



Around *the* Block

SAFETY FIRST

Issue 54 August - September 2017 • sjcommunitynewspaper@gmail.com •

Safe Disposal



by Diane Kerns, NEP Coordinator, AIDS Saint John

AIDS Saint John has been working with neighbourhoods to provide education and support for safe disposal of used syringes. An AIDS Saint John team is out prior to each community clean-up to do a Needle Sweep in the hopes of finding anything in the area before the event. Areas that are known to have problems in the past are checked and cleaned up.

The most important thing is to stay calm! Use tongs to pick up a used syringe and place it in a rigid container with a screw on lid that a needle cannot poke through (ex: laundry detergent bottle). The container can then be dropped off at, 62 Waterloo Street, for safe disposal. We can be reached at 652-2437.

Summer Tips

Sgt. David Hartley-Brown

The Saint John Police Force, Community Response Unit, wants to remind everyone to always take time to consider safety as part of your summer vacation plans. Whether it's boating, hiking, swimming or traveling you should always have a safety plan.



Make sure you have friend or family members with you during your activities and let others know where you will be and when you will be returning. Always have a fully charged cell-phone with you should you require emergency assistance or rescue.

Lifeguards at City beaches

Lifeguards are at the following beaches in Saint John and Quispamsis.

Saint John beaches have lifeguards until September 4th

- Dominion Park 10:45 a.m. - 5:45 p.m.
- Little River Reservoir (The Rez) 10:45 a.m. - 5:45 p.m.
- Fisher Lakes: 11 a.m.- 5:30 p.m.
- Lily Lake: 11 a.m. - 5:30 p.m.



Quispamsis beaches have lifeguards until August 26th.

- Gondola Point: 12 -5 p.m.
- Meenans Cove: 12 -5 p.m.

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

With summer comes extra things we need to worry about that all deal with heat, like water and food safety, both for ourselves and our pets, and with no school the extra safety of our youth while they are on vacation. We have featured many suggestions from across our communities, and from our community partners in this issue of Around the Block with a theme of safety.

We are happy to provide information from Big Brothers Big Sisters about issues parents need to know like; 5 Things Every Parent Should Know About Child Predators! and What Do You Teach Your Kids Body Safety? Thank you to Laurie Collins for the help with this information. We want to thank the Neighbourhood Police Council Inc. for their ongoing support to Around the Block, their commitment is truly appreciated. We wish you a safety summer

Pet Safety



by Joan Richardson, Manager SPCA Animal Rescue

This time of year we are taking day trips in the car and of course bringing along the family cat or dog. It's important to secure our pets when travelling. A moving vehicle could make your cat nervous and that rolled down window might tempt him to jump out.

A cat carrier is the best way to keep your cat safe when in a car. Dogs like to put their head out the window but they could get injured from flying objects (even from insects or birds). They could also become hurt if the driver must stop the car quickly because they will collide with the window. Dog are best secured by a harness and seatbelt. Safe travels means the whole family needs to buckle up!

N.B. Introduces Ellen's Law



by Becky Knox, Public Affairs Coordinator, CAA (Atlantic)

On June 1st New Brunswick became the second province in Atlantic Canada to adopt the one-meter law, fulfilling the need for legislation surrounding the co-habitation of road users. Most commonly referred to as Ellen's Law honouring the late Ellen Watters, an accomplished cyclist who died tragically in a collision with a motor vehicle in December 2016, it states that all motor vehicles must give cyclists at least one meter of clearance when passing. Failure to comply will result in fines and changes in demerit points.

Cyclists, motorists, and pedestrians all have a responsibility to:

- Be aware of their surroundings and other road users
- Be alert (not distracted)
- Be cautious (changes in visibility, road conditions)

To learn more about how you can help drive road safety, visit atlantic.caa.ca/SharetheRoad

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Human Development Council



SAINT JOHN



Pannell FAMILY FOUNDATION



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Ensemble pour vaincre la pauvreté Overcoming Poverty Together



Old North End • Old North End

Ball hockey safety

by Assistant Coach
Gerry Leavitt

When you coach ball hockey you must be very patient so our youth can learn and be safe but also have fun.

As a coach, we need to teach our youth the correct way to shoot the ball, so they can avoid injuries. Keeping safe is a major thing; the coaches should be on the spot checking and making sure the players are all right. A wrist shot is better in ball hockey at a young age because their sticks are not raised and no one will get injured.

We taught our youth to keep their sticks down and not to take slap shots.



Summer heat tips



two youth having fun at the park
(Photo courtesy Courtney Hunter)

by **Cheyenne Cramm**

To prevent yourself from getting too hot throughout the summer you should try to wear light clothing, because dark clothing attracts the heat. Hats and sunglasses will protect your eyes, skin and sensitive spots from harmful UV rays.

It is extremely important to stay hydrated during the summer because the heat can literally drain the fluids out of your body, but you should allow yourself to sweat. The ideal drink for the summer would be water, or a drink with electrolytes such as Gatorade. Make sure you drink throughout the day to prevent dehydration or exhaustion. Most importantly, do not forget sunscreen.

Playground Under Construction



All hands on board for the start of construction
(Photo courtesy Peter Lege)

by **Christa Petts**

Things are happening on the site of the Kiwanis North End Play Park. MVB Contracting through Mike Bishop and his guys have been working hard over the past couple of weeks preparing the property and Loyalist Towing just dropped off the first load of equipment for installation.

Volunteers will be here the rest of the week with Jamie from Fundy Fencing to take care of the first phase of installation. Volunteers have been coming daily to make our park a reality.

Eric Garnett

Eric Garnett has been a volunteer at the Nick Nicolle Center for the past three years.

He also has been a participant for the fifty-five and over friendship games. The first two years he won a third place in the horse-shoe competition. This year, he entered seven events held across the City of Saint John and Quispamsis.

He placed second in crokinole and third in darts and in the time-walk. He is entering the provincials Sept 21-23 at Sussex and Hampton. You must qualify to enter the nationals being held in Saint John in August of 2018.



Trevor Holder MLA Portland - Simonds

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Hours: Mon: 8 am - 4 pm, Tues: 9 am - 1 pm,
Wed: Closed, Thur: 9 am - 1 pm, Fri: Closed



North Neighbourhood Contact

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





South End • South End

Comings And Goings At P.U.L.S.E. Inc.



by Mary LeSage, Operations Manager P.U.L.S.E.

Did you know that we have two NEW programs this summer? A FREE bagged lunch program brought to you by the Inner City Youth Ministry is offered Tuesday and Friday from 11a.m.-1p.m. Follow the bubbles! Final day is Friday, September 1st. Wednesday is our Parent/Toddler program from 10 a.m.-12 p.m. at PULSE. Final day is Wednesday, August 30th. A healthy snack is available!

Registered Nurse, Kathy London-Anthony, will be at P.U.L.S.E. to address your health needs on Friday, August 4th and September 1st from 9 a.m.-12 p.m.

Please remember our monthly Food Purchase Club money is due on August 11th and September 15th and comes back to you the following Friday. We have \$15 and \$25 orders available! We even have a pay it forward option where you can provide a single person, a couple or a family with fresh fruits and vegetables!

Remember our office hours are as follows: Monday 9 a.m.-2 p.m., Tuesday 9 a.m.-1p.m., Wednesday closed, Thursday 9 a.m.-1p.m., Friday 9 a.m -2 p.m.

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

P.U.L.S.E. lap top project

by Kathy Young

Cindy Ward and I chose P.U.L.S.E. as our community project. I was diagnosed with a rare nerve disorder that caused me to have seizures on the left side of my body when I was 15. With Cindy's support, I wanted to use my personal story to provide P.U.L.S.E. with new laptops for the P.U.L.S.E. Computer Access Centre.



Kathy Young
(Photo courtesy Penni Eisenhauer)

The goal of the project was to make P.U.L.S.E. a fully accessible space by providing three new mid-priced laptops, to replace the current out-dated desktops for the computer centre, located on the second floor.

Councillor John MacKenzie heard my story and offered to help Cindy and I with the project. Thanks to his efforts, P.U.L.S.E. was presented with two laptops, courtesy of Saint John Energy.

Aged to perfection

by Dawn LeBlanc

I'm leaving the 60's behind, hello 70's! Every meeting with old friends becomes an 'organ recital'- how's your heart Ellie, liver okay?

In youth climbing a tree was a challenge, now climbing the stairs just about does me in.

Some facts about aging and safety:

Bones get weaker, less dense; due to hearing loss your balance may not be up to par- use those handrails; forget your pride, buy a cane.

Sense of smell diminishes making it harder to detect smoke, leaking gas and spoiled food. Sensitivity to pain and pressure declines – be careful with hot liquids.

Eyes become more sensitive to light and a decline in depth perception makes it hard to judge - use the crosswalks.

As Bette Davis said, " Growing old is not for sissies."

Tin Can Beach clean-up



Volunteers help with the Tin Can Beach clean-up
(Photo courtesy Barry Ogden)

by Barry Ogden

The City of Saint John, and its unions have done a great job of fixing up Tin Can Beach. Last year they got stuck as there were a lot of railway ties piled on the beach from decades of dumping. The City and the Atlantic Coastal Action Plan had been trying to have these removed. I knew someone at CN Rail who owned them and asked for them to be removed. CN ended up removing 16 tractor trailer loads of these unsafe railway ties.

This year I got a bunch of volunteers together to remove the rusted fence and all the barbed wire on the ground which had no beginning and no ending. It took us five days and everyone supplied the equipment for free. It was a lot of work, but Tin Can Beach is much safer for citizens and especially for the children and animals at no cost to the city.

Tin Can Beach is a gem right in the middle of our city.



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

South Neighbourhood Contact

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





Crescent Valley • Crescent Valley

New bikes in Crescent Valley



Left to right; Rashwan Al Hamwi receives his new bike from Mike Douglas. Abdullah Ajajon with his new bike, pictured with his father Abdul Baset and Mike Douglas. (Photo courtesy Anne Driscoll)

by Anne Driscoll, Executive Director, Crescent Valley Resource Centre
Two lucky Crescent Valley children received a new bicycle thanks to the generosity of Mike Douglas, a long-time friend and supporter of the Crescent Valley neighbourhood. Mike donated new bikes to children who participated in the neighbourhood clean-up held in June. Abdullah Ajaj and Rashwan Al Hamwi picked up litter and helped clean the neighbourhood. Their names were included in a draw for the bikes and they were the lucky winners.

Congratulations Rashwan and Abdullah and thank you for helping to keep Crescent Valley clean. A special thanks to Mike Douglas for your generosity.

Music in Crescent Valley

by Debbie McLeod, Community Involvement Coordinator

On Thursday July 6th Delbert, Debbie Harrity and Paul entertained Crescent Valley residents and friends for over two hours. The singers/musicians set up outside on the deck of the Crescent Valley Resource Center while people sat below and danced and sang along. There was even a special guest who dropped by to sing a few numbers. Thank you Danny Joyce!!



Delbert (left) and friends (Photo courtesy Debbie McLeod)

The weather was beautiful, there was a canteen on site provided by the Crescent Valley Community Tenant Association and there were many dancers among the group. We are looking forward to another outside music event in August! Thank you to all the volunteers who made this event happen.

Helmet safety

by Anne Driscoll

Executive Director, CVRC

The Saint John Bike Share program encourages everyone to always wear a helmet when biking, and to follow the 2V1 rule to make sure your helmet fits properly. Helmets prevent serious brain and head injuries by absorbing the force from a fall or hit to the head.

Thank you to City of Saint John Leisure Services, Crescent Valley Resource Centre, NB Trauma Program, NB Economic and Social Inclusion Corporation, NB Dept. Tourism, Heritage and Culture - Sport and Recreation Branch, NB Dept. Social Development, Consolvo Bikes and in particular to PROKids, for helping the SJ Bike Share program ensure helmets are given to bike recipients.

Image caption: Know the 2V1 rule to fit a bicycle helmet. Put the helmet on the head so it is level and so it is not tilting backwards or forwards. Then check the following: Two fingers distance from helmet to eyebrow. V-shape straps around each ear. One finger between chin and fastened strap.



Building a positive neighbourhood

by the Crescent Valley Resource Centre

Crescent Valley residents, volunteers, visitors and community partners have been impressed with the many new improvements that have been going on in the neighbourhood in recent years. Crescent Valley is a positive and proactive neighbourhood. To help remind and reward neighbourhood children about the importance of positive acts, such as wearing a helmet while biking, sharing, being polite, reading, not littering and helping others, children may be awarded with a CV buck to spend at the CV store for prizes and cool stuff! The CV store is at the CVRC, 130 MacLaren Blvd open 3-4 p.m. on Thursdays until the end of the summer. A grand prize of a Galaxy style Nintendo 3DS will be drawn at the end of the summer to one of the lucky shoppers.



Youth lined up to spend their CV bucks (Photo courtesy Anne Driscoll)



Wayne Long

MP/député - Saint John/Rothesay

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



Crescent Valley Neighbourhood Contact

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





Lower West • Lower West

Personal financial safety

by Wendy Coughlin

In the past identity theft was something that rarely happened. Now it occurs with more frequency due to usage of the internet and criminals operating telephone scams. Seniors are often targeted and are at risk. One of the best gifts I have ever received was a small cover for my bank card which makes it impossible for anyone to scan my card electronically to obtain my pin number. These are available at several stores and are not very expensive but provide safety and peace of mind.



There are many scams out there that can put individuals at risk. Never give out your social insurance number over the phone to someone calling with a story about you winning a wonderful prize. You should never give out your birth date. Remember that you should never have to pay anything if you have won anything and are being notified by phone. You should never give your pin number for your bank card to anyone unless it is a trusted family member. I hope these tips have been helpful.

Are you interested ?



by Julie Baribault

This is a call for interest for those who are survivors of domestic violence, sexual assault and rape. We are looking to put together a book where survivors can share their story in a way they choose; whether that is a written story, art, photographs, poetry etc.

We also want to have you include things that helped you in your journey. We will be including community resources but we want to hear from you as well. If you want to participate please email jbaribault@rogers.com

All submission and stories will remain anonymous. Thank you in advance.

Market Place Wellness updates

Market Place Wellness Centre, Carleton Community Centre

674-4335, 120 Market Place - Monday to Friday 7:30 a.m.-3:30 p.m.

- Specimen collection Tuesdays and Wednesdays 8 a.m.-3 p.m. By appointment only call 648-6681
- Food bank summer hours (beginning Tuesday July 4th) Tuesdays only
- Food bank fall hours (beginning Tuesday September 5th) Tuesdays and Fridays
- Smoking Cessation Program, call 674-4335 for an appointment
- Fundy Fog Chasers meet Thursdays at 6:30 p.m. and Saturdays 9 a.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) call 674-4335 for information
- Social Development case worker on site Tuesday 1-3 p.m. or by appointment
- Senior led fitness/fall prevention program ages 50 and up, Zoomers free: Tuesdays and Thursdays 10:00 a.m. and Fridays 11:00 a.m. All participants must have an initial assessment call 674-4335
- Gentle Yoga will start up again in the fall
- Pickle Ball Tuesdays 11:00 a.m. contact Mike 672-9566
- Line Dancing will start up again in the fall
- Social worker/dietitian/ counselling by appointment call 674-4335
- Art class (goodwill offering) contact: kimmy.cookson@gmail.com

Summer tips



by Julie Baribault

Now that summer is in full swing Westside P.A.C.T. would like to give you a few reminders for adults, children and pets. We need to watch out on the road for the little ones who will be running and not watching for cars so please slow down in the neighbourhoods.

Bikers, scooter drivers and skateboarders please remember to wear your helmets, knee and elbow pads. If you are enjoying a day at the park please remember your sunscreen, a hat and lots of water. Let's have fun this summer and stay safe.



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





The Village • The Village

Music in Chown Field

by Penni Eisenhauer

There has been lots of engagement in the Waterloo Village with the start of this year's Music in the Park at Chown Field on Monday evenings from 7-8 p.m.

The Waterloo Village Neighbourhood Association partners with the Courtenay Bay Tenants Association to provide a 50-50 draw and an onsite canteen.



*Listening to the music at Chown Field
(Photo courtesy Linda Scott)*

If you are interested in being more involved in your community contact Penni at 647-8047 or email commorg.penni@gmail.com

Learn and Go; working for change



*left to right; Cindy Ward and Kathy Young
(Photo courtesy Penni Eisenhauer)*

by Penni Eisenhauer, Cindy Ward and Kathy Young

Cindy Ward and Kathy Young are residents who live in the Waterloo Village and South End and participated in this year's Learn & Go: Working for Change program. They worked with a team of mentors from Irving Oil and community to implement a project in the Waterloo Village neighbourhood.

Pedestrian and traffic safety at the intersection of Wentworth and Union Street was a concern of the participants and supported by many community partners within the Waterloo Village. The women started a petition to request traffic-calming measures: crosswalk, signage and flashing lights; collected data; spoke with City officials; and took pictures. At the program's final presentation evening held at the Nick Nicolle Centre on June 14, 2017, the Waterloo Village Learn & Go team received confirmation that their project will be implemented.

For more information on this program please contact the SJ Women's Empowerment Network at 506-642-9033.

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 side 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



Community engagement



*people taking part in the planning meeting
(Photo courtesy of the Saint John Learning Exchange)*

by Penni Eisenhauer, Community Organizer

The Saint John Learning Exchange hosted a focus group with learners, residents, and community partners on Wednesday, July 12, 2017 as part of the South Central Peninsula Planning - Taking Shape SJ.

This was an opportunity for the voices of those who live, work; and or play, in the neighbourhood to share their vision for the future of the Waterloo Village. The group of over 30 were well-engaged and excited to be a part of this planning process for their neighbourhood. If you would like more information check out www.takingshapesj.ca

Salvation Army volunteers

by Louise Armstrong, EDS / Volunteer Coordinator

The Community Response Unit continues to be involved within the community, whether it be pancake breakfast in Crescent Valley, Port City Days, Westside Food Bank, or the Canada Day events in KV. None of these events would be possible if not for our volunteers.

It encourages me as the Volunteer Coordinator to see a growing interest among teens to give their time. At the Salvation Army we are working towards the development of community-minded young adults, so they may gain an appreciation and passion for other people and strengthen their passion for community service in adult life.



*left to right; Emerson Arnold, Jenna English, Devon Armstrong
(Photo courtesy Louise Armstrong)*

If volunteering with the Salvation Army interests you, please contact us at 634-7166 and get involved with your community by giving your time and talent while working with others to affect change.

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@jdirving.com

Susan Tipper
tipper.susan@jdirving.com

We ALL have something to offer!

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

Havelock School says good bye



by Cynthia Freeman King

As Havelock Elementary School closes its doors to students on June 23rd, we would like to thank parents, students, community volunteers, business partners and the local business community who pulled together to make the learning culture a positive and impactful experience for our students.

In the 50 years that Havelock has been part of the community, many families have entered its doors and found themselves part of a caring and vibrant community. During our Havelock Celebration event in May, hundreds of former students and their families returned to Havelock to visit where they had spent many happy years. They were greeted both by current and retired teaching staff. Memories were shared, people ran into old friends, and new memories were made. The time capsule, created in 1995 by students, was opened and families had the opportunity to read the messages sent to the future.

We will miss the community that has been enriched by having Havelock School but look forward to new memories that will be made in the upcoming years.

Tasty Ribs and a donation to PALS

PALS recently received \$1,000. from the Y Service Club for manning the gates at the recent Saint John Rib Fest. It was great fun! Many thanks to our volunteers, Jane Ferguson, Vanessa Trindade, Lori and Taylor Kirkpatrick, Tina Rice and Jonathan Forward from RST Sunbury; Lorrie Johnston from NB Southern; Louise Johnson from ASD-S; Colleen Sullivan from Glen Falls School; Susan Tipper and Deb Fisher from PALS; and pictured here, Carolyn McNulty, Andrea Gray, and Andrew Loughery from Prince Charles School.



Andrea's son also volunteered his time to help out! The money raised is helping to fund the NBCC Camp College Summer Literacy Camp – for the students of Glen Falls School. Thank you to the Y Service Club

Thank you Investor's Group

PALS
Partners Assisting Local Schools was very pleased to receive a generous donation of \$600. from the Investors Group Financial Services Inc. Here, Christina Morrell, the Regional Coordinator for Investors Group presents the donation to Deborah Fisher, PALS Coordinator. 100% of donations to PALS goes directly to benefit students or recent graduates, primarily through school-based or educational initiatives.



P.E.S. community garden

by Katherine Miller, Community Schools Coordinator, Princess Elizabeth School.

Gardening is a popular summer activity and has such a wide variety of benefits; they range from excellent exercise to reducing stress and providing delicious and nutritious food. Many people share a garden with the community they live in – this is a community garden!



A small section of the PES community garden (Photo courtesy Katherine Miller)

Princess Elizabeth School (PES) has recently had the opportunity to develop a community garden with the help of Rick and Dana, our two amazing volunteers! They have worked many hours planning, preparing the beds, buying seeds, planting and watering. This fall we hope to harvest all the delicious food they have grown; it will give students the chance to learn how they themselves can grow fresh fruits and vegetables and how to prepare some delicious meals. We can't wait to see our garden grow!

Safety is #1 at the Soap Box Derby - followed by FUN!



Mayor Don Darling and Hance Colburne of CBC received last minute safety instructions from Zoe Watson, Superintendent of Anglophone South School District and Jennifer Carhart, Principal of Princess Elizabeth School!

Safety came first, followed by a whole lot of fun! Mayor Darling won the race, then went on to race Mrs. Carhart. Mrs. Carhart was the winner of the adult races of the day!

Partnering from Kindergarten to Grade 12 and Beyond

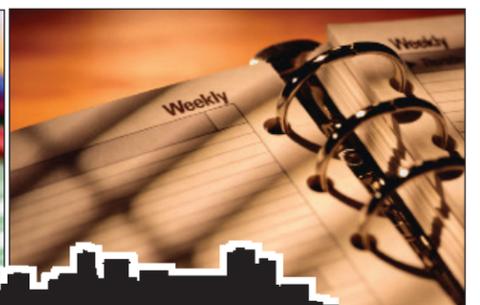
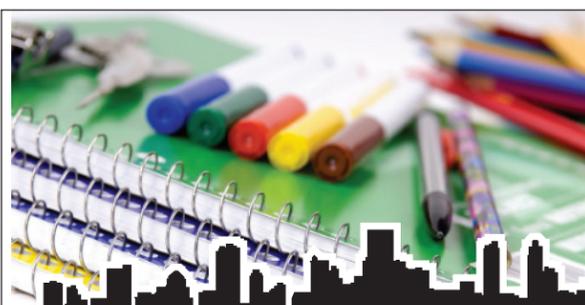
- Partnerships
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PALS
PARTNERS ASSISTING LOCAL SCHOOLS

Deborah Fisher
fisher.deborah@jdirving.com

Susan Tipper
tipper.susan@jdirving.com

We ALL have something to offer!



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

The Al-Anon Family Groups are a fellowship of relatives and friends of alcoholics who share their experience, strength, and hope in order to solve their common problems. We believe alcoholism is a family illness and that changed attitudes can aid recovery.

Al-Anon Meeting Place	Meeting Time
<ul style="list-style-type: none"> Silver Falls AFG Silver Falls United Church, 840 Loch Lomond Rd. at the corner of McAllister Dr (Outer Bldg) (East side) 	Monday, 7:30pm
<ul style="list-style-type: none"> Waterloo AFG St. Vincent de Paul Bldg (upstairs-Women's Center) 146 Waterloo Street (City Center) 	Tuesday, 8:00pm
<ul style="list-style-type: none"> New Start AFG St. Paul's Church Hall (side door - downstairs) 4 Church St., Rothesay 	Wednesday, 8:00pm
<ul style="list-style-type: none"> Woolastook Family Group, back of St. Mark's Church, 50 Dexter Dr. Saint John 	Wednesday, 7:00pm
<ul style="list-style-type: none"> Portland AFG Sophia Recovery Centre 83 Hazen Street (Ring buzzer #1 for entrance) 	Thursday, 7:00pm

Canadian Council for the Blind

by Scott Rinehart, Vice-President

If you are living with vision loss and are looking to get involved in social activities with others experiencing vision loss, please contact the Saint John Chapter of the Canadian Council of the Blind today. E-mail us at Info@CCBSJ.org, follow us on Twitter @CCBSJ, or join us on Facebook at www.facebook.com/CCBSJ.

Become a Girl Guide

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 girls 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 - 4:30 p m., or www.girlguides.ca 1-800-565-8111



Toll-Free number for seniors

Toll-Free Number For Seniors

The Government of New Brunswick has a toll-free number for seniors, their families and caregivers who are looking for information on government programs and services related to seniors. The information line provides older adults with a traditional method of speaking one-on-one with qualified, bilingual staff who will assist them in finding their way through the various government departments and ensure they get to the right service provider for further assistance.

Calls to 1-855-550-0552 are answered Monday to Friday, from 8 a.m. to 5 p.m. Messages can be left after hours and calls will be returned the following business day.

Pregnancy Resource Center

The Pregnancy Resource Center of Saint John held its annual fundraiser Steps for Hope (formerly Walk for Life) on June 17 at Rockwood Park. It was a very wet day but a success none the less! Many came out to run or walk the courses set out as well as to enjoy the BBQ provided.

Prizes went to the following fund raisers: Top Individual - Marilyn Marshall, Top Kid - Ricky Fidler (12), Top Family - Darren and Chantelle Anderson, Top Group - RBC King Street, Top Church - True Life Church. Thanks to all who made this day a real success!




Strut for Strong Kids

Join us at the 4th Annual Strut for Strong Kids!
September 30th, 2017
11:00 am
Saint John Regional Y



saintjohnny.ymca.ca
693-YMCA



Senior Watch

compassionate senior care

HOME CARE SERVICES

- 24/7 in Home Personal Care • Foot Care Services
- Attendant Care • Home Care Orientation
- Senior Topics - Safety, Medications, Nutrition

Live in your home as long as you want (506) 634-8906
www.seniorwatch.com train@seniorwatch.com

Food Helps Directory, this has been updated to July 1, 2017 and is subject to seasonal changes

SHELTERS

Outflow; men 18yrs+, 8pm-8am
162 Waterloo St., 658-1344
Coverdale; women, 4pm-8am 10 Culloden Ct.,
672-6285 (drop in 148 Waterloo St., 8am-4pm)
Hestia House; abused women and children, anytime
634-7570
Safe Harbour; ages 16-19, anytime
50 Broad St., 631-9883

OTHER ASSISTANCE AVAILABLE

AIDs Saint John Mon - Wed 8:30 - 4,
Thurs 8:30 - 7pm, Fri 8:30 - 3
Needle exchange, support, education
62 Waterloo St., 652-2437
Community Health Centre Mon-Fri 8-4
Saint John Food Purchasing Club location
116 Coburg St. (next to St. Joseph's) 632-5537
Free Legal Clinic every 2nd Wed. 6-8pm
half hour of free legal council (No family law)
90 King St. 634-3600
Freshstart Services for Women; (Lois
Merritt) Advocacy especially for women
facing homelessness. 66 Waterloo St. 638-
1409
John Howard Society support, programming
especially for those who have been
incarcerated. 68 Carlton St., 657-5547
P.E.E.R. SJ Mon - Fri 9-5
for youth (16-24) experiencing addiction, mental
health issues or other struggles. No referral
necessary; 126 Duke St. 658-5374
P.U.L.S.E. call for appt.
Year round income tax prep
251 Wentworth St. 632-6807
Sophia House Mon - Fri 9:30 - 4:30
Support for women, 83 Hazen St., 633-8733
S.P.C.A. Thurs.-Sat. 11 - 5
Emergency pet food, supplies
295 Bayside Dr. 642-0920
Trinity Anglican Church call for appt.
free parish nurse; Beth Lawson
115 Charlotte St, 642-7348

FOOD BANKS

Community Food Basket Wed & Fri 12-3
245 Union St. (old Academy of Learning)
652-2707
North End Food Association Tues 10-1
Rivercross Mission (Corner of Metcalf and Durham).
634-7403
West Side Food Bank Tues & Fri 1-3
Carlton Community Center, Market Place,
635-1060
East Food Bank Tues & Fri 2-4
105 Wilton St. (next to Park St Church)
633-8298
CLOTHING, HOUSEHOLD etc.
Cornerstone Baptist Tues 8-12
clothing depot, 42 Leinster St
St Vincent de Paul Mon, Tues, Th 9-12, 1-3
free clothing, household items, 146 Waterloo St
United Church Tues & Wed 10-2
clothing depot, 68 Carlton St
Hillcrest Baptist Fri 12:30 - 2
Caring Closet, 476 Lancaster Ave.
The Salvation Army Mon - Fri 9:30 - 12
Voucher to Thrift Store, 27 Prince Edward St.

IMPORTANT NUMBERS

Alcoholics Anonymous 650-3114
Chimo Crises Line 1-800-667-5005
Family Resource Centre 633-2182
First Steps (pregnant or parenting young
women) 693-2229
Gamblers Anonymous 1-800-461-1234
Gentle Path Counselling 652-7284
Mobile Mental Health 1-888-811-3664
Narcotics Anonymous 658-0779
Portage Emerg. Help Line (506) 450-4357
Pregnancy Resource Center 1-800-395-4357
Ridgewood Detox 674-4300
Saint John City Police 648-3333
Sexual Health Center 658-3998
Social Development 1-866-441-4340
Teen Resource Center 632-5531
Telecare Health 1-800-244-8353

MEALS IN SAINT JOHN

EVERYDAY



**Hope Café (The
Salvation Army)
Monday - Friday**

serving refreshments 9:30-noon
1-3 drop in (no food served)
Emergency assistance, personal care
items, clothing, furniture, resumes,
advocacy etc.
27 Prince Edward St
(next to Titus Bakery) **634-1633**



Romero House 9:30am - 1pm
everyday of the year noon meal
Emergency food, furniture.
Clothing (Tues, Wed, Th 9:30 - 1)
649 Brunswick Drive (across from Boys
and Girls Club) **642-7447**

Brochure compiled (revised June 2017) by
Shelly McCready, *Community Ministries Coordinator*
The Salvation Army Saint John Family Services
Contact with additions, changes:
shelly_mccready@can.salvationarmy.org

MONDAY

Crescent Valley Resource Centre 9:00am
Healthy Breakfast
130 MacLaren Blvd. 693-8513

St. Luke's Anglican Church
10am-1
Also, free haircuts 1st & 3rd Mon of month
369 Main St North 693-4152

Outflow 6:00pm
SJ Vineyard, 204 Carmarthen St 648-0998

TUESDAY

St Luke's Anglican Church 8am - 9:30am
Breakfast 369 Main St. North, 693-4152

Hope Mission 9:30am (Sept - June only)
drop in for coffee, noon BBQ
corner of Metcalf & Durham St., 642-8060

E. A. Café noon - 3pm
20 Edith Ave., 658-0120

Oasis 1:30 - 4pm (women only)
Drop in with refreshments, activities
162 Waterloo St., 632-5531

Outflow 6pm
Queen Square BBQ
657-3487

Church of St. Andrew and St David
4:30-6pm (last Tues. of month only)
164 Germain St, 634-3092

WEDNESDAY

Crescent Valley Resource Centre 9:00am
Healthy Breakfast
130 MacLaren Blvd. 693-8513

Nick Nicolle Centre 11:30 - 1:30
ONE Change Community Lunch
85 Durham St., 639-1640

Oasis 1:30 - 4pm (women only)
162 Waterloo St., 632-5531

St. Luke's Anglican 1 - 3pm
Drop in with refreshments
369 Main Street North 693-4152

Outflow 5:30pm
Evening meal followed by worship service
162 Waterloo St., 658-1344

THURSDAY

Calvary Temple 12 noon/3rd Thurs only
program, meal & bag of groceries
83 Sydney St, 634-1688

Westside Anglican Mission 11:30 - 1
BBQ
183 Duke St, 608-0176

Oasis 1:30 - 4pm (women only)
Drop in with refreshments, activities
162 Waterloo St., 632-5531

Outflow 5:30pm
Evening meal
162 Waterloo St., 658-1344

FRIDAY

Hope Mission 9:30am
drop in for coffee, noon BBQ
corner of Metcalf & Durham St.
642-8060

SATURDAY

Salvation Army at Crescent Valley 9:00am
Pancake breakfast
634-7166

St Mary St Bartholomew Church 4:30pm
646 Westmorland Rd.
696-1347

Saint John the Baptist Church 4pm
(2nd Saturday of month only)
54 Broad St.
653-6998

SUNDAY

Saint John Vineyard Church 12:30 - 1:30
2nd & 4th Sunday Open Pantry
204 Carmarthen St. 648-0998

Outflow 5:30pm
Evening meal
162 Waterloo St. 658-1344





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5 things you need to know about child predators

#1 - You Already Know Them.

Nobody ever thinks it can happen to them. Nobody thinks they know a child predator until it is too late! Child predators are not some strangers in dark alleys, they are people we all know. They are our friends, our relatives, our kid's coaches, childcare workers, youth group leaders, etc.

Stranger abductions are rare. Your children are much more likely to be abused by someone they know and trust. Teaching 'Stranger Danger' simply doesn't cut it. Tell your children that no one should hurt them or touch their private parts – even people they know. Teach your child to notice the warning signs of sexual abuse. Learn how to spot when someone is grooming your child for abuse. The best way to keep your kids safe is to learn how predators work.

THEY GAIN TRUST

Predators are very good at making themselves look like the good guy or the only one that cares, and that is unfair to the REAL good guys among us. Predators often place themselves in a position of trust. They seek out roles that place them around children. They work hard to put themselves into your life and into your routine. Predators are often patient and they will take months or years building up the trust of those around them.

THEY GIVE GIFTS AND FAVOURS

Once the predator has a role in your life and has gained your trust – they take things one step further. They might offer to do you favours or bring gifts and treats for your children. They appear extremely helpful and friendly. They may be playful and silly with your children. They may make themselves seem that they know what is best for your child. They may offer to spend lots of time with your child to. They are careful not to seem too interested in your child and make you think they do lots of things for lots of kids.

THEY ISOLATE CHILDREN

By this time, the predator has gained your complete trust. Your child knows you trust them – so they trust them too. It is at this point the predator's goal is to spend one-to-one time with your child. They might offer to babysit, give your child a ride, take them to the dentist, tutor them, give them extra coaching or help keep them out of trouble. The predator continues to work on the child's trust and tries to develop a "special" bond with them and dependence upon them. You start to depend on them too.

THEY DESENSITIZE THE CHILD TO TOUCH

You may get comfortable leaving your child alone with this "good guy." Your child is always eager to go with them and they seem happy when they come home. It may be at this point that the predator starts to touch your child. At first it may be a tickle fight, some fun "wrestling" or some fun "games" in the pool – where the predator "accidentally" touches the child's private parts. The sexual contact will get worse from there. In group settings, the predator may allow or encourage breaking of rules or general safety guidelines so they seem "cool". Some examples include over filling their vehicle, sitting on the adults lap, not returning children home on time after an outing, not providing parents with details of outings or play fighting.

THEY SECURE SECRECY

Young children may not understand what the predator is doing. They may not know they are being abused. The predator might convince them that they are playing a secret game or have a secret bond. Older kids may think they are "special" or have a relationship with the predator that no one else would understand. Some kids are told that no one would believe them or worse – that their family will be hurt if they tell.

HOW PARENTS CAN PROTECT CHILDREN:

- Look for these warning signs.
- Understand that anyone can be a predator.
- If something feels wrong in your gut – trust your gut.
- Keep the communication open between you and your child.
- Talk to your child about their time away from you.
- Talk to your child about sexual abuse and body safety.

Planting at Ridgewood



by Barry Ogden

Children and teachers from Hazen White St. Francis School were busy planting marigolds sponsored by the Royal Canadian Legion with veterans at the Ridgewood Veterans Center, South Bay to commemorate D Day, June 6 1944.

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 on a toonie(s) and drop it in the gold rush box





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of Saint John
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Catherine Wojtalo



by Jonathan Poirier, Agent des communications et relations publiques
ARCf de Saint-Jean

L'ARCf de Saint-Jean souhaite la bienvenue à une nouvelle membre de son équipe. Catherine Wojtalo, qui préfère se faire appeler simplement Cathy, va occuper le poste d'animatrice de la maison des jeunes et de la santé communautaire.

Originaire de Fréjus, une ville française proche de Cannes, Cathy a déménagé avec son fils cadet Virgil. Celui-ci a 11 ans et termine sa 6e année à Samuel-de-Champlain. La famille de Cathy est bien établie au Canada, puisque son fils aîné étudie en science politique à l'Université Laval tandis que sa fille étudie à HEC Montréal.

Éducatrice sportive durant de nombreuses années en France, Cathy a beaucoup d'expérience avec les jeunes. Elle représentera un atout pour toute la communauté de Saint-Jean, puisqu'elle animera aussi des activités faisant la promotion de la santé en français

Infant care available at the YMCA



by Nicole Vair, Communications Coordinator

Safety is the number one priority at the YMCA, and when it comes to the safety of our children and vulnerable people, the Y has the highest standards and training in place.

At the Y, there is a focus on offering high-quality, research-based programs that are fun and enriching for children. There are many ways our programs are different.

Every Y staff is educated and trained in child protection and our learning through play approach ensures children are having fun while exploring their interests. Our programs and centres are designed to allow children to participate in independent or small group play while YMCA educators support their learning.

We currently have a limited number of spaces available in our Infant Care program at the Early Learning Centre. Please contact us at 693-9057 to learn more or arrange a tour.

THE wellness MOVEMENT in Fundy
le MOUVEMENT du mieux-être de Fundy

Age-Friendly Communities are empowering seniors to thrive!

An **Age-Friendly Community** is a place where seniors can age actively, live in security and enjoy good health. When a community undertakes age-friendly initiatives, they're creating a supportive environment for wellness where seniors are respected for the valuable contributions they make and are given a chance to let their strengths shine. This doesn't just enhance the quality of life for individuals as they get older – it builds a community that's more inclusive for everyone, like young families and persons with disabilities!

Many communities across New Brunswick have started taking steps to become age-friendly. Go read their stories and find more information :

www.wellnessNB.ca/seniors/age-friendly-communities

NEW BRUNSWICK AGE-FRIENDLY COMMUNITY
COMMUNAUTÉ-AMIE DES AÎNÉS DU NOUVEAU-BRUNSWICK

THE wellness MOVEMENT
le MOUVEMENT du mieux-être

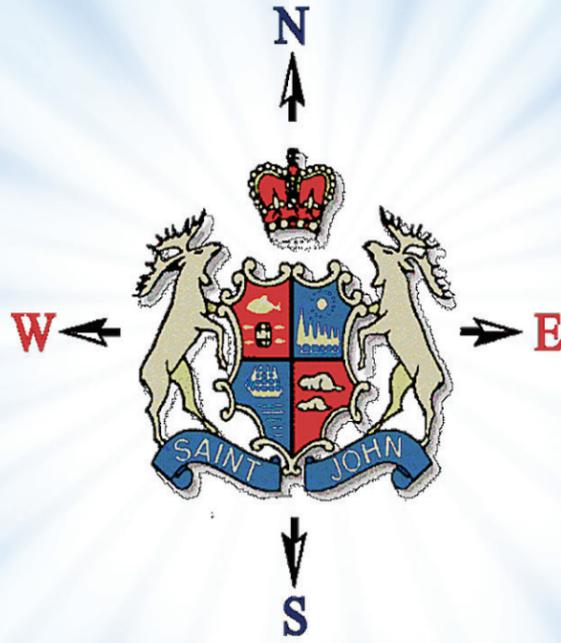
New Brunswick

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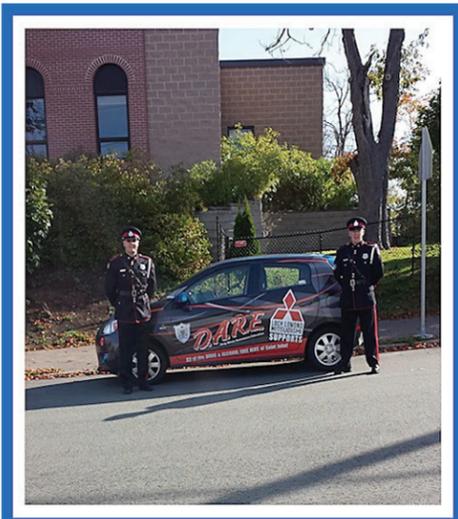
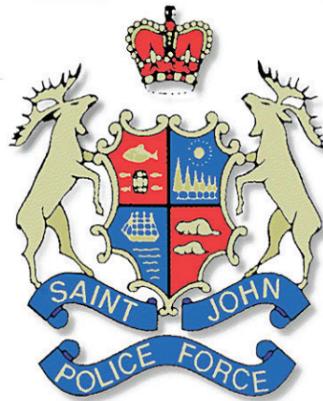
Laudes

Sisters of Charity
of the Immaculate Conception
www.sistersofcharityic.com

The Neighbourhood Police Council Inc.
is a proud sponsor of Around the Block.



Also Proud Community Sponsors of:





Community drug drop of

by Joanne Barry, Nurse/Community Development, Horizon Health Network

Expired and unused medications were collected from various businesses and tenants in provincial housing on Friday, May 12th. A drive-through/drop-off location at Harbour Station collected medication Saturday, May 13th.

This partnership between Horizon Health Network, Saint John Police Department, DARE, the Neighbourhood Police Council Inc., Fundy Wellness Network, Wyndham Worldwide and the Province of New Brunswick was to help keep drugs off our streets by having these medications collected and disposed of safely. In total, 48 kg of medications was collected for disposal.

The winner of our door prize was Helen Dowd from Stephenson Tower.

Options Celebrate their AGM

by Mary Stack, Executive Director

Options Employment Outreach Inc. held its 21st Annual General Meeting in June! Board and staff welcomed Beth Keith-Smith from the Department of Post-Secondary Education Training and Labour as a special guest (in honour of her upcoming retirement) and Wendy McDermott from the United Way who presented on board governance. It was a very special AGM as it not only focused on honouring Beth Keith-Smith and thanking her for her ongoing support, but also was meant to honour Options' board members, Andrew Valeri and Barry Freeze, both of whom are stepping down from their roles on the Board after several years of tremendous support and dedication. You'll be missed! Thanks to all - board, staff, volunteers, clients and partners - for making Options so successful!

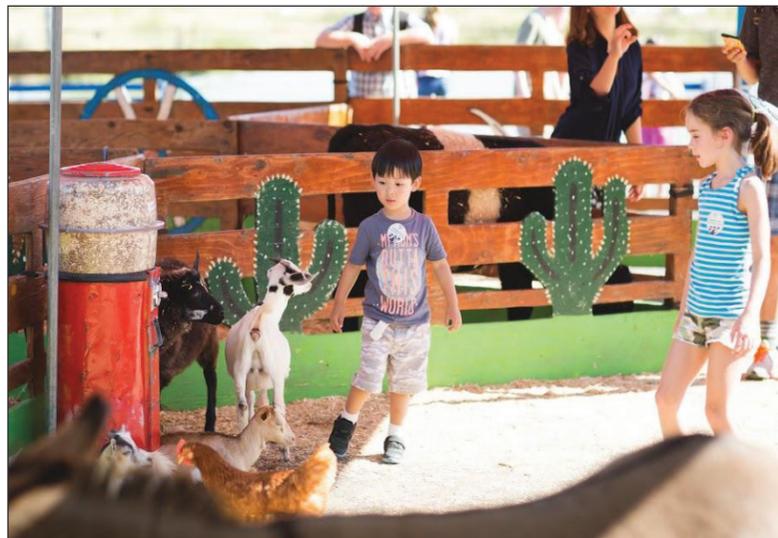
Want to learn more about Options? Visit us at the Community Cluster, check out our website (www.optionsoutreach.com), our Facebook page (@optionsoutreach), Linked-In (under Options Employment Outreach), or contact us at 652-3977 / info@optionsoutreach.com, 28 Richmond Street, 3rd floor, between 8:30 a.m. to 4:30 p.m, Monday to Friday.



Top from left to right: Nancy Riven, Beth Keith-Smith, Crystal Wylie, Aubrey Reid, Gail Wentzell, Andrew Valeri.

Bottom from left to right: Trudy Garnett, Sarah Parkhill, Mike Bell, Fabie McKay, Mary Stack. (Photo courtesy Gina Hawker)

Saint John Exhibition August 29th to September 2nd



by Judy Martin

Have you ever wanted to cuddle with a baby goat or maybe take a walk with a Tyrannosaurus Rex? Do you long for a sizzling summer day where you can just wander and take in an outdoor concert or maybe an exciting high dive act? You can do this and so much more at the Saint John Exhibition, from August 29th to September 2nd.

We'd love for you to help us celebrate the Best 5 Days of Summer. Visit our livestock shows, the petting zoo, the Magic Bean, and the Cutest Show on Earth or test your strength at our kids tractor pull. While you're here be sure to visit Ex-saurus Adventure Land and take a spin on the exciting midway rides. All this and much, much more is waiting for you at the Saint John Exhibition.

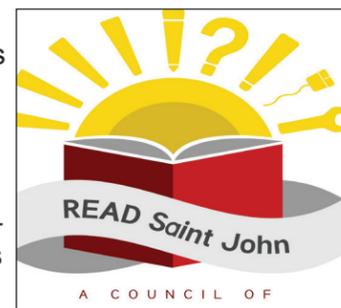
Admission and outdoor shows are free, midway bracelets are available in advance at Deluxe French Fries or are available at the Ex. Visit our website at www.exhibitionparksj.com or check us out on Facebook.

Read SJ

by Tony Prescott

Read Saint John would like to thank Agnes and Lynn for their last three years of dedication and hard work. They will be stepping down as coordinators.

We also would like to welcome Julie Baribault as our new program director. Julie has already started with us and some of you may know Julie from her volunteer work in the community and with Westside P. A.C.T. Julie will be at our office Tuesday and Thursday for the remainder of the summer and then Tuesday – Friday starting in September.



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

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Fire kills. You can prevent it

<p>The Saint John Multicultural & Newcomers Resource Centre Inc.</p>		<p>Centre d'accueil multiculturel et des nouveaux arrivants de Saint John Inc.</p>
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by **Valentin Boinitski, Communications Specialist, Saint John Multicultural and Newcomers Resource Centre**

On July 12th, Saint John Multicultural and Newcomers Resource Centre organised fire safety training for its staff and customers.

Captain Roy Nolan of the Saint John Fire Department shared important safety tips and talked about the rules we should follow to avoid the tragedies that a fire can cause. For example, did you know that phone chargers and kitchen appliances like toasters should be kept unplugged when not in use? Or that your house is safer in case of fire if you keep the bedroom doors shut at night? Just be careful not to lock them.

The participants of this training session will now be able to share these useful tips with their friends and neighbours. Together, we can make Saint John fireproof!

Le feu tue. Vous pouvez prévenir les incendies.

Le 12 juillet, le Centre de ressources pour les nouveaux arrivants (CAMNASJ) a organisé une session de formation au sujet des techniques de prévention d'incendie.

Capitaine Roy Nolan du Service d'incendie de Saint John a présenté les règles à suivre lors d'un feu, ainsi que des consignes pour assurer la prévention d'incendie.

Par exemple, saviez-vous que les chargeurs de téléphones ou les petits appareils de cuisine non utilisés sur les comptoirs tels qu'un grille-pain devraient être débranchés? Ou que votre habitation est moins à risque d'incendie lorsque les portes des chambres à coucher sont fermées? Grace à cette session, les participants seront maintenant en mesure de partager des conseils importants avec leurs voisins, et leurs amis.

Ensemble, nous pouvons faire en sorte que Saint John soit en tout temps à l'épreuve des incendies!

settlement services	conversation groups	language support	social events
IT ALL STARTS HERE			
welcome@sjmnc.ca	165 Union Street, 4th Floor	506.642.4242	
<p>The Saint John Multicultural & Newcomers Resource Centre Inc.</p>		<p>Centre d'accueil multiculturel et des nouveaux arrivants de Saint John Inc.</p>	
bienvenue@sjmnc.ca	165 rue Union, 4ème étage	506.642.4242	
TOUT COMMENCE ICI			
services d'établissement	groupes de conversations	appui langagier	événements sociaux

Amber Leighton



by **Amber Leighton**

My name is Amber Leighton. I started at the Learning Exchange in September 2016 after a few friends recommended it to me. I was placed into Maureen's class and felt welcomed right away. Maureen coached me and was very helpful with all my questions and due to her help I was able to complete my GED in early December!



I consider myself very lucky to have a teacher who cared about me reaching my goal and wanted to see me succeed. She also gave me information, phone numbers and emails to help me continue on from there and I am now enrolled in NBCC academic studies and taking Medical Laboratory Technology in the fall.

I couldn't have asked for a better experience at the Learning Exchange and would highly recommend it to anyone wanting to pursue their life goals.

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services to persons living with
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info@optionsoutreach.com
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Do You Teach Your Kids Body Safety?

We teach our young children all sorts of ways to keep themselves safe. We teach them to watch the hot stove, we teach them to look both ways before they cross the street, but more often than not – body safety is not taught until much older – until sometimes...it is too late.

We cannot always prevent our children from being sexually abused, but arming our children with knowledge is a good preventative measure. Approximately 1 in 6 boys and 1 in 4 girls are sexually abused before the age of 18. What's even scarier? Only 10% of perpetrators were strangers to the child! Parents often believe that this could never happen to them, that they never leave their child alone with strangers, that they always keep their children within their eyesight.

Does your child go on playdates? Do they go to daycare, pre-school or after-school programs? Do you have friends or family over to your house? Do they play at the neighbour's house? Do they go to a youth group? Do they play team sports? Do they go out with a helpful "good guy"? The fact is – you cannot fully prevent the risk of your child being sexually abused. This is hard to think about but unfortunately it is reality. Lots of wonderful families believe they have really great neighbours, playmates, teachers, coaches, teammates, cousins, babysitters, interested adults, siblings, uncles, boyfriends, and classmates. Perpetrators look just like you and me; that is the scariest fact. Children have been sexually abused on playdates, sleepovers, in the classroom, in the car, on the playground, on the school bus, in their playroom, at a youth group, at their daycare, at the rec-center and out in their backyard.

We have to face the fact that we cannot protect our children from breaking bones, getting hurt or making mistakes. Nor can we prevent them from being at risk for sexual abuse. Just like we allow our children to get on a bike, even though they might fall and hurt themselves – we have to allow our children to go out into the world. But just like the bike helmet, we can arm our children with knowledge that might keep them safe.

Parents do not always talk to their children about body safety early enough and there are all sorts of reasons why this doesn't happen. It is a scary topic. It won't happen to me. We live in a good neighbourhood. Talk to your children. It is never too soon. It doesn't have to be a scary conversation. Start these conversations today. Some important areas include: using proper names for body parts, teaching them that body parts are private, teach your kids body boundaries, teach them that secrets are not okay (surprises are ok), teach them that they will never be in trouble for telling you about a secret, teach them how to get out of a scary situation with an excuse or code word for you to pick them up, tell children that even if they know or trust someone or even if it is another child – these rules are the same.

Knowledge is a powerful thing when trying to keep children safe – especially with children who are targeted due to their innocence, lack of knowledge, blind trust and vulnerability. Have these talks often – again and again. Once is not enough.

Around The Block Team (Issue 54)

Old North End: Chrisa Petts and Carrie Griffin
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, Anna O'Hara, Mark Driscoll, Dayna Lutes and Belinda Kumar
Layout and Design: Juanita Black with Chris Hopkins.
Ad Design: Pat Porter
Community members: Carl Trickey, Lyn King, Lisa Chamberlain Ryan Locke, Natila Hicks and Debbie McLeod

Meet Heather Chase

by Donna Gates, Executive Director, Living SJ

Heather Chase is the new Community Developer for Saint John.

Heather is always focused on the people aspect of projects and communities. She has been involved with a number of volunteer organizations, primarily focused on transitioning to sustainable employment, poverty reduction, newcomers and children. Heather is the former Chief Administrative Officer of the Village of Blacks Harbour and has an extensive background in human resources management and workforce development.

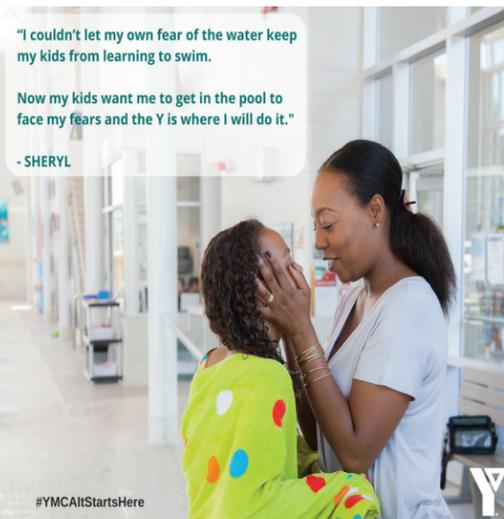
As part of her new position, Heather will also take on the role of Co-Chair of Living SJ's Neighbourhood Collective Impact Team.



Water safety starts here

by Nicole Vair, Communications Coordinator

Drowning is one of the leading causes of preventable death in children. This is a startling, but true fact and the YMCA is here to help teach people of all ages and stages how to swim. When Y member Sheryl's kids were young, she wouldn't let them go in the water. But after discussions with her husband, he convinced her not to let her fears keep their kids from learning to swim.



They arrived at the YMCA and a caring instructor took each of her kids by the hand. At that moment, she knew everything would be okay. Now, Sheryl's kids want her to get into the pool to face her fears. And she says the YMCA is where she will find the courage to learn. The Y believes learning to swim is a critical life skill and that's why swimming lessons are included with every membership. Fall swimming lesson registration is now available. Stop by the Y to learn more today. Financial assistance is available.

Food purchase contest

This is issue 54 of *Around The Block* and our Food Purchase Club contest.

We are happy to partner with Saint John Energy to offer two \$ 15 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, Wednesday August 16 and you will be called if you are a winner with the location where you can pick up your order.

Due to an error the contest names for issue 53 were not used, everyone who entered their name for that issue (53) will get a bonus and have their name entered into this issue 54 contest. For issue 54 only, there will be 4 - \$15.00 orders.

Congratulations to the winners for issue 52, Catherine Saban and Annie McLellan winners. We will list winners of this contest on the *Around the Block Diva's* Facebook page Wednesday August 16.



August 29-September 2
12noon-11pm
Fun for Everyone!

Free Admission to
grounds

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Parking \$3



The Best 5 Days of Summer!

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Horticultural & Handcraft Competitions
Poultry & Rabbit Show
Anglo South Creative Farming Contest
Art & Woodworking Competitions
Heritage Exhibits
Draft Horse & Miniature Horse Exhibit
Stagecoach & Tractor Rides
EX-Saurus Adventure Land
Petting Zoo & Pony Rides

Daily Shows

Flying Fools High Dive Show (3 shows daily)
Raptor Conservancy Birds of Prey (3 shows daily)
Magic Bean—Agricultural Magic Show (3 shows daily)
Cutest Show on Earth (3 shows daily)
Strolling T-Rex (3 strolls daily)
Draft Horse Shows Tuesday—Friday 1:30 & 5:30pm
Pat Platoon Frisbee Dogs Thursday, Friday & Saturday 2pm
Kids Tractor Pull (3 shows daily)
Outdoor Concerts with Delbert Tues-Fri 4:30-5:30pm

And More.....

Fireworks—Tuesday—dark (around 10pm)
Gary Morris & the Country Jamboree —Tuesday 7pm to 10pm
Victorian Tea—Wednesday 12 noon
Steve Lyons & Friends—Wednesday 7pm to 10pm
Freedom Riders Motorcycle & Valley Cruisers Car show—Wednesday 6pm
Balysto Steel Band—Thursday 6:30pm
Common Thread & friends Cathy Hutch & Whitewater Band-Thursday 8pm-10pm
1 Miler—Thurs. 6pm(draw for two \$1000 prizes to the sports organization of your choice)
Seniors Tea—musical entertainment by Tom Noel and guest Gordie Miller—Friday 12pm
Ivan Hicks & Country Music Hall of Fame—Friday 7pm to 10 pm
Incendia Motus Fire Dancers - Fri. & Sat. Dusk
Western Horse Show—Saturday (all day)
Pet Smart Family Dog Show—Saturday 12pm
Baby Show—Saturday 1pm (no registration needed)
Princess & Pirates Party—Saturday 2pm

Free shows
everyday

Fireworks
Tuesday
night !

For more information on our shows visit our website at www.exhibitionparksj.com
Or phone our office at 633-2020