



Around *the* Block



Issue 51 February - March 2017 • sjcommunitynewspaper@gmail.com •

Saint John Energy's Strong Women



Pictured above the strong women from Saint John Energy (photo courtesy Jessica DeLong)

By Jessica DeLong, Saint John Energy, Communications Specialist and Executive Support

The women of Saint John Energy work together to help other women in this community that are in need. They may buy pajamas, donate money or put together shoe boxes full of needed items for other women.

They spend many volunteer hours to ensure that they support these women and their families, and in turn our community! They take pride in helping out in any way to provide other women in this community a helping hand to allow them to become Strong Women!

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



I am proud to introduce issue 51 of Around the Block with a theme of Strong Women. This issue is about the diversity of our communities. How we come together day after day with other strong women in support of all that is needed in our communities. Women and families, who can speak many different languages, come in all ages and sizes and are sisters, daughters, mothers and grandmothers.

The stories and pictures throughout the issue share the diversity of the strong women we all work and volunteer with day after day. I for one, have been and hope to continue to be, mentored by the strong women in my community, at my work and our along with our community partners. In return I hope I have mentored a few other women along the way.

A Strong Woman For Communities



Pictured above: Debbie McLeod (photo courtesy Juanita Black)

By Pat Porter

She has touched my life and many others! Debbie McLeod, Community Involvement Coordinator with Social Development, loves her job and goes above and beyond. She is a strong guiding influence as well as a valuable source of information and opportunities for many communities. Always ready to emcee, she is the epitome of calmness, confidence and poise.

Debbie always has lots of encouragement for others and loves sharing new and exciting opportunities with her communities. I don't know how she does it with her busy schedule, but she always finds time for each community, volunteering for events and quality time with her family. I think if anyone could find a way to be in two places at once, it would be Debbie!

Strong Woman From Smythe Street

For those of you who don't know Catherine Beesley, let me introduce you. She is a good and kind person who gives without taking. Catherine worked next to her husband in his ministry looking after hundreds of people and always with a smile.

Catherine has been at 33 Smythe St. from the day of its opening, thirty-plus years ago. And in all of that time she has worked helping in our kitchen doing vegetables for soup day and supplying trays of sweets for the tables. You could go to your mailbox on any given day and see Catherine waiting there at the door for someone to stop and pick up a tray of heavenly goodies.

Thank you, Catherine, from the Smythe Street Tenants Association.



Pictured above: Catherine Beesley (photo courtesy Eric Eric Eliassen)

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SAINT JOHN





Old North End • Old North End

WES - ELE Class of Strong Women



Pictured above, the Golden Oldies and the ELE class (photo courtesy Christa Petts)

By Brenda Hope

Nick Nicolle/ONE Change was fortunate to have a group of strong and generous women on site; enrolled in the Workplace Essential Skills program (WES) and the Experiential and Employment Continuum (ELE) these women who were learning to become Personal Care Aides, also pitched in either as a group or individually to do many activities.

With the seniors, they helped with a move, and hosted a Halloween and Christmas party. They added to the Christmas cheer by decorating rooms and teaching crafts to adults and children. As a class, they wrapped presents for the Neighbourhood Christmas Party, and individuals baked cookies and acted as helpers and servers.

Thank you for your strength and positivity.

Introducing Cst James Whalen



By Constable James Whalen

My name is Constable James Whalen, and I've been a police officer with the Saint John Police Force for close to 13 years. The majority of that time was spent as a patrol officer. This is my first experience as a community officer and I am looking forward to working with members of the community, community groups, and other organizations, to resolve issues that affect the well-being of the neighbourhood. My office is located at the Nick Nicolle Centre.

A Life Change Made The Difference



Pictured above, Cheyenne and ED of ONE Change Barry Galloway (photo courtesy Christa Petts)

By Christa Petts

Cheyenne was going down the wrong road as a teenager. She really didn't care about where she was going, and she didn't care about school. She then came to the realization that she needed to make some positive changes in her life. First, she enrolled back in school, and took the steps to graduate. Not only did she graduate, she won the turn-around award for all the positive effort and work she had shown to her teachers. Today as a young woman, she is in college and giving back to her community in many ways. "I changed myself for the better: out with the bad and in with the new! I wouldn't change a thing today."

Julie Cormier's Journey



Julie Cormier (Photo courtesy of Christa Petts)

By Christa Petts

Julie Cormier has come so far in her life, from battling her own addictions to speaking to an audience of 800 people at the Annual Tracey Friars Family and Friends Concert, where she told the story of her sobriety of seven years.

Julie found support and acceptance at Sophia Recovery Centre, where, no matter how many times she fell there was no judgement, no criticism. Today, she is an employee of ONE Change and tries to give back every day in her work and daily life. She is a friend and confidant to many. Julie has learned to live her life on life's terms.

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 Wed: Closed, Thur: 9 am - 1 pm, Fri: Closed



North Neighbourhood Contact

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christapettsonchange@gmail.com
Nick Nicolle Community Centre
85 Durham Street
658-2980





South End • South End

Executive For Hire



Pictured above: Lori Arsenault (photo courtesy Mary LeSage)

By Mary LeSage as told by Lori Arsenault

Lori is a single mom of four children, with two grown and two living at home. She is also the grandmother of four! Lori likes to cook for her family in her spare time.

EXECUTIVE FOR HIRE!! Lori is currently taking the Executive Office Administration course at New Brunswick Community College (NBCC), and will be graduating in June of this year. She hopes to find a community job with the non-profits.

Lori and another lady, as a project of Learn and Go, were instrumental in setting up the Computer Access Centre in the lower south end at PULSE. They saw a need in the neighbourhood after the computer access centre had been closed down at the Community Health Centre.

Comings And Goings At PULSE Inc



•Don't forget: your heating rebate forms can be picked up at the office. Income tax time is coming soon; please check out the times for tax clinics!

•Registered Nurse Kathy London-Anthony will be at P.U.L.S.E. to address your health needs on Friday, March 3 from 9 am-12.pm.

•Bring on the cool weather!! Have you been using the skating rink at Rainbow Park? We want to see your winter pictures!

•Have you noticed the clothing bin in our parking lot? The clothing is donated to the not-for-profit store In for a Pound. A portion of the proceeds from the bins stay in YOUR neighbourhood! Fill it up!

•Please remember our monthly Food Purchase Club Money is due February 10 and March 17 and the food comes back to you the following Friday. We have \$15 and \$25 orders available! We even have a Pay it Forward option where you can provide a single person, a couple or a family with fresh fruits and vegetables!

•Remember our office hours are as follows: Monday 9am -2pm, Tuesday 9am -1pm, Wednesday closed. Thursday 9am -1pm, and Friday 9am -2 pm.

•Sargent David Hartley-Brown can be reached at 648-3700 or david.hartley-brown@saintjohn.ca

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



Let's Be A Chef



Pictured above; Olivia Clancy (Photo courtesy April Adams)

By April Adams SECC Director

The South End Community Centre would like to recognize Olivia Clancy for her dedication to providing our youth with an excellent "Chef" experience. The participants have the opportunity to develop their own skills in the art of cooking while practicing effective communication, team work and leadership skills.

Each week the youth involved create a delicious meal or dessert. Proper nutrition is essential for growth and development. The focus is to create awareness about food preparation and the importance of eating well-balanced meals. Olivia does an outstanding job at this! She is positive, organized, and always ready to get started! Having a reliable, enthusiastic volunteer like Olivia enables us to promote healthy eating habits and empower our youth! Thank you, Olivia!

Thank You, Exhibition Park

By Mary LeSage

This past Christmas we were gifted with a \$1000 cheque from Exhibition Park! The decision was made to use this for food insecurity issues in the lower South End. We provided 10 families with a Christmas dinner, complete with a \$25 Food Purchase order plus a turkey. With the remaining funds, we will be able to provide families that are in need with a Pay it Forward option!

Thank you, Exhibition Park, for your very kind donation!

Upcoming Community Events

PANCAKE BREAKFAST

Join us at St. John the Baptist-King Edward School on Sunday, February 9 for a delicious Pancake Breakfast. 9am – 1pm. A goodwill offering will be accepted. All proceeds will be used to enhance student life at St. John the Baptist-King Edward School.

ST. PATRICK'S SOCIAL

Join us at St. John the Baptist- King Edward School on March 16 from 6:30-8:30PM for a St. Patrick's social!! Don't forget to wear your green!!

Free Income Tax Clinics

at PULSE 251 Wentworth Street Certain Restrictions Apply:

Single Person \$30,000
Couple/Family \$35,000

Saturday February 25 11am - 1pm
Wednesday March 1, 15 and 29 5:30 - 7:m
Saturday March 11 and 25, 11am – 1 pm

South Neighbourhood Contact

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





Crescent Valley • Crescent Valley

We Lost A Strong Community Woman



Pictured above; Lisa Clarke in her CV Community Garden
(Photo courtesy Juanita Black)

By Anne Driscoll

In December the Crescent Valley neighbourhood unexpectedly lost a resident who quietly demonstrated what it means to be a strong woman.

Lisa Clarke set an example to others by her volunteerism at the Crescent Valley Community Tenants Association, the Crescent Valley Resource Centre, Hazen White-St. Francis School and at community activities. Lisa was also a member of the CV Community Garde.

We remember Lisa as a loving and caring mother and friend who enjoyed making her neighbourhood a better place to live.

My Trip To The Imperial

By Stacey Hasselman

I was asked by my mom to go to the Imperial Theater to see a play. The play was *Miracle on 34th Street*. I was not inside the theatre before so I was very excited. We got there early to get a good seat. The theatre was beautiful inside and the play was awesome. Thank you to the Saint John Theatre Company for the tickets.

I will never forget the first play I ever saw, and I was lucky enough to share this experience with my mom. I loved it and can't wait to take my kids.

Coming Up In Crescent Valley

- CV Caring for the Environment winter contest - until March 11. Lots of prizes!
- Saint John Astronomy Club Yak & Snack – February 6, 6-7pm; CV Resource Centre, 130 MacLaren Blvd.
- Valentines Dinner and Movie for CVCTA members - February 11, 6pm, 55 MacLaren Blvd.
- Valentine's Day Social – February 14, 1:30-3pm.; CV Resource Centre, 130 MacLaren Blvd. Learn about Composting, Yak & Snack with Fundy Region Solid Waste Commission - February 16, 1:30 - 2:30pm; CV Resource Centre, 130 MacLaren Blvd.
- Savvy Soup – February 22, 5:30-8pm; CV Resource Centre, 130 MacLaren Blvd.
- Winter Carnival in Crescent Valley – February 25, 12noon -2pm
- March Break Activities at CVRC and CVCTA – March 6-10 (schedule will be posted on Facebook)
- Income Tax Clinics – March 15, 1:-4:pm, March 22, 1-4pm & April 19, 1: -4pm; CV Resource Centre, 130 MacLaren Blvd.

For details call the CVCTA, 658-9658 or the CVRC, 693-8513, or check Facebook, <https://www.facebook.com/CVRC/SJ/>

Crescent Valley Strong Women

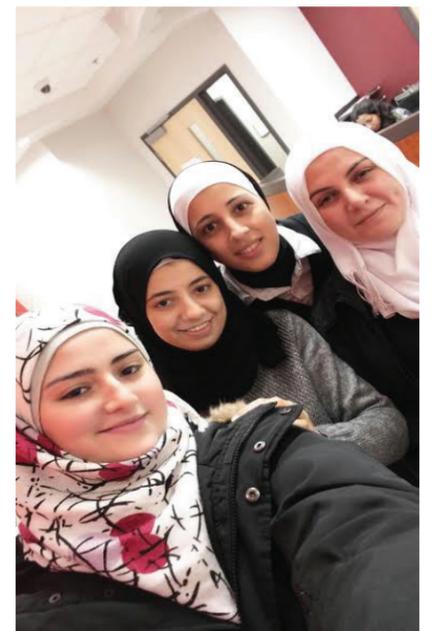
Whether we realize it or not, each day we encounter strong women in our community. These women represent many different cultures, religions, shapes and sizes, each with a different life story. Over the past year, we've encountered many new friendly faces in our neighbourhood as we've welcomed Syrian newcomers to Crescent Valley. Many of these women have endured hardships that a lot of us could never imagine, yet they always greet their neighbours with a smile on their face. We must appreciate all the women in our community as they are all strong and have an impact in our lives

المرأة القوية في كريست فاللي

سواء كنا ندرك ذلك أم لا، كل يوم، فإننا نصادف أو نلاقي نساء قوية في منطقتنا. هذه النساء هي من مختلف الثقافات والأديان والأشكال والأحجام، ولكل منهم قصة حياة مختلفة. خلال العام الماضي، لقد صادفنا العديد من الوجوه الجديدة الودية واللطيفة في مجتمعنا، كما قمنا بالترحيب بالقادمين السوريين الجدد. لقد عانى العديد من هؤلاء النساء المصاعب التي لا يمكن للكثير منا تصورها. ومع ذلك فإنهم دائما يلقون التحية على جيرانهم مع ابتسامة على وجوههم. يجب علينا أن نقدر كل النساء في مجتمعنا لأنها كلها قوية ولها تأثير في حياتنا.

في الصورة

من اليسار إلى اليمين: شذى، رشا، رهام، شيرين.



Left to right: Shaza Altorn, Rashad Alhamwi, Reham Abazid, and Serin.

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Around the Block



THE COMMUNITY
FOUNDATION
building a greater saint john

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Crescent Valley
Neighbourhood Contact

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





Fit Fun And Fierce



By Jill Roberts

When we think of “strong women,” we must remember that empowerment needs to begin at a young age for females to gain self-confidence and self-respect. These are key messages that a group of grade 5 girls hear each Friday afternoon at the Fit, Fun and Fierce Program, at St. Patrick’s Elementary School on the City’s West Side.

The program exposes these 8 young ladies to a variety of activities, as well as a number of positive role models. They are also treated to a monthly outing, thanks to the PALS program “Kids on the Go” bus. They have had the opportunity to cook healthy meals, take part in a boot camp style class at the new Y and even were treated to a guided tour of City Hall by Mayor Don Darling.

The girls are often reminded that you can be anything that you want to be and that we all have inner strengths and talents. We can’t wait to see the strong women that these young ladies become!

Introducing Cst Corey Jamieson



My name is Cst. Cory Jamieson. I have been a member of the Saint John Police Force for 17 years. I am looking forward to working with the community for the betterment of us all.

I have been a DARE officer for most of my career and I look forward once again to providing the DARE program at the schools in my community.

Strong Women From Westside P.A.C.T.

By Julie Baribault

Westside P.A.C.T. would like to recognize the strong women volunteers we have. Our Fresh Produce Club is comprised of dedicated women that come together monthly to price and package fresh produce for our current and growing club. These women help support and help to grow the club and the programs at Westside P.A.C.T. It is because of their dedication and commitment we are able to run this successful program. Thank you to Cathy, Ruth, Agnes, Elizabeth, Debbie, Connie, and Theresa from the Westside P.A.C.T. Board.

I also want to take a moment to thank the board that supports our community. Thank you, Stacey, Kristen, Anne, Tony (though he is not a woman) and Anna; without you guys I would be lost here at P.A.C.T.

The Loss Of Strong Women

By Wendy Coughlin

The past eight months have been hard at 880 Danells Drive due to the loss of four of our residents. They were Mary Madore, Unity Moore, Barbara Davis, and Susan Doucette. Mary had held the position of Vice-President twice, Unity had been President and Susan had been Treasurer. Barbara had not been on the Executive but faithfully attended all meetings.

These four women also participated in our social events and were involved with the SKIP program which we host with Seawood School. They brought a wealth of experience to the building. They are sadly missed and fondly remembered by their fellow residents. Our loss is Heaven's gain.

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 and Wednesday, 8am.-3p.m, appointments only: 648-6681
- Food Bank Winter hours in effect, Tuesdays and Fridays 1 – 3pm.
- 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 Tuesdays 1-3p.m., or by appointment.
- Senior-led fitness program/ Falls Prevention ages 50 and up, “Zoomers”, free. Tuesdays 10am, Fridays 11am all participants must be have an initial assessment. 674-4335
- Gentle Yoga, Mondays 9a.m and Thursdays 10a.m, \$6.00 fee applies.
- Pickle Ball, Tuesdays, 11a.m., contact Mike 672-9566
- Line Dancing, Mondays 10a.m. \$5. fee applies
- Community Garden Plots- \$15 plus \$5 key deposit, first come first serve.
- 2 Nurse Practitioners, by appointment only
- Gentle Dance (low key), at 10a.m. Friday (donation)
- Social Worker / Dietitian / Counselling by appointment –674-4335
- Art Class –Goodwill offering kimmy.cookson@gmail.com



Dorothy Shephard
MLA Saint John Lancaster

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at side of building facing Church

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West Neighbourhood Contacts

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

or

Anna James
672-0226

westsidepact@bellaliant.com





B.E.S.T. Program Is The Best



*Pictured above: Krystal Soucy and Prime Minister Justin Trudeau
(Photo courtesy Krystal Soucy)*

My name is Krystal Soucy and I've been attending the Basic Education & Skills Training (B.E.S.T.) program at the Learning Exchange, working towards finishing my GED. I just attended "Student for Day" at NBCC and hope to take the Electrical Construction course in the near future.

I heard that Prime Minister Justin Trudeau was making an appearance at Market Square on January 17 and was ecstatic to attend. I was even more ecstatic to have an opportunity to snap a selfie with him.

Introducing Cst Dwane Squires



My name is Constable Duane Squires and I have been a police officer with the Saint John Police Force for ten years. While the majority of that time was spent working uniform patrol uptown I have also spent time working in the Stolen Auto Unit, the Major Crime Unit, as well as special projects with the Street Crime Unit.

I am looking forward to working in the Community Services Unit and working together with community partners along with residents and businesses in the Waterloo Village Area.

My office is located at the Salvation Army, 36 Waterloo St. and I look forward to meeting you!



Wayne Long

MP/député - Saint John/Rothesay

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



Waterloo-Village Says Thank You



*Pictured above: Linda Scott and her husband Scotty
(Photo courtesy Penni Eisenhauer)*

By Penni Eisenhauer

The Waterloo Village Neighbourhood Association would like to announce the retirement of our Chairperson Linda Scott! Linda is a strong woman leader and has dedicated years to the work of the association. She has fostered many relationships with local residents and community partners during attending many meetings and organizing events!

Linda will continue in the role of past chairperson with the association and serve on committees related to the continued growth, development and revitalization of the Waterloo Village.

If you would like to get involved in the Waterloo Village Neighbourhood Association please contact Penni Eisenhauer at commorg.penni@gmail.com or 506-647-8047.

The association meets on a monthly basis during the noon hour at the New Social Enterprise HUB located at 139 Prince Edward Street.

The Village



Waterloo Neighbourhood Association

One Strong Woman Story

By Misty Middleton

One morning she woke up different. Done with trying to figure out who was with her, against her, or walking down the middle because they didn't have the guts to pick a side.

She was done with anything that didn't bring her peace. She realized that opinions were a dime a dozen, validation was for parking, loyalty wasn't a word, but a lifestyle.

It was this day that her life changed. And not because of a man, or a job, but because she realized that life is way too short to leave the key to your happiness in someone else's pocket.

Village Neighbourhood Contact

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

Saint John Learning Exchange
139 Prince Edward Street



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

PALS
PARTNERS ASSISTING LOCAL SCHOOLS

Deborah Fisher
fisher.deborah@jdirling.com

Susan Tipper
tipper.susan@jdirling.com

We ALL have something to offer!

Youth in our Communities • Youth in our Communities • Youth in our Communities • Youth in our Communities

We Could Not Just Pick One



Photo submitted by PALS (Partners Assisting Local Schools)

Who do you think of when you read the following?

I believe that there should be no barriers to achievement. I believe in including all children and work hard with my team to ensure the progress and personal development of each and every child. I believe in providing rich opportunities for learning both inside and outside of the classroom. I value partnerships with parents, business and the community to support learning and progress. My team and I focus on improving the teaching and learning process within our school.

We think that all of these describe the seven (plus one acting) female principals of our Community Schools.

Hats off to: Christine Roy; at St. John the Baptist/King Edward, Tina Estabrooks; at Centennial, Jennifer Carhart; at Princess Elizabeth School, Roz Nickerson at St. Pat's, Colleen Sullivan at Glen Falls, Megan Donovan and Stephanie Marr (acting) at Hazen White-St. Francis, and Lori Doyle; at Prince Charles School.

At the end of their day everything is about the kids!!!!!!

St. Patrick's School Intergenerational Program



Children from St. Pat's School with a senior from Carleton Kirk (Photo submitted by Krista Turnbull)

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

At St. Pat's we are so fortunate to have a wonderful PALS program with Carleton Kirk United Church. We have volunteers from the church who assist with nutritional programs, they make hats and mittens for the students and provide financial assistance as well.

Each month, Mrs. Griffin's grade 1/2 class visits the Carleton Kirk Lodge to sing and read with the seniors in the nursing home. In addition, Mrs. Schroeter's grade 3 class visits the seniors' apartment complex monthly to do a variety of activities like Bingo, games and crafts. This month we made valentines. We are so appreciative of all the programs we have in conjunction with our PALS Partners at Carleton Kirk Church

What Makes A Strong Woman



Our grade six class of strong women! (Photo courtesy Cayden Sugden)

By Xavier Lemieux, Sabina Al Haji Khalaf, Helena Lindsay, Cayden Sugden

You need to be brave, smart, kind and helpful. Being strong doesn't mean that you don't cry, it means you don't have to be afraid to be yourself. She will be by your side through everything.

She makes me laugh even when she has her own problems. Some women are mothers, caregivers and breadwinners at the same time. A mother going through chemotherapy while still looking after her own children is a superhero. Fearless and with an endless supply of love, women are superheroes everyday!

Strong Women Strong Volunteers

By Jennifer Brown, Community Schools Coordinator, Hazen White-St. Francis School

Ruth, Audrey, and Erin have been volunteering at Hazen White/St. Francis for over a year. They come in every Wednesday and prepare and cook 200 grilled cheese sandwiches for our students! Ruth is a retired doctor, Audrey is a retired nurse, and Erin is the director of Inner City Youth Ministry. These ladies are no strangers to helping people in need. We are so lucky to have these strong ladies volunteer at our school! Thank you for being great role models for our students!



Pictured left - right; Audrey Bruhier, Ruth Ingersoll, Erin Hodge (Photo courtesy Jen Brown)



Partnering from Kindergarten to Grade 12 and Beyond



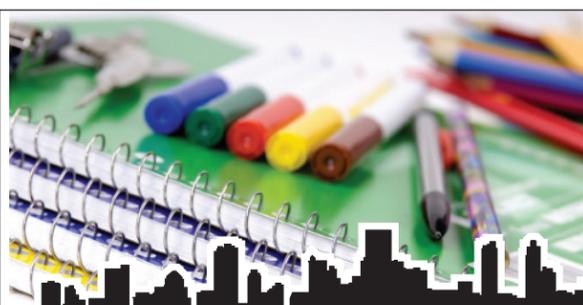
- Partnerships
- Volunteering
- Mentoring
- Role Models
- Coaching
- Focus on Literacy
- Having Fun
- Tutoring
- Breakfast/Lunch Programs
- New Opportunities
- After School Programs
- Career Exploration
- Making a Difference



Deborah Fisher
fisher.deborah@jdirling.com

Susan Tipper
tipper.susan@jdirling.com

We ALL have something to offer!



Community Notices • Community Notices • Community Notices • Community Notices • Community Notices

Watoto Choir

By Marje Harrison

Where, Stone Church, Carleton St, Saint John. When, Saturday February 11, 6pm. Join us for a wonderful presentation of the new Signs and Wonders worship experience. The Watoto Children's Choir will be in concert to entertain and have fellowship with us.

Don't miss this opportunity to see and hear these young Ugandan children, orphans who have been given a chance to dance and sing their way to a new life. A love offering will be taken up to support this good cause.

Become A Girl Guide Leader

Become a Girl Guide Leader!
Help empower today's girls to become tomorrow's leaders!

We are in need of enthusiastic women to be Girl Guide Leaders. Visit our website or call our 800 number to get information about existing units, how to become a leader, volunteer resources, training and other opportunities that are available for girls and women. Being a Girl Guide leader is a great way to spend time with your daughter or meet new friends and make a difference in other girl's lives.



The local number, for the NB Guide House is 634-0808, it is located at 55 Rothesay Avenue, and it is open Monday - Friday from 8:30am - 4:30pm, or www.girlguides.ca 1-800-565-8111

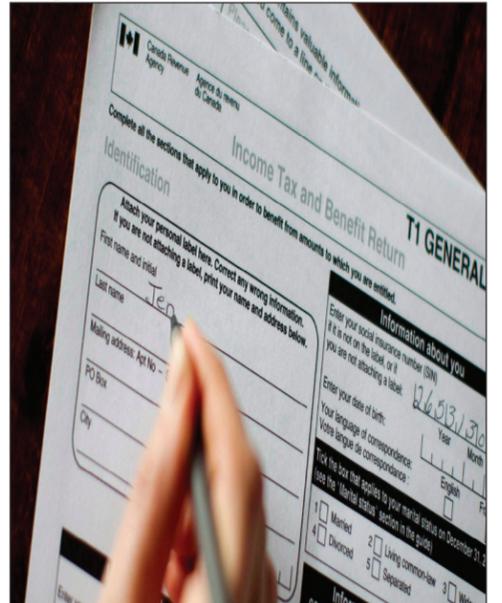
Tax Return Workshops

FREE Income Tax Returns
Seniors' Resource Centre
Brunswick Square, Level III, 39
King Street, 633-8781

March and April
Tuesdays: 9 – 11:30 a.m.,
and 1- 2:30 p.m.
Thursdays: 9: – 11:30 a.m.,
and 1- 2:30 p.m.

Seniors 50+ on low income:
Singles: \$30, 000/year
Couples: \$40,000/year

Also wheelchair accessible



Canadian Mental Health Association
New Brunswick
Mental health for all

27th CURL

FOR MENTAL HEALTH

Saturday, March 18th, 2017
Thistle St. Andrews Curling Club

Grab your team mates and make this year's fundraiser a rockin' success! Enjoy a day of food, friends, entertainment and fun! No experience necessary.

LUNCH PROVIDED
2 FOUR-END GAMES GUARANTEED
SILENT AUCTION & 50/50 DRAW

\$250 PER TEAM (INCLUDING \$50 REGISTRATION FEE)
PLEDGE FORMS AVAILABLE UPON REGISTRATION

For more information, or to register a team, contact:
Canadian Mental Health Association of New Brunswick - Saint John
Phone: (506) 633-1705 or Email: saintjohn@cmhanb.ca

Proudly supported by:

MOOSE LIGHT Thistle-St. Andrew's Curling Club

GET YOUR PIECE OF THE MONEY PIE

Do you need help filing your income tax return?

There are free Community Volunteer Income Tax Preparations clinics in Saint John.

Find times and locations at cra-arc.gc.ca/volunteer/ or by calling 1-800-959-8281.

New for 2017—Money Pie Super Clinic

File your taxes, get your child a SIN, and sign them up for the Canada Learning Bond. You'll also be able to learn about other organizations, programs and possible benefits for yourself and your family.

March 20, 2017 - 9:30am—2:30pm
Salvation Army at 27 Prince Edward St., Saint John

#CVITP #MoneyPie

Overcoming Poverty Together

SUPPORTED BY / APPUYÉ PAR
Ensemble pour vaincre la pauvreté
Overcoming Poverty Together

2017 New Brunswick Home Energy Assistance Program

Applications are now available for the 2017 New Brunswick Home Energy Assistance Program.

The program provides a one-time payment of \$100 to help families with incomes up to, and including, \$30,000, cope with high energy costs.

For information on the program and application forms visit:
Service New Brunswick centres,
www.snb.ca and www.gnb.ca/finance, or
call 1-800-669-7070, Monday to Friday,
8:15 a.m. to 5 p.m.

**Application deadline:
June 30, 2017**

New Brunswick
Nouveau Brunswick



Experiencing The First Snowfall



(Photo courtesy Somaditya Das)

By Somaditya Das

One of the fond memories of my childhood in India was the “rainy day” when schools declared a holiday because of heavy rains. My first snowfall in Canada made me relive those cherished memories, although in a different way. I had been hearing about news of heavy snowfall in Moncton, Fredericton and many other places, but living in Saint John did not give me the opportunity to experience the same until I woke up the morning of Dec 12, 2016. What I saw from the window was a heavenly sight! It seemed that the whole city had wrapped itself with a thick white blanket of snow. The footpaths and roads were all white, and turbulent gusts of wind relentlessly painted a white coat on the rooftops, the parked cars and the dried branches of trees. My office and my evening French class were already suspended for the day, so it was a day to rejoice! I quickly put on my jacket, winter boots, gloves and woollen cap and went out to King’s Square which was just in front of our house. The roads were almost empty, and so was King’s Square. As I walked on the ankle-deep snow, all I could see were my lonely footprints that I was leaving behind. I looked up and saw millions of tiny snow flakes floating in the air and falling down on me, almost imperceptibly, which covered me with a thin white layer too. I wished I could spend some more time in the snow, but I had to take refuge in the warmth of my house because it was difficult to stand against the shivering and chilling wind. The snowfall continued silently outside.

Reham Abazid, activiste pour la crise syrienne



Reham Abazid et ses enfants, Haidar et Rouse

Par Vanessa Marsden

Reham Abazid est arrivée au Canada en janvier 2016 avec son mari Mohamed Alnajjar et leurs enfants, Haidar et Rouse. Pour sensibiliser le publique à la crise syrienne, Abazid a écrit *This is Syria*, une pièce qui décrit ce qui s’est passé en Syrie des démonstrations révolutionnaires à la migration de masse courante.

Abazid veut l’avoir de prêt en juin avec une vidéo sur la civilisation syrienne pour la Journée mondiale des réfugié(e)s. Ses autres projets incluent une exposition des histoires d’enfants syrien(en)s qui ont perdus leur vie, et elle gère une levée de fonds mensuel pour aider le peuple syrien.

Tax Help

The Get Your Piece of the Money Pie program is back again this year to help individuals and families with a modest income and a simple tax situation prepare and file their income tax and benefit returns for free. Depending on your personal situation, you may be eligible to receive federal and provincial credits and benefits by simply filing your annual income tax and benefit return. Credits and benefits include the GST/HST Credit, the NB Home Energy Assistance Program, the Canada Child Benefit, the NB School Supplement, the Healthy Smiles, Clear Vision plan.

Other benefits are listed at www.gnb.ca/poverty and click on Get Your Piece of the Money Pie. To find the date and time of a clinic near you, please call 1-800-959-8281 or visit www.cra.gc.ca/volunteer.



2017 Youth Vital Signs Grants

Grants available of \$15,000

This one-time grant cycle has been made possible with support from Community Foundations of Canada (CFC). To commemorate Canada’s 150 birthday, CFC is partnering with community foundations across Canada to create granting opportunities that position the sesquicentennial as a moment of community impact.

Our Community Foundation is focusing on **youth-led projects** that reflect the **Youth Vital Signs*** priorities.

APPLICATION DEADLINE:

Noon, Friday, March 3rd, 2017.

For full details including eligibility criteria, the Youth Vital Signs priorities and how to apply, please call 506.672.8880.

89 Canterbury Street, Suite 502, Saint John, NB E2L 3C7

672.8880 ~ info@sjfoundation.ca

www.thecommunityfoundationsj.com



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FOR MORE INFORMATION PLEASE CALL MEALS ON WHEELS

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Introducing Sara Badday



Pictured is portrait of Sara Badday
(Artist: Sara Badday)

By Mary Stack

My name is Sara Badday. I came to Canada two years ago, and I graduated college last November with a diploma in 3D animation. I am thankful for the Canadian government to have given me the chance to continue my education here. Additionally, I speak Arabic as my mother language, and my English is fluent.

I just recently started working at the Atlantic Human Services (AHS) in a term position with assistance from Department of Post secondary Education Training and Labour. I'm very glad and comfortable to be working in an environment with friendly staff and clients. I'm learning new things the more time I spend here. I wanted to get enrolled into the Youth Employment Fund program under DPETL because I wanted to gain some work experience, and find out in which field I can use and develop my skills.



Congratulations to Crescent Valley Resource Centre for being a Champion of *The Wellness Movement* in Fundy!

The Crescent Valley Resource Centre offers a wide array of great workshops to help support wellness. Like **Savvy Soup**, where participants chop, slice and dice their way to making a variety of delicious and healthy homemade soups. Each soup they build, cook and savor is an opportunity to chat and share, and take samples to their families and friends to "try". The new soup may become a new and healthy addition to a family menu! Savvy Soups is a great way to support food security and wellness, as participants learn about and experience healthy and inexpensive meals that their families will love!

Join the next Savvy Soup! Call 693-8513 for more information.



The Wellness Movement is growing in New Brunswick! Get inspired by more wellness stories like this one, or inspire other New Brunswickers by sharing your own at wellnessNB.ca

Pet Heroines

By Melody McElman, Saint John SPCA Animal Rescue

Meet Robyn Gunter, Lori Jefferies, and Kayla Davis. Three women with the kindest of hearts. Brave, strong and loving protectors of their shelter pets; totally devoted to the animals in their care. T

Their days are spent nurturing, medicating, feeding, cleaning their kennels, taking them to the veterinarian, and working with them to get them ready for their forever homes. Seeing that animal go out the door from the warmth of your arms to a new owner is bittersweet; one of the most rewarding experiences and they love what they do.

Pets need heroes so that's what they became.

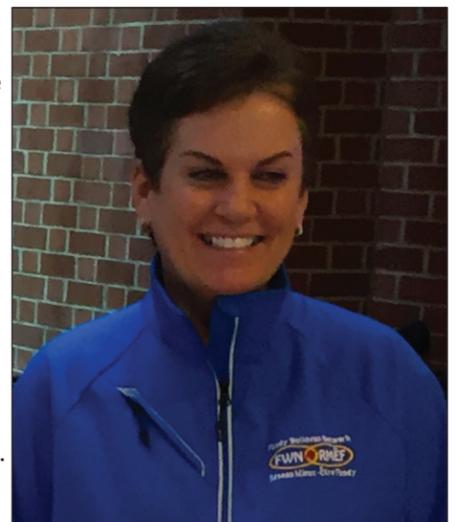


Pictured left to right Kayla Davis, Lori Jefferies, and Robyn Gunter
(Photo courtesy Denise Foglein)

Strong Woman: Jill Roberts

By Hailey Sanderson, Grade 5 student at St. Patrick's School

I think a strong woman is someone with a caring heart, someone who can do something for someone else and be very proud of themselves. When I think of a strong woman, I think of Jill Roberts. Jill is our community health nurse of the Lower West Side and she is also lots more to our St. Patrick's School.



Jill helps provide a few clubs for St. Pat's. One of the clubs is Fit & Fun for Girls where the grade 5 girls build their self-esteem, have fun and let loose. For four years now, Jill has been helping provide a class called Roots of Empathy. Roots of Empathy is about learning how babies develop and become strong, healthy children. It's also about putting yourself in someone else's shoes and feeling like they do. Jill also volunteers to help out and does presentations with some of our classes.

When you think of a strong woman, think of someone who does something good for people all the time and helps you you out, too, that's Jill Roberts!!

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Strength Starts Here



Pictured above: Maggie Rice
(photo courtesy Nicole Vair)

By Nicole Vair with Maggie Rice

Maggie Rice returned to the Saint John Regional Y after a 45-year hiatus. Although returning to the Y was exciting, Rice said it also came with challenges. "I have worn many hats in the years between that little kid at the Y and who I am today," she said. But Rice's biggest challenge came in the fall of 2000. She was diagnosed with Multiple Sclerosis (MS), Rheumatoid and Osteoarthritis.



"My self-esteem fell lower with each day of countless prescription medications, pain and very little social life." According to Rice, she fell into a rut. "The bigger I got, the worse I felt emotionally. I wanted to join and promised myself I would. It is through the encouragement of the staff at the Y, right from coming in the front door, to the other members who I love to laugh with, that I have managed to drop from a size 20 to a 14. For the first time in many years I can see myself improving and becoming the person I want to be. This doesn't mean I won't have setbacks. MS tends to do that to you, but I'm determined to keep up a fight and not let it keep me down anymore.

"There is such a good feeling going to a place every morning, eager to see the faces that help you to become a better person, and those who are working right alongside you to improve themselves, too."

Happiness Starts Here



Pictured above: Lesa Lowery
(photo courtesy Nicole Vair)

By Nicole Vair

Lesla Lowery joined the Saint John Regional Y in March of 2016. She worked out in the fitness centre, attended the odd fitness class and swam regularly. She never planned to stop her routine. But during a trip to Florida with some girlfriends in April, Lowery was experiencing an uncomfortable cough. What Lowery thought to be a chest infection, turned out to be much worse; and after a trip to the hospital, Lowery discovered she had 80% blockage in her heart valves. "I ended up staying at the hospital 17 days and needing major open heart surgery." Lowery spent months recovering before she got the all clear to begin doing the things she enjoyed again. Returning to the pool at the Y was on the top of her list. Lowery explained how important it is to keep moving to stay healthy. "I am happy when I am in that pool and don't feel like I am exercising because it's fun."

Yearning For Yarn

By Debbie Mcleod

The Wednesday afternoon knitters from Stephenson Tower and Charlton Place are busy knitting mitts, socks, sweaters, hats and blankets to donate to the community.

Everything they knit is donated to First Steps, the Hospital, Romero House or the Joshua Group. They are almost out of yarn.

If you would like to donate some yarn please contact Gerri, 642-4777.



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renata.britez@sjmnc.ca

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Contactez Guy Verna
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Happy Birthday NEW-C



By Tanya James

The North End Wellness Centre (NEW-C) is celebrating its first birthday this February! Thank you to our wonderful community for sticking with us as we continue to grow and evolve. Over the past year we have seen the addition of many team members as well as a growing number of clients.

We are looking forward to continuing to support North End residents to achieve health, wellness and improved quality of life.

Look us up on Facebook to find out more about what we offer, community events, and how we will be celebrating our first year.

LivingSJ Thanks Cathy Wright

By Donna Gates

Cathy Wright is a woman of conviction and that makes her a strong woman in my books.

I have been following Living SJ's progress over the past few years with great interest and am thrilled to have the opportunity to build upon what Cathy has accomplished. Cathy would be the first to say it's what the network has accomplished together. She is an amazing community leader and has been so generous with her time and knowledge.



Thank you, Cathy!

Women For 50%



Let's go! Allons-y!

A group of New Brunswick leaders have joined together to increase female participation in the 2018 provincial election. New Brunswick is at the back of the pack in terms of female representation in the Legislature. There is sound and sustained research that gender equality in all major institutional decision-making improves outcomes substantially.

The group is hosting a conference February 13, 2017, at the Richard J. Currie Centre in Fredericton on the UNB Campus with three goals:

1. to create awareness of the situation and build support;
2. to encourage more women to run and support them to win;
3. to continue to build a more sustainable infrastructure for women to get involved in politics.

For further information or to express interest please visit the Facebook page at www.facebook.com/NB.50.2018 or email Michelle Cook michelle.cook@innovatia.net

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TELEGRAPH JOURNAL

Camp Glenburn Summer 2017

A place for youth to explore, create lifelong friendships and become leaders! Registration is open and financial assistance is available.

March Break Camp

March 6th - 10th

Camp is offered at 6 convenient Y locations!
Learn more and register for camps at saintjohnnyymca.ca

ADVENTURE starts here.



Important Clip And Save Information From The City of Saint John

City of Saint John Telephone Directory Listings



City of Saint John | 15 Market Square | Customer Service 658-4455 or service@saintjohn.ca

Arenas and Community Centres

Carleton Community Centre	658-2920
C.E. Nick Nicolle Community Centre	658-2980
Charles Gorman Arena	632-6150
Forest Glen Community Centre	658-2816
Hilton Belyea Arena	632-6137
Millidgeville Community Centre	632-6157
Peter Murray Arena	658-2809
South End Community Centre	633-5115
Stewart Hurley Arena	632-6151

Arts and Culture	649-6040
Asset Management	658-2869
Call Before You Dig	1-866 344-5463
City Manager's Office	658-2913
City Market	658-2820
City Solicitor's Office (Legal)	658-2860
Common Clerk's Office	658-2862
Corporate Communications	649-6008
Emergency Management	658-2910
Finance and Administrative Services	658-2951
Fire Services	658-2910
Fundy Region Solid Waste	738-1212
Garbage and Compost Collection	658-4455
Geographic Information Systems	674-4229
Growth and Community Development Services	658-2835
Human Resources	658-2866
Materials Management	658-2930
Mayor's Office	658-2912
One Stop Development Shop	658-2911
Pension Administration	658-2951
Permitting and Inspection	658-2911
Police Services	648-3200
P.R.O. Kids	642-7529
Real Estate	658-4418

Recreation	658-2908
Risk Management	658-2807
Rockwood Park Interpretation Centre	658-2883
Camp Ground	652-4050
Cherry Brook Zoo	634-1440
Lily Lake Pavilion	693-5033
Public Gardens	657-1773
Saint John Non-Profit Housing	658-1925
Saint John Parking	632-7275
Saint John Transit	658-4700
Sports Fields Recorded Information	652-7529
Ticket Payments	652-1960

Transportation and Environment Services

Engineering	} → 658-4455
Pedestrian and Traffic Management	
Roadway Maintenance	
Sidewalk Maintenance	
Signs Signals Markings	
Solid Waste Collection	
Storm Water Management	
Snow Parking Bans Recorded Information	658-4040
Parks and City Landscape Maintenance	658-2908

Water and Wastewater

Saint John Water	658-4455
Water Payments	652-1960

Tourism

Discover Saint John	1- 866 463-8639
Web: discoversaintjohn.com	



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Marie Yolène Gilles



Marie Yolène Gilles; archives du journal Le Matin, Haïti
(Photo courtesy of SJMNRC)

Par Vanessa Marsden

Marie Yolène Gilles a reçue le prix de « Femme courage d'Haïti » en 2012, dans le cadre du programme « International Women of Courage ». Défenseuse de droits humains, Gilles a connu l'exil durant le régime militaire de Prosper Avril. De plus, elle a été arrêtée en 1992 par le régime militaire qui a renversé le président Jean Bertrand Aristide. Pourtant, Gilles a fait preuve de détermination dans ces prises de position contre l'arbitraire en Haïti. Vous l'avez sûrement déjà entendu dénoncer « les dérives du pouvoir ». Gilles fait définitivement de la lutte pour le respect des droits humains.

Lena Biryukova, Entrepreneur



Lena Biryukova, son mari, Andrew, et leurs enfants, Dmitrii et Alex (pas de crédits)

Par Vanessa Marsden

En 2006, Lena Biryukova est déménagée de Kiev, Ukraine, où elle a reçu sa Maîtrise en économie, au Canada avec son mari Andrew et leurs enfants, Dmitrii et Alex. Après avoir pris des classes au YMCA pour améliorer son anglais, Biryukova a été employée par une agence de voyage locale et y a travaillé pendant dix ans. Mais Biryukova voulait être entrepreneure, et en 2016 elle a enfin pu ouvrir sa propre agence de voyage, Marvellous Travel, à Saint John. Biryukova s'est bien installée dans la communauté Saint-Jeannoise en assistant les autres à réaliser leurs rêves de voyage.

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Womens March 2017



By Keri-Lynn Calp

Saint John brilliantly shone with positive action and compassion, January 21, 2017. We marched from Queen's Square to King's Square to City Hall in solidarity with non-violent action.

200 women, men and children came together in a grassroots effort to support the Women's March on Washington. This movement joined Saint John with communities around the world: we stood together in solidarity shoulder-to-shoulder for the protection of our human rights, our safety, our health, our families and our peace. The strength of our cultures is essential to create vibrant, diverse and strong communities. We rallied together in solidarity, equality, diversity, and inclusion.

34 cities across Canada hosted local marches involving 110,000 people. Globally there were 5,000,000 marchers.

A huge thank you goes out to the marchers, the speakers, Mayors Don Darling and Nancy Grant, MP Wayne Long and councillor Donna Reardon who offered their support.

"Love and Kindness will prevail."

Around *The* Block

Around The Block Team (Issue 51)

Old North End: Chrisa Petts

Lower South End: Mary LeSage

Crescent Valley: Anne Driscoll

Waterloo-Village: Penni Eisenhauer

Lower West Side: Jill Roberts, Krista Turnbull and Julie Baribault

Proofreaders: Rona Howald, Joanne Britton, Mark Driscoll, Natalia Hicks and Lorna Brown

Layout and Design: Juanita Black with Chris Hopkins.

Ad Design: Pat Porter

Community members: Lyn King, Lisa Chamberlain

Ryan Locke and Debbie McLeod

Food Purchase Contest

This is issue 51 of *Around The Block* and our Food Purchase Club contest.

We are happy to partner with Saint John Energy to offer two \$15.00 fresh fruit and produce orders for this issue. You need to locate, hidden anywhere, in pictures, ads, banners, or stories, throughout *Around the Block*, two Saint John Energy logos (not including this notice and the Saint John Energy ad on page 13..



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, March 16, I am proud to introduce issue 51 of *Around the Block* with a theme of Strong Women. This issue is about the diversity of our communities. How we come together day after day with other strong women in support of all that is needed in our communities. Women and families, who can speak many different languages, come in all