed the girls to create many works of art to take home. Following that, some of the girls who have been to Ridgewood Veterans' Wing several times with Mrs. Turnbull made their way there for a birthday party!! Our dear friend, John was turning 90 so we took him a cake and cards, wrote poems and sang songs together. John is a very special veteran who we have come to know over the years and is near and dear to all of our hearts. Everytime we visit we hate to leave and always leave looking forward to our next visit.

Seniors & Kids CHEFS

By Krista Turnbull, Community Schools Coordinator, St. Patrick's School

This summer Mrs. Turnbull, our community schools coordinator, partnered with our community health nurse, Jill Roberts and Bonnie Reevey, our dietician friend from St. Joseph's Community Health Centre to put on a three day seniors and kids chefs camp. Thanks to our good friend, Chuck Edison at the Carleton Community Centre for the use of their kitchen for the program. We partnered five senior ladies with five St. Pat's students for some fun healthy food preparation in the kitchen. In the mornings, prior to the ladies' arrival, the students spent time in the garden picking some veggies for the food bank and learning all about the gardens from Phil, Linda, and Harry, garden volunteers. Thanks also to Harbourview High student volunteer, Matina for helping us out each day.



Congratulations from Westside PACT

To the community newspaper

Around the Block

Thanks for keepings us informed on the good news stories in the neighbourhoods for the past 8 years



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MLA Saint John Lancaster

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Constituency Office is located
at side of building facing Church

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www.gnb.ca

West Neighbourhood Contacts

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

or

Anna James
6720226

westsidepact@bellaliant.com





The Village • The Village

Courtenay Bay Community Garden



Pumpkin Patch Garden (Photo courtesy Debbie McLeod)

By Carolyn MacLennan

Well summer is coming to an end. It's time to harvest our gardens. Summer was very hot this year. There were a lot of gardeners watering their gardens this year. At the beginning of the planting season, our volunteer Sherry planted all the pumpkin seeds. She looked after the garden plot all summer. Everyone is commenting how awesome it looks. There are so many leaves and blossoms you can't see how many pumpkins we have. We are now looking forward to hearing how good the harvest was.

Captain's Darren & Danette Wood

Captain Danette & I are thrilled to be the new officers appointed to head the work of The Salvation Army in Saint John. It is now our privilege to be residents of this great city, to be leaders in this community & to be the pastors of Hope Community Church. We, along with our young children – Darragh (5) & Bram (2), have been warmly welcomed by the church and community alike and we want to say 'Thank you' for that.



Please know that we are here for you! If you need practical or spiritual assistance/support please do not hesitate to contact us through the Hope Community Church office. We will help in any way we can, without discrimination. We know that God has wonderful things in store for Saint John and we look forward to assisting people with meeting God, changing lives & building community.

God Bless you all as we journey into the future together.

Brushes And Brew



Members enjoying the art class (photo courtesy Debbie McLeod)

By Linda Harvey, Brunswick Drive High Rise

Brushes and Brew was a one day a week event for four weeks. The art sessions were held in various senior buildings in Saint John. Everyone who participated had fun painting, "Van Gogh" prints. His sunflower, chair and Road with Cypress and Star are some of the painting that was attempted! The art classes took place at Peat Drive, Brunswick Drive, Stephenson Tower/Charlton Place and Smythe Street. We had an average of 12 people at each session. Our attempts at Van Gogh's pictures were similar in subject matter but totally different in the outcome. We will apologize to Van Gogh for our pictures!!!

We all had fun, learned lots and enjoyed the sessions. We would like to thank Kim Cookson (The Art Mama), for instructing us and feeding us and thank you to Debbie McLeod for encouraging us all to pursue our creative side.

Cst Patty Pittman New Location

By Cst Patty Pittman

My name is Cst. Patti Pittman, and I am the Community Officer for the Waterloo Village Area. While I was very fortunate to be able to work out of the Boys and Girls Club for a period of time, I have now moved to a new location, Salvation Army on Waterloo Street.



I will be serving the Community from this new location. If you have any community concerns, please drop in or contact me at 977-1733. Take care and Stay Safe.

trc
TEEN RESOURCE CENTRE

**CONGRATULATIONS
AROUND THE
BLOCK ON YOUR
8TH ANNIVERSARY!!**

*Congratulations to
Around the Block
On their 8 year Anniversary*

THE COMMUNITY FOUNDATION
building a greater saint john

89 Canterbury Street, Suite 502
Saint John, NB E2L 2C7
672.8880
info@sjfoundation.ca

www.thecommunityfoundationsj.com

Village Neighbourhood Contact

Penni Eisenhauer 647-8047
commorg.penni@gmail.com

Saint John Learning Exchange
139 Prince Edward Street



October Highlights From PCS

By Abby Nice,
Community Schools Coordinator,
Prince Charles School

October is an exciting month at Prince Charles School (PCS). We celebrate the season with our family pumpkin carving day. Each family carves a jack-o-lantern to take home.

Thanks to Sobey's North who gives us a "deal" on the pumpkins. Our grade 4 class has been invited by Mr. & Mrs. Irving to take a ride on Southern Rail. They will ride to Welsford to see the beautiful colours of the season. Soccer season is well underway for our Middle School. Go Monarchs!



PCS is focused on providing healthy snacks for our students. A basket of apples sits on the office counter to greet students.

Kiwanis Kids



: St. Pat's students and PALS at Saint John Energy
(Photo courtesy Krista Turnbull)

By Krista Turnbull,
Community Schools Coordinator, St. Patrick's School

The Kiwanis Kids met for a day of crafting for our PALS and community partners. Thanks to Mrs. Corkum from Centennial for helping Mrs. Turnbull with supervision for the day. The following week we jumped aboard the Kids on the Go Bus for the day with Jill Roberts and her mom, Joan and we delivered art to our PALS and community partners, complete with cookies we made for our friends at Bobby's Hospice for their Friday BBQ and homemade dog treats for Mr. Irving's dog.

We love sharing art from St. Pat's with our friends who support us throughout the year. We were even treated to lunch out. Many K-Kids were away at camp on delivery day but thanks to Savannah W., Savannah P. and Gavin for making all the deliveries.

A special thank you to Mr. Irving for taking a break from meetings to visit with us as well as all our other PALS and community partners who we enjoyed visiting.

Wellness At PES

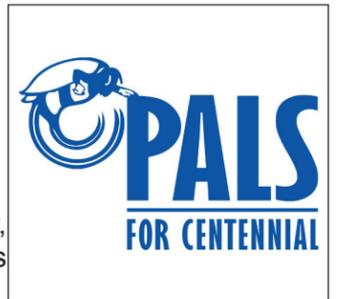


By Natalie Steeves, Princess Elizabeth School

At Princess Elizabeth School there is a focus on wellness. In order to encourage success and community, wellness is a priority. Every morning when the students come inside for school they are able to pick up a piece of fruit and an item from our breakfast club. With a multitude of clubs, sports and intramurals you are able to choose activities that focus on wellness throughout the day and the week. With this combination of exercise and nutrition students are able to create their own wellness plan.

Stringer News

By Caitlin Corkum, Community Schools
Coordinator, Centennial School



School might of have been out for the summer but we definitely kept our students busy and the school hopping. Thanks to the folks at Portland Church, Inner City Youth Ministry, and a Community Partner, 24 of our students were sent to Camp Brookwood for a week fully equipped with brand new sleeping bags, pillows, blankets, towels, flashlights and many more goodies. They came back exhausted but singing campfire songs and sharing lots of great memories.

The school also ran a Summer Adventure Camp. The students spent 4 days learning all about Port SJ, visiting New River Beach, touring Ambulance Saint John office, having fun adventures at Indigo Books, spending time at the school making crafts and putting their memory books together, and we even got to spend time touring the Grandeur of the Seas; it was a blast.

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@pilsirving.com

Suean Tipper
tipper.suean@pilsirving.com

We ALL have something to offer!

HAPPY 8TH ANNIVERSARY AROUND THE BLOCK!

Congratulations
Around The Block
on your 8th Anniversary!

*The Anglin Drive
 Neighbourhood Tenants Assoc.
 looks forward to celebrating
 many more with you!*

*The Brunswick Drive High Rise
 would like to congratulate
 Around The Block
 on their 8th Anniversary.*

The Executive & Board
 of the CVCTA
 Would Like To Congratulate
 "Around The Block"
 On The 8th Anniversary
 Of Their Community Newspaper.

Crescent
 Valley
 Community
 Tenants
 Association

To assist the residents of this Public Housing Development, by providing any and all help we can, with matters concerning their landlord, public transportation, community events or any concern that the community warrants.

"To improve the quality of their life"

55 MacLaren Blvd.
 Saint John, NB
 (506) 658-9658

*Congratulations to Around The Block for 8 great years.
 Continue the good work.
 Stephenson Tower & Charlton Place Tenant Association.*

Happy 8th Anniversary

For eight years, this newspaper has been a testament to our Renaissance City, chronicling the renewed vibrancy of our neighbourhoods, the unified strength and character of our communities, and the passion and achievements of our citizens. Here's to many more years *Around the Block*.

the LEARNING EXCHANGE
 educate · innovate · empower

VISION
 We help change lives by empowering adults to reach their education and employment goals.

Voila!
 SAINT JOHN'S GREEN CLEANING TEAM

139 Prince Edward Street, Suite 216
 Saint John, NB, E2L 3S3
 (506) 648-0202
 www.sjle.org

*Congratulations to Around the Block on your
 8th Anniversary of bringing good news stories
 to the Saint John Community!*

HAPPY 8TH ANNIVERSARY AROUND THE BLOCK!



Congratulations
To Around the Block on their 8th Anniversary!

Many thanks to the residents who participate in sharing their stories of the **inspiring work** taking place in our Saint John neighbourhoods!



Livingsj.ca

Congratulations to Around The Block on their 8th Anniversary!

The health and wellbeing of our employees means everything to us. A healthy and engaged team is crucial to our community success.

3 Quick Health & Wellness Tips:

1. Get the flu shot every year
2. Drink 2 liters of water every day
3. Put down the cell phone and go outside



658-5252
www.sjenergy.com



The Courtenay Bay Tenants Association and residents would like to send Big Congratulations to Around The Block 8th anniversary. This paper is a big part of our community as many stories have been done over the years of our residents, garden, and many more things.

We would also like to send a big shout out to Juanita Black and volunteers for the amazing work and the endless effort she puts into this paper. Awesome job Juanita this paper couldn't run without you.

Donna Mckee, President of the Courtenay Bay Tenants Association and residents.



Happy Anniversary
AROUND THE BLOCK

Looking forward to another year working together.

from
CRESCENT VALLEY RESOURCE CENTRE,
welcoming neighbours - old and new.



Congratulations to "Around the Block"
on your eighth anniversary of publication.
Thank you for sharing our community news.
We wish you continued success in the future.

SAINT JOHN POLICE FORCE




St. Joseph's Community Health Centre

Centre de santé Communautaire St. Joseph

St. Joseph's Community Health Center wishes to congratulate Around the Block on another successful year of community service. Many thanks to all who contribute to this valuable community asset.



SAINT JOHN SEA DOGS

PROUD COMMUNITY SUPPORTER

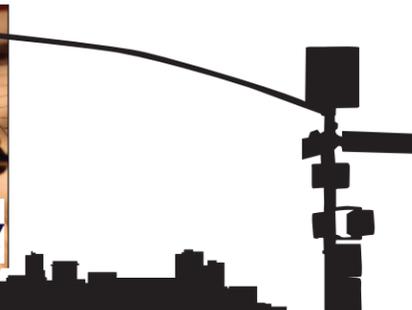
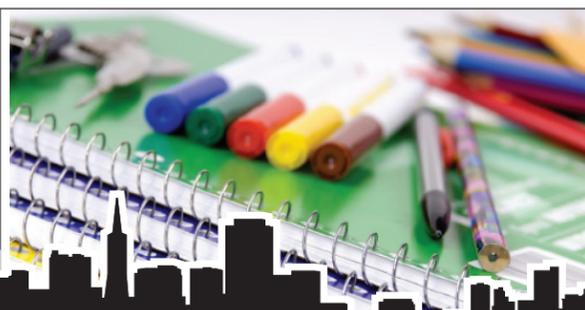
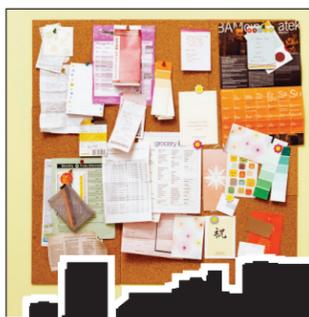


Happy 8th Anniversary
Around The Block

HIGH-TECH SECURITY SYSTEMS & ALARMS
Proud Sponsor of Around The Block



PROPERTY PROTECTED BY
HI-TECH
SECURITY SYSTEMS & ALARMS
Phone: (506) 632-3090
Fax: (506) 637-3090



Community Notices • *Community Notices* • Community Notices • *Community Notices* • Community Notices

New HUB Update



Pictured far left, Seth Asimakos, General Manager of the Loan Fund leading the investors through the HUB. (Photo courtesy Gary Flanagan)

By Brianna Barry Saint John Community Loan Fund

To celebrate the tremendous progress that has been made, some of the donors and investors who have contributed to the HUB visited the building in early July. The guests included Don Darling, Mayor of Saint John; Freedom 55 Financial, SJ Real Estate Board, Pond Deshpande Centre, and Atlantic Canada Opportunities Agency. We can't thank our donors enough – without them none of this would be possible!

Make sure to follow the Saint John Community Loan Fund on Facebook to keep informed!

Amputee Support Group

There is an amputee support group who meet on the 1st Friday of each month (from September to June) at 1 pm at the Saint John Regional Hospital, Level 2 A/B Cafeteria Conference Room.

We offer amputees this meeting to discuss the experiences and challenges of limb amputation. All amputees and family members in the Saint John and surrounding areas are welcomed.

For more information Google "Amputee support Group Saint John NB" or contact John Lowe at 506-633-0316 or Al Arsenault at 506-633-2041.



November 11 is a day we remember.



40TH ANNIVERSARY GALA



DATE Thursday, October 27, 2016
LOCATION Imperial Theatre Saint John
TIME 5:45 pm
FORMAT Passed hors d'oeuvres

BUY YOUR TICKET TODAY

\$152 per ticket, with \$100 charitable tax receipt for each ticket purchased.

Tickets can be purchased at the Imperial Theatre, online, in person, or via telephone at 506.672.8880

Thank you Around the Block!

Thank you for keeping our staff informed and connected to the people we work with each day.

Looking forward to the Around the Block team joining us at The Hub at 139 Prince Edward St.

Stay tuned for our grand opening this fall.

652-5600
139 Prince Edward St.
www.loanfund.ca

SAINT JOHN COMMUNITY LOAN FUND

THE wellness MOVEMENT

- FREE ADMISSION
- REFRESHMENTS
- PET THERAPY
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- LOTS OF FUN!
- DOOR PRIZES

Hobbies to Health
Hobbies are good for your wellbeing!
Discover new hobbies. Come and share ideas. Newly retired welcome!

Senior Wellness Fair & Clinic
Friday, November 4th, 2016
1:00 pm to 3:00pm
Portland United Church
Millidge Ave., Saint John

Come and see:
Health Room
Glamour Room
Hobby Room / NEW /

30+ INFORMATION BOOTHS

WellnessNB.ca

Bob The Wellness Builder

SAINT JOHN
AÎNÈS EN MARCHÉ
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New Brunswick



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Session d'information aux Nouveaux Arrivants Francophones: Comment créer une Boîte à diner Santé ?



Nouveaux Arrivants Francophones Africains & Syriens" (photo par Sandrine Selway.)

Par Sandrine Selway

C'est bien connu, les enfants ont besoin d'une alimentation saine et équilibrée pour bien grandir, se concentrer et apprendre, et jouer avec énergie. Comme parents, notre défi est de s'assurer que nos enfants se nourrissent bien et adoptent de bonnes habitudes alimentaires qu'ils garderont pour la vie. La session donnée par le Centre Multicultural aux Nouveaux Arrivants a informé sur la nutrition ainsi que des idées et des recettes saines, simples, et délicieuses pour la boîte à dîner des jeunes.

Session encadrée par Joceline Léger (Paroisse Saint François de Sales) & Amina Sidi (SJMNR)

Budget alloué par le Développement social: budget communauté saine et inclusive.

The Saint John Multicultural & Newcomers Resource Centre Inc.



Centre d'accueil multiculturel et des nouveaux arrivants de Saint John Inc.



Relocating to Saint John We can help!
Déménagez à Saint John. Nous pouvons vous aider!

www.sjmnrc.ca
(506)642-4242



SJMNR is always looking for dedicated volunteers. Interested?

Le CAMNASJ est toujours à la recherche de bénévoles dédiés. Vous êtes intéressé ?

Contact: info@sjmnrc.ca / 642-4242

Happy 8th Anniversary to Around the Block!

Around The Block fête son 8ème anniversaire!



Funded by the Government of Canada and the Province of New Brunswick through the Canada-New Brunswick Labour Market Agreements. Financé par le gouvernement du Canada et la province du Nouveau Brunswick dans le cadre des Ententes Canada/Nouveau Brunswick sur le marché du travail.

Wellness At The TRC



By Samantha Awad

At the Teen Resource Centre (TRC) we find lots of opportunities to take initiative and develop different aspects of our wellness.

Trips to the Aquatic Center, Rockwood Park, and annual trips to Tree-go, as well as activities such as bubble soccer and laser tag, let us have fun and better our physical well-being.

At the same time, we try to work on our emotional wellness by taking part in community activities, and through volunteering. We love helping out at community picnics and clean-ups, etc., but our favourite way to do this is by volunteering at the Turnbull Nursing Home. This gives us a chance to connect with members of our community we might not meet otherwise come in contact with and we have all made new friends.

HAPPY 8th ANNIVERSARY
Are you in it to win it?
It's as easy as 1 - 2 - 3

- 1 Get \$2** TO PLAY TO WIN WEEKLY
- 2 Pick** a number, fill out a ticket with your name and number, put one part in the box and keep the other
- 3 Play** weekly by placing the green label with your number and toonie(s) and drop it in the gold rush box

www.sjbgclub.com
(506) 634-2011

MEALS ON WHEELS COMMUNITY
MEALS ON WHEELS
SAINT JOHN INC.

- ✓ Hot and Frozen Meals Programs Available
- ✓ Hot Meal Home Delivery Monday-Friday at Noontime
- ✓ Frozen Meal Program – 30 Varieties Available as well as selections for all Dietary Needs – Gluten Free, Renal, Minced, etc.
- ✓ A low cost of \$7.00 per meal – **some clients may qualify for assistance** through the Long Term Care Program or the Department of Veterans Affairs.

FOR MORE INFORMATION PLEASE CALL MEALS ON WHEELS
506-658-1888



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BBBS Game On



Youth who have participated in our mentoring programs increased their sense of school connectedness - which is a leading indicator of a broad range of positive behavioural outcomes.

#MentoringMatters



By Meagin Huisman, Group Program Mentoring Coordinator

Big Brothers Big Sisters of Saint John (BBBS): Game On! Eat Smart, Play Smart, Live Smart is a 10-week group mentoring program for boys between ages 10-14. Through non-traditional physical activities, complemented with healthy eating support, participants are engaged in life skills, communication, and emotional health discussions designed to engage participants in the pursuit of life-long healthy lifestyles.

This program promotes wellness as they engage in healthy mentoring connections in a group of eight participant and two male mentors. This program will be run in various school and sites across Saint John.

If you are interested in becoming a mentor with Big Brothers Big Sisters, please contact us at 635-1145.

Kim Guimond

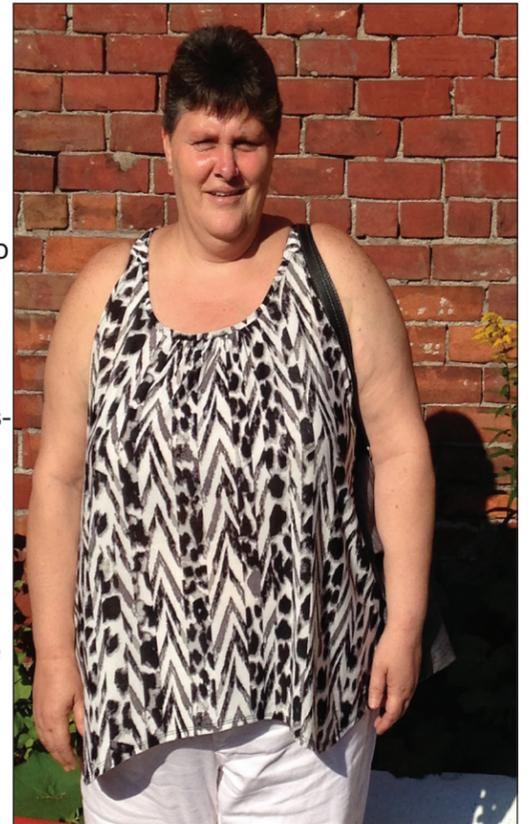


By Kim Guimond

I started at the Learning Exchange in 2014 working towards my GED in the Community Adult Learning Program. I also met with someone from WorkLinks and we made a plan for me to start job searching. I started working as a housekeeper, but I wasn't getting enough hours. So I decided to move on and join the Workplace Essential Skills (WES) program in 2015.

In WES I learned different things like how to work with others and communicate better. I also worked at Stone Soup. WES helped me to get ready for work and made me feel more confident. In July 2015 the Job Developer sent my resume to an employer and I found a full time job cleaning.

The Learning Exchange has helped me a lot and I still stop in to give everyone updates when I am not working



: (Photo courtesy Dayna



Saint John Regional Y 1 Membership = Access to Everything!



- Family Swims
- Swimming Lessons
- Fitness Classes
- Gymnasium
- Youth Programs
- Senior Programs
- Family Fitness
- Fitness Assessments

Financial Assistance Available

Everyone is welcome at the Y, regardless of their financial circumstances. Stop by today to learn more about our Opportunity Fund!



Happy 8 year anniversary to Around the Block!

saintjohnny.ymca.ca

693-YMCA

Your neighbours since 1854



Sisters of Charity

of the Immaculate Conception

www.sistersofcharityic.com



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New Community Organizer



By Charlotte Ferris

As the neighbourhoods are becoming more and more active, the need for a community organizer became necessary. I am so excited to have taken on this role in June.

I will be working as a liaison between the different community groups, the Neighbourhood Action Group (NAG), and Living SJ. By working at the grass roots level, I am hoping to be someone who is approachable and easy to communicate with.

Please feel free to contact me at: sjneighbourhoods@gmail.com or Community Organizer: Neighbourhood Action Group, O.N.E Change/ Nick Nicole Centre, 85 Durham Street, 506-663-0350

SJMNR Scholarship 2016 Winner

This is the fifth anniversary of the SJMNR Scholarship Award, scholarship specifically for a newcomer attending post-secondary education in Saint John. We are pleased to present Manru Liu with the Scholarship and here is her story....

"I came from Guangdong, China, with many years of experience in business. I arrived in Saint John in May 2016. I started to look for work here and, then, decided to consider school due to lack of Canadian credentials and Canadian experience.

I decided on NBCC and chose Office Administration.

This scholarship is very important to me – I will be able to concentrate more on class rather than thinking about financial concerns. Thank you for SJMNR for all of your help to me and all newcomers!"



Attention Women

Do you feel that you are letting life slip by you?

- Do you procrastinate
- Underestimate your abilities
- Feel stuck and don't know where to start



THE KEY



TO WELL-BEING

A PERSONAL GROWTH JOURNEY FOR WOMEN

Start by registering for **The Key to Well Being**

And discover that life can be exciting and rewarding

Believe in yourself and make it happen

Call today and register for our upcoming course 672-7451

Where Saint Josephs Community Health Centre 116 Coburg Street

Childcare and transportation costs are covered by the Dept of Social Development

The Saint John Fire Department congratulates **Around the Block** on the occasion of its 8th anniversary.

Saving lives and property since 1786



Top Fund Raiser



Anna Steeves (Ex. Dir.) presenting Marilyn Marshall with her prize. (photo courtesy Marilyn Conley)

By Anna Steeves

The Pregnancy Resource Center (PRC) of Saint John would like to thank Marilyn Marshall for the hard work she put in while collecting pledges for our June fundraiser. Marilyn has been the top pledge collector for the last four years, bringing in over \$1,000 this year alone!

The PRC uses these funds to continue to support people facing an unplanned pregnancy. By providing a safe and judgment free space to receive education, mentoring, and material support, we empower people to make crucial life choices based on their values rather than their circumstances. Thanks for supporting us, Marilyn!

World Hepatitis Day

By Ann Hogan, Public Health Communicable Disease Nurse

July 28 was World Hepatitis Day. Waterloo Village in partnership with AID's Saint John, RECAP, Guardian Drug, and Public Health hosted a community barbecue on the corner of Waterloo and Cliff Street to increase awareness about Hepatitis B and C.

Hepatitis affects more than half a million Canadians. In New Brunswick viral hepatitis is the most common reportable blood borne infection. Many are unaware they have hepatitis and unknowingly spread the virus to other people.

Using a condom for sex, never sharing drug equipment, covering cuts, and wearing gloves to clean blood spills are important prevention measures.

Learn the risk factors of hepatitis and get tested. For more information go to www.whdcanada.orgpicture

Are you finding it difficult to keep up with your monthly bills? Does your credit card balance keep growing?

We can help.



1.888.753.2227 solveyourdebts.com

Want To Be Financially Independent

By Liann Bishop

The Saint John Community Loan Fund is pleased to announce the return of their A\$SETS program. A\$SETS is a great opportunity for participants to gain the confidence and skills needed to help them transition to employment. Topics include budgeting, job search, resumes, and much more. Individuals will also learn to save and build financial assets through our matched savings program where the Loan Fund matches the participants' savings 3 to 1.

Classes are held one evening every two weeks with additional one on one meetings taking place once per month. Application deadline is October 10th. Participants must have a connection to Social Development (income assistance, health card, daycare assistance program, etc.).

Contact: Liann Bishop / admin@loanfund.ca / 133 Prince Edward St. (506)652-5601



Saint John Community Loan Fund



ReStore

Congratulations
to
Around the Block
on your
8th Anniversary

Say YES to the United Way!



Break they cycle of domestic violence.

Help kids achieve their full potential.



Break they cycle of generational poverty.

Ensure access to mental health services.



United Way
Saint John, Kings
& Charlotte

Congratulations Around the Block!



Stand Our Ground

By Melanie Vautour

Good day friends. We are very excited at the YWCA to offer Stand Our Ground, a workshop designed for parents who are facing bullying or struggling to set boundaries with their children. Using a life skills delivery model, we work with parents in a group setting to look at ways of learning, and setting boundaries and support as they move forward with healthy families and healthy homes! We ask that you share the attached information with friends, clients and groups! With generous funding from the SJ Community Foundation, we are looking at offering a series of 5-6 workshops throughout the year; each workshop consists of 10 hours of class participation, as well as resources to take home.

If you have any questions, please feel free to contact Erin Gallagher, our Project Coordinator at sjprograms@ywcamb.com. Applications can be emailed to her direct or dropped off at the YWCA office at 66 Waterloo Street, Suite 100.



Creative Cooking Class-

By Sandra James,
President of Charlton Place & Stephenson Tower Tenant Association

The residents of Charlton Place and Stephenson Tower are excited about receiving funding for our Creative Cooking Class for Seniors. The funding was received from the Wellness Branch of Social Development.

We will be meeting the fourth Thursday of every month to create and share healthy meals. We look forward to learning some new cooking skills, new recipes and developing better eating habits. We will be inviting guest speakers in to educate us about healthy eating throughout the course.

Looking forward to our first session on Sept. 22nd. Thank You Social

YMCA Fall Programs

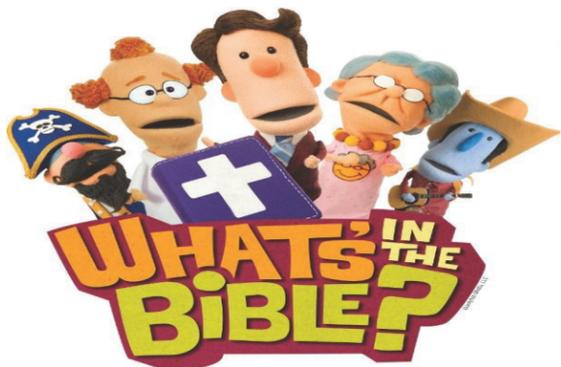
By Nicole Vair

The YMCA of Greater Saint John is excited to offer more programs than ever before for the fall of 2016. Stop by the Y to learn about a new fitness class and a Seniors Leadership group. And it's not only the Saint John Regional Y that has kicked off the school year with exciting new programs.

The YMCA Forest Glen Community Centre, Millidgeville Community Centre, Quispamsis Community Centre and Early Learning Centre have activities for youth, seniors and families. Contact the Y at 693-YMCA for a full schedule details and find more information online at saintjohnny.ymca.ca.



 **CORNERSTONE BAPTIST CHURCH**
worship • mission • community



Join us every Sunday night for our children's program.

We watch fun videos, play games, learn about Jesus, and make crafts.
Starting Sept. 18th-6:00pm-7:30pm

We also have programs for all ages that run during the same time as our children's program. Come and join us!

Food Purchase Contest

This is issue 49 of Around The Block and our Food Purchase Club contest. We are happy to partner with Saint John Energy to offer 2 - \$15.00 fresh fruit and produce orders. You need to locate, hidden anywhere, in pictures, ads, or stories, throughout Around The Block, two Saint John Energy logos (not including this notice and the Saint John Energy ad)



Send your answer to sjcommunitynewspaper@gmail.com or call 647-4850. You need to identify the page and location of each hidden logo. Only one entry per household. Your name will go into a draw for one of the orders. The contest will end, at noon, October 20, and you will be called if you are a winner with the location of where you can pick up the order.

Congratulations to the winners for issue 48, Frank Rodgerson and Debbie Waycott. We will list winners of this contest on the Around the Block Diva's Facebook page Thursday evening, October 20.

Around The Block Team (Issue 49)

Old North End: Chrisa Petts.
Lower South End: Mary LeSage.
Crescent Valley: Anne Driscoll and Debbie McLeod
Waterloo-Village: Penni Eisenhauer.
Lower West Side: Jill Roberts, Krista Turnbull and Anna James.
Proof readers: Rona Howald, Belinda Kumar, Cindy Bishop, Sandra Phillips, Anna O'Hara, and Lorna Brown
Layout and Design: Juanita Black.with Chris Hopkins
Ad Design; Pat Porter
Community members: Carl Trickey, Lyn King, Lisa Chamberlain,

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.



Sharlene MacDonald	Lethe Kerr	Karen Bremner	Kate Lavhey	John W. Doyle	Stephen MacMackin
1461 Manawagonish Road 634-7425	111 Paradise Row 634-7424	152 Pettingill Road 849-2119			

WHAT IS A SUPPORTIVE ENVIRONMENT FOR WELLNESS?



JUST LIKE A TREE, YOUR WELLNESS STORY NEEDS THE RIGHT CONDITIONS TO GROW.

Your wellness story is about more than what you do and the choices you make. It's shaped by the people and places around you that nourish your wellness like soil, water and sunshine.



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your
STORY

Find out how people in NB are empowered to thrive thanks to the supportive environments around them!
Visit wellnessnb.ca

