



Around the Block



Issue 88 April/May 2023 sjcommunitynewspaper@gmail.com

Published six times a year by the Human Development Council

Local youth attend Canada We Want conference in Toronto



Alex (third from left) and learners in Toronto after the conference

Story and photo by Alex Ash, Saint John Learning Exchange

On March 2nd a group of 16 youth and three staff from the Learning Exchange and the Teen Resource Centre headed off to Ontario as part of the Canada We Want conference. The youth spent five full and exciting days exploring issues that affect young people across the whole of Turtle Island.*

The conference is a space where youth come together and are accepted and listened to. The four pillars of the conference are respect, listen, understand, and communicate. We worked in theme teams to discuss issues such as the environment and the opioid epidemic, just to name a few.

(Continued on page 11)

Proud Sponsors of Around The Block



SAINT JOHN



March Break: fun, friends, and pure joy



A happy young fellow at the CVRC Hang Out - making slime!

By Around the Block

We had a flood of stories and great pictures of engaged and happy children and youth participating in March Break activities! And some at school, too. Check them out:

- Saint John Learning Exchange/Teen Resource Centre, left
- Crescent Valley Resource Centre, above and page 4
- The ONE Change, page 2
- Carleton Community Centre and BGC Seaside page 5
- Hazen White - St. Francis, Saint John the Baptist/King Edward, and BGC Greater Saint John/South End Community Centre, page 7
- Simonds High, Chroma NB, and Brilliant Labs, page 8

Thanks to all organizations, sponsors, educators, and community members who created the opportunities for so much joy!

From the Editor's desk: Break's over

Lorna Brown, sjcommunitynewspaper@gmail.com

Sometimes setting two things side by side - juxtaposition - can be one of the most powerful tools we have. It's then that we see clearly how different they are. That was never clearer than when putting this issue together, with all the happy faces of children and youth being active, learning and playing, making friends and even going outside their comfort zones, at school, on the road, and at March Break camps.

Then the Human Development Council sent in the article on the Child Poverty Report Card (page 10). The numbers are shocking - a third of the kids in Wards 2 and 3 (including our priority neighbourhoods) living in poverty. And what's worse is that the report card reflects data from when there were more benefits being given out, at the beginning of COVID. In other words, with those benefits gone or being clawed back, we can expect the next report card to be even worse.

Congrats to the youth who went from our city to Toronto and were brave enough to speak up about the Canada they want. Surely the Canada we all want is one where there is no child poverty, so no need for the report card. The March Break joy was real, but so is the reality many of those children go home to.

Peace and joy to all. You get them by giving them.

A man with a beard and a black hoodie is leaning over a table, working with three children. The children are focused on their task, which involves cutting and gluing paper. One child is using scissors to cut a piece of orange paper. The man is looking on, providing guidance. The table is covered with various materials, including paper, glue, and a container of letter tiles. The background shows a wooden wall and a door handle.

By Jonathan Driscoll, ONE Change

This year we filled the camp with fun adventures teaching youth all about teamwork, technology, sharing, and most of all supporting one another when a teammate is in need.

We had so much fun this year and we can't wait to see what next year's camp has.

506-658-2980

A group of students and a teacher are in a classroom. A teacher is standing and pointing at a whiteboard, while students are seated at a table. A large screen displays a presentation slide titled "THE ICE". The classroom has a blue wall with various decorations, including a "CREATION STATION" sign and a "BROOD LYN 99" sign. There is a "BOILING CHICKEN" sign on the wall. A Canadian flag is also visible. The students are sitting at a table with a white tablecloth. The teacher is wearing a black shirt and a white apron. The students are wearing various clothing, including a white hoodie and a grey jacket. The classroom has a wooden floor and a large window. There are shelves with books and other items in the background. A printer is visible on a desk to the right. The overall atmosphere is educational and creative.

By Leaya Mullin, ONE Change

The meaning is in the name – Diverse Minds intends to create, support, and inspire the minds of the youth (12 and up) who attend it. We engage with fascinating and crazy cool topics involving the brain, nature, and technology! Every week we cycle through each of these fundamental areas of life through conversation, art, and hands-on activities that will be largely encompassed by outdoor pursuits as spring approaches. At present, planning for a trip to Rockwood Park and a visit by a local indigenous elder is underway to help us experience, appreciate, and understand New Brunswick's indigenous plants, animals, and culture.

A large, brightly lit room with a wooden ceiling and festive string lights. Several people are seated at long tables, playing chess. In the foreground, a young boy in a red jacket and a woman in a black vest are focused on their game. Other players are visible in the background, and the room has a warm, inviting atmosphere.

By Christa Petts, ONE Change

Over the March break we had Chess Fest. What an amazing night it was! We had a video of the history of chess for families to learn some new moves. Some parents and staff joined in a game of chess with the participants. Thank you to John Torrie from the Northern Knights Chess Club for organizing and hosting this event. Everyone was working together, coming up with strategies and just having a fun time. This was such an amazing turn-out and we thank everyone who came and made this night terrific. We ended the night with a mini chess tournament and clapped for our Chess Fest winner!





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

***By Lisa Morris, Resident Engagement Coordinator,
PULSE Incorporated***

Please watch our Facebook page for hours and updates.

Monthly Calendars available! Next time you stop in, do not forget to grab a monthly calendar to keep track of what is going on each month!

2022 Tax season is here! Through the Community Volunteer Income Tax Program (CVITP), PULSE Inc. offers a drop-off tax clinic for eligible individuals who have a modest income and a simple tax situation, all year round. This means you can stop in anytime we are open with your paperwork and piece of ID and we will fill out the forms and your tax return will be completed by a volunteer, and you will pick it up at a later time. Not sure if you qualify? Call us at 506-632-6807. (See article below right for more information.)

Noon Nuggets Join us every Wednesday, 12-1 p.m., for small nuggets of information on a wide variety of topics based on residents' request. Register in advance to make sure we save you a seat! Have an idea on a topic or want to lead a conversation? Call us at 506-632-6807- we would love to hear from you!

Community Health Nurse Kathy London Anthony is available for drop-in at PULSE every Wednesday, 1-3 p.m.

SJBKE Parent Coffee & Chat Join us every Wednesday morning from 8-9:30 a.m. after dropping your children off at school and enjoy a fresh cup of coffee and friendly conversation.

Grab-A-Snack Attention students! Stop in and visit us at PULSE after school. Tell us about your day and grab a snack!

SJ Food Purchasing Order Looking for affordable veggies?
Money can be dropped off at PULSE Inc., 251 Wentworth Street, or
e-transferred to Martha.MacLean@HorizonNB.ca.

Please include your name, phone number, order size and pickup location.

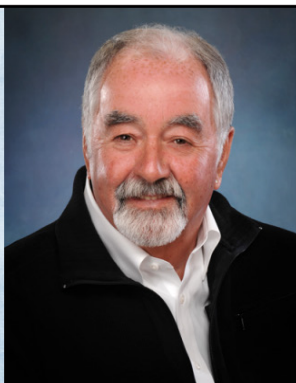
April – money due April 14th, pick up April 21st
May – money due May 12th, pick up May 19th
June – money due June 16th, pick up June 23rd

If you want to Pay It Forward with a SJ Food Purchasing Order to someone in the community, simply send a \$15 or \$25 e-transfer to Martha.MacLean@HorizonNB.ca and put in the notes in which area you would like your order donated!



Gerry Lowe
Ward 3 City Councillor

Email: Gerry.Lowe@saintjohn.ca
Phone: 639-0969

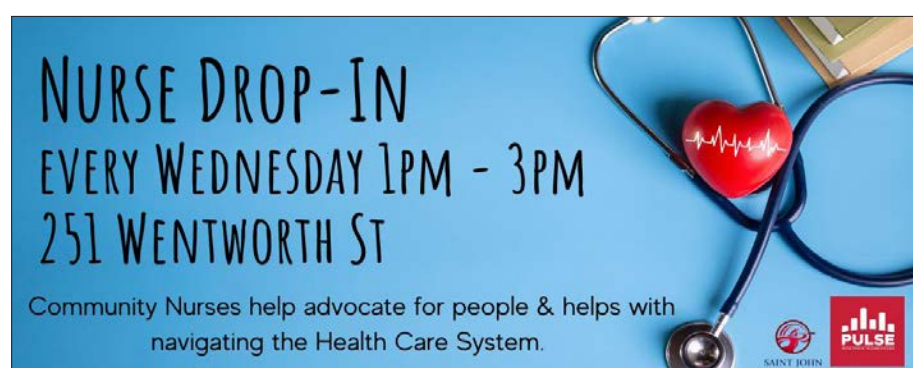


The Church of St Andrew and St David

By Terre Hunter

As many people are aware, the Church of St Andrew and St David sold their building on Germain Street in 2018. What many people are NOT aware of is that the church has moved and is alive and thriving in new premises at 72 Charlotte Street, in the Admiral Beatty building! Until recently, we have not had a very high profile in the community but we are working hard at changing that, especially with our neighbours in the Beatty, at the Abbey St Andrew, and at Saint John High. We recently participated in Uptown Sparkles, which opened our doors to the community at large and was well received. We offer weekly chair yoga sessions on Tuesday morning at 10 a.m., led by a certified yoga instructor. These are free but donations are welcome. Come and try it! A gentle way to exercise, with some friendly people. We have resumed our monthly fund-raising breakfasts, usually the last Saturday of each month, and of course weekly worship service, Sundays at 10:30.

In the next few weeks, we expect that we will be undertaking some more community Outreach projects. Please watch our Facebook page for updates. All are welcome!



2022 Tax season is here!

By Lisa Morris, Resident Engagement Coordinator, PULSE Inc.

Through the Community Volunteer Income Tax Program (CVITP) find free Income Tax clinics in Saint John for eligible individuals who have a modest income and a simple tax situation.

PULSE Inc. has a drop-off tax clinic; this means you can stop in anytime we are open with your paperwork and piece of ID. Together we will fill out the forms, and your tax return will be completed by a volunteer. You can pick up a copy of your completed return in approximately four to seven business days. The CVITP does not provide training or support for complex tax situations.

Suggested income levels

The following table provides a guideline to determine what is considered a modest income. Not sure if you qualify? We understand life happens, so call us at 506-632-6807.

Family size	Total family income
1 person	\$35,000
2 people	\$45,000
3 people	\$47,500
4 people	\$50,000
5 people	\$52,500

More than 5 people, \$52,500 plus \$2,500 for each additional person

South End Neighbourhood Contacts



Lisa Morris
Resident Engagement Coordinator
info@pulsesj.ca



Mary LeSage
Neighbourhood Developer
developer.lesage@gmail.com

March Break Hang Out at CVRC



Above and below: children at March Break Hang Out (Photos: CVRC)

By Justin E. Shepard, BA, BEd,
Community Engagement
Coordinator,
Crescent Valley Resource Centre
(CVRC)

The CVRC hosted a March Break
Hang Out for neighbourhood
children. Children enjoyed fun
activities, art projects, and games.

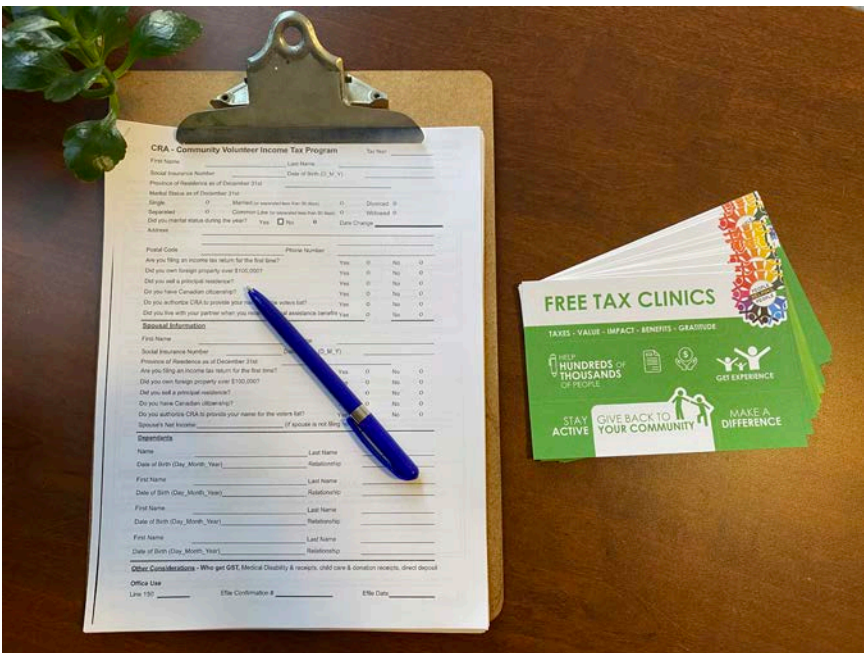
Special thanks to United
Commercial Travellers Jack Kidd
Council #755 for the generous
donation to support March Break
Hang Out, including lunch and
snack for the children.



(See also photo on page one.)



CVRC Income Tax Clinic 2023



Come file your tax return with us at CVRC!

Story and photo by Rachel Milne, Neighbourhood Developer,
Crescent Valley Resource Centre (CVRC)

Did you know you can have your income tax return done FOR FREE
if you have a modest income? The Crescent Valley Resource Centre
started their free income tax clinic on March 1st. We will be doing
tax returns until April 21st, 2023. They are completed on a drop-off
basis. Drop off your tax returns and you will be contacted to pick them
up when they have been completed. Drop-off can be done any time
Monday-Friday, 9 a.m.-4 p.m. We are accepting current and prior
years' returns.

Filing your taxes every year makes sure you are receiving all of the
benefits, credits, or returns you are entitled to! Please stop into the
resource centre for more information or contact Rachel at:
Email: cvrc.milne@gmail.com
Phone: 506-693-8513

SAVE ENERGY IN THE KITCHEN

Use a microwave instead of a
conventional oven

Only use your dishwasher when
it is full

Use lids when cooking to heat
food quicker



The Honourable Trevor Holder MLA Portland - Simonds

Constituency Office:
229 Churchill Blvd. Suite 11
Tel: (506) 657-2335
Email: trevor.holder@gnb.ca

Office Hours: Monday: 8 a.m. - 4 p.m.
Tuesday, Wednesday and Thursday: 9 a.m. - 1 p.m.
Friday: Closed



Crescent Valley Neighbourhood Contact

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



Rose House is open

By Madeleine Adams, Rose House Coordinator, Coverdale

Rose House opened its doors to the first influx of women this February. Coverdale anticipates that by the end of March all 12 units will have been filled, which means more open beds will be available at local shelters. Rose House will pave the way for future developments to counteract homelessness in Saint John by introducing opportunities and initiatives lacking in the housing community. Rose House is the first housing project in Saint John to offer no-fixed-term tenancy and a harm reduction approach to support all tenants. This unique housing model hopes to alleviate the pressure of a time-sensitive reintegration and provide women with the opportunity to gain sustainable life skills, connections with community supports, and confidence that they can then carry forward to independent living.



Coverdale Centre for Women would like to thank all community partners who have made this opening a success.

Above: Rose House is at 721 Brunswick Drive (Photo: Coverdale)

Suicide intervention training

Story and photo by Gregory D. Zed, Forensic Suicidologist

Fuelled by passion to make our community safer, a group of experienced suicide intervention trainers (Gregory Zed, Lorraine Pollack, Harold Stevens, and Crystal Gray) conducted workshops called Applied Suicide Intervention Skills (ASIST). Organizations such as ONE Change, Coverdale, The North End Food Bank, Housing Alternatives, Fresh Start, Hestia House, Sophia Inc., and the YMCA Newcomers' Connection sent staff and volunteers to secure this skillset to keep our community safe. These groups benefitted from sponsored seats from the Legacy Fund. Of note, Operation White Heart, pioneered by Gary Brown Senior, played a significant role in sponsoring seats in the training. Other Legacy Fund Sponsors included Investors Growth, Sisters of Charity, Dr David Stephen Memorial Fund, U.C.T. Kennebecasis Lions, Rothesay Kings Rotary and a few donors who requested anonymity. If organizations/agencies are interested in pursuing training in the future they can contact Mr. Zed at: 506-847-4158 or at gregory.zed@bellaliant.net.

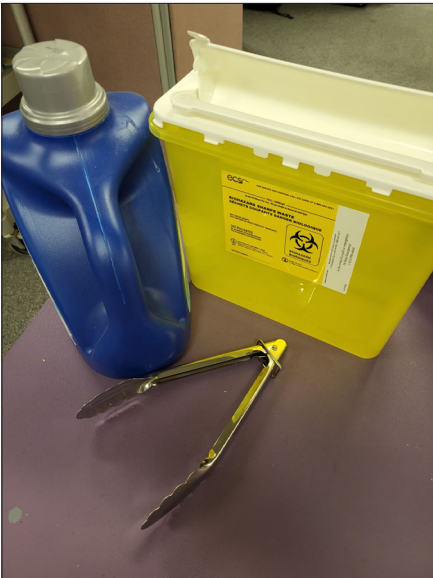
Below: ASIST participants



Safe disposal

By Diane Kerns, Harm Reduction Program Coordinator, Avenue B Harm Reduction Inc.

As the snow melts each year, we often find used syringes at a variety of places in our community. They were hidden under the snow but now are visible and a safety concern particularly for children or even pets. We would ask that anyone who comes across this in their neighbourhood take a few steps to get it cleaned up. Using a pair of tongs or pliers can make it easy to pick up materials safely. Simply place the used syringes into a sharps container or an empty laundry detergent bottle with a screw-on cap and then drop it off for disposal.



Above: Avenue B recommends this equipment for safely picking up used syringes (Photo: Diane Kerns); below: the sharps kiosk at the HUB (Photo: Avenue B)

Any containers can be dropped off to us at 62 Waterloo Street, Monday to Thursday, 9 a.m.-4 p.m. and Friday until 3 p.m.

There are also community sharps kiosks located at:

- the corner of Cliff Street and Waterloo Street;
- Bayard Drive lower parking lot;
- 139 Prince Edward Street at the HUB;
- the Nick Nicolle Centre (north); and
- the Carleton Community Centre (west).



When times are tough...

call 2-1-1 to be connected to social supports

HELP STARTS HERE.

Free | confidential
24/7 | 150+ languages

www.nb.211.ca



New Brunswick
CANADA

The Honorable Arlene Dunn
MLA Saint John Harbour

Constituency Office: Mercantile Centre
55 Union Street, Suite 140
Saint John, NB E2L 5B7

Phone: (506) 643-6138
Email: arlene.dunn@gnb.ca



Waterloo-Village
Neighbourhood Contact

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



HWSF news



Children in Mrs. Rogers' Grade 1/2 class with veggie platters
(Photo: Mrs. Higgins)

By Ronda Leavitt, Community School Coordinator,
Hazen White - St. Francis (HWSF)

We have had a busy winter with the grade four and fives going skating at the LBR a couple of times and the grade fives swimming every Wednesday morning thanks to a grant from Jump Start! Some of the children who were nervous of the water are now jumping in with both feet in the deep end. We're so proud of them! We also had a great time doing Heart Healthy Schools through the Heart & Stroke Foundation. The children had lots of fresh fruits and vegetables and school-wide yoga. During Water Week, the kids tried infused water with lemons and cucumbers. Most of them really enjoyed this. The children and staff enjoyed a much-needed March Break and couldn't wait to be back in class.



All the kids from grade 5 at the Aquatic Center (Photo: Mr. Kelly)

Legion poster contest winner



Mrs. Moriarty and Willow receiving their prize from the Legion

Story and photo by Ben Gillcrist, Community Schools
Coordinator, Saint John the Baptist/King Edward School (SJBKE)

One thing we had missed during COVID restrictions was our in-house connection with so many of our friends, not least those at the Royal Canadian Legion Branch #53 (Bayside Drive). While we certainly maintained good relations during the pandemic and kept things like our Remembrance Day services going virtually, nothing compares to being able to interact live and resume some of our previous interactions.

How proud we were when, earlier this winter, we were able to have a ceremony in the school to celebrate our own Willow White in Ms. Moriarty's Kindergarten class. She won the Legion Branch's elementary poster contest among many participating schools. We are so proud of Willow and our kids as they show us, from the earliest age, what it means to remember all year long.

March Break Camp at SECC



Kids enjoying the delicious food at the party

Story and photo by Rachel Murphy, BGC Greater Saint John

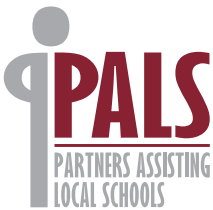
We had such an amazing March Break camp at the BGC Greater Saint John/South End Community Centre (SECC). We had a visit from some friends at the Saint John Newcomers. We went swimming, did arts and crafts, played outside, and got some video game time in, too. We ended the week with a party catered by A1 Curry. They brought us the most delicious butter chicken, veggie curry, rice, naan bread, and an amazing mango cheesecake. Everything was to die for! We were so thankful to get to share it all with our kids and their families. It was great to be able to come together as a community and share a meal together.



Supporting our Neighbourhood Schools Kindergarten to Grade 12



- Partners
- Volunteers
- Role Models
- Coaches
- Literacy Supports
- Breakfast/Lunch Programs
- Enrichment Opportunities
- After School Programs
- Career Explorations
- PALS En Route to Success
- ... and so much more!



Deborah Fisher
Susan Tipper
Michael Whelton
info@PALS.com



Help Make a
Difference!

Simonds High School Wellness Wednesday



Students participate in Wellness Wednesday. Knitting and swimming were two of the popular choices! (Photos: Jennifer Carhart)

By Mrs. Lori Murphy, Simonds High School

This year, Simonds High School was thrilled to offer their entire student body the Wellness Wednesday initiative. The goal of providing all Seabees with the opportunity to be connected and involved with school activities, to learn through wellness, to do something they enjoyed, and to form lasting relationships was certainly achieved. The Hive was alive with excitement as teachers presented a range of clubs for students to participate and thrive in. With their personal wellbeing in mind, Wellness Wednesday aimed to encourage students to meet new friends and form valuable connections with teachers who had similar interests. Knitting, fly tying, sign language, guitar, cooking, dance, painting, relaxation techniques, swimming, and weightlifting are just some of the options available for students to experience. The overwhelming enthusiasm by students and staff on these special Wednesdays was evident, as the halls were buzzing with happy vibes and newly found skills and friendships.

Chroma March Break “camp”



Story and photo by Blair “Betsy” Brophy, Social Media & Content Coordinator, Chroma NB (She/Her/They/Them)

Chroma put together something unique for the 2SLGBTQIA+ (2 Spirit, Lesbian, Gay, Bisexual, Transgender, Queer, Intersex, and other) community youth over March break! A “camp” that visited various venues around Saint John with a rainbow of amazing facilitators. Day one was a thrift fashion and crafting experience thanks to the help of The Clothes Mine. Onto Tuesday: cool life skills with Shoppers Quispamsis Cosmetics and drag king Alex Saunders (aka Justin 2D), with cooking and makeup tips. Wednesday, the rainbow community youth learned theatre and improvisation skills from talented thespian Matt Hamilton-Snow. Thursday found us visiting the West Side Library for a movie. The week of pop-up events ended at the tool library with Brent Harris teaching woodworking and tray making. The CBC joined us to document the fun! 2SLGBTQIA+ brave spaces and activities are fundamental to the wellbeing and growth of youth within the city of Saint John, and Chroma is excitedly looking towards the future knowing there's more to come!

Above: Alex teaches community youth how to cook “tacos in a bag”!

March Break 2023: STEAM programs in Saint John



Left: at the Carleton Community Centre; right, at the Saint John Free Public Library (Photos: Lucia Dorie-Scala)

By Brilliant Labs

For March Break 2023, Brilliant Labs partnered with the Carleton Community Centre and the Saint John Free Public Library in Market Square to host a range of free, youth-friendly, STEAM-based events. (STEAM = Science, Technology, Engineering, Arts, and Math.)

At the Carleton, children participated in a three-day session to learn how to innovate with today's technology to create an automated watering system for an indoor microgreen garden, with the goal of harvesting and selling the crop to support their community centre. There were two events at the library: a four-day stop-motion animation workshop using arts, crafts, and video to create a short feature in celebration of the library's 140th anniversary; and a one-day Brilliant Creators Exploration drop-in session.

STEAM- and technology-based programs are provided free-of-charge, many thanks to our community partners, and with funding from the Government of Canada's CanCode program. Thank you!



STEAM Camp at the Saint John Free Public Library

(Photo: Brilliant Labs)

Al-Anon meetings in Saint John

The Al-Anon Family Groups (AFGs) 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.

There are no dues. Face-to-face meetings have resumed; masks are not required but feel free!

- Tuesday 7 p.m., Waterloo AFG
Stone Church, 87 Carleton Street

- Wednesday 7 p.m., Woolastook AFG
St. Mark's United Church, 50 Dexter Drive

- Thursday 7 p.m., Portland AFG
Sophia Recovery Centre, 83 Hazen Street

- Thursday and Sunday 7 p.m. Zoom Meetings
To attend, send an email to District15mprovinces@yahoo.com. You will receive an email from Ann Wilson with instructions approximately 15 minutes prior to the meeting. To find information on Al-Anon or more meetings in District 15, please go to:

al-anonmaritimes.ca



Fresh Fruit and Vegetable Contest

By **Juanita Black, HDC** and
Mary LeSage, PULSE

We are happy to partner with Saint John Energy for the eighth year!

We offer two \$15 fresh fruit and produce orders for this April/May issue, one each to two winners. Throughout *Around the Block* there are three Saint John Energy logos that you cannot use for this contest: one in this article (see right), one in the ad on page 4 and one in the sponsor section on page 1.



To enter the draw you need to locate the other two Saint John Energy logos, hidden somewhere in the paper!

Send your answer to juanita@sjhdc.ca or call 506-651-3044 to speak to Juanita Black or leave a message.

You need to:

- identify the pages and locations of the two hidden logos;
- tell us your name, address, and phone number.

Only one entry per household. Your name will go into a draw for one of the two orders. The contest will end at noon on April 20th and orders, if possible, will be delivered on April 21st (or you might be asked to pick up your order). We will also list the winners on the Human Development Council Facebook page.

The Issue 87 winners are:
Frank Rodgerson and Trevor Poulin!

SAVE THE DATE!

ACAP SAINT JOHN

MARSH CREEK CLEANUP

JOIN US MAY 13, 2023

Saturday 8:30AM - 1PM, Irving Oil Field House,
129 McAllister Dr, Saint John

For more information on the Marsh Creek Cleanup, please see page 11.

**Join us at any of our free
Workshops for Job Seekers!**

Résumé Writing Workshop

Every Monday at 10:00am

Interview Skills Workshop

Last Thursday of each
month at 2:00pm

For more information or to reserve a space, come inside and speak with us or call (506) 658-5580.

**WORKING NB
TRAVAIL NB**

**New Brunswick
Nouveau Brunswick
CANADA**



Community Partners • Community Partners • Community Partners • Community Partners • Community Partners

Spring cleanups!



By Shauna Sands (she/her), Conservation Coordinator, ACAP Saint John

Attention all teachers, educators, and nature enthusiasts!

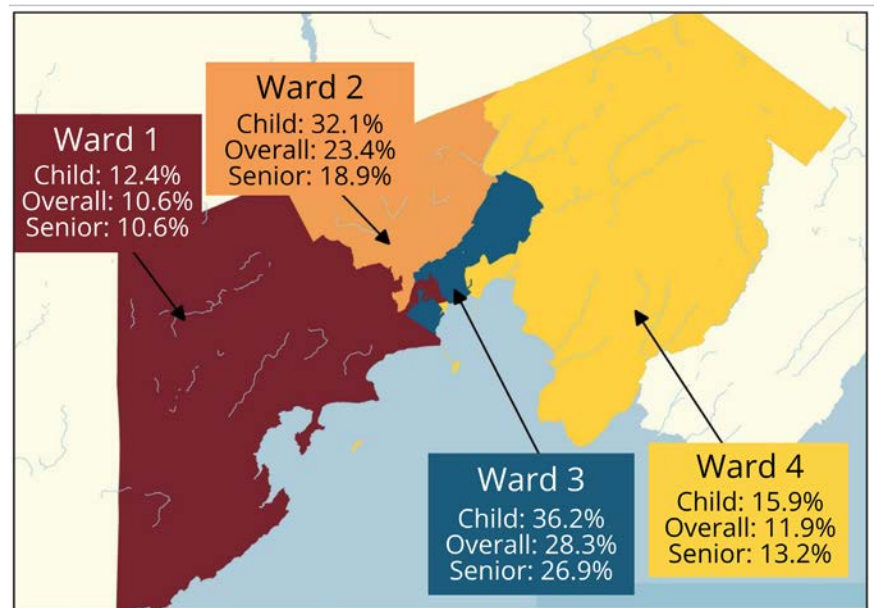
Spring has arrived and it's time to get things cleared up before summer hits. Are you interested in organizing a group cleanup but don't know where to start?

Atlantic Coastal Action Program (ACAP) Saint John can provide you and your team with all the essential items needed to help run a successful cleanup in your neighbourhood. We will provide you with garbage bags, gloves, and a garbage pickup (courtesy of our wonderful partners at the City of Saint John).

**Send us an email at
office@acapsj.org to get started!**



Nearly one in four children in Saint John live in poverty



Child, Overall, and Senior Poverty Rates in Saint John's Municipal Wards

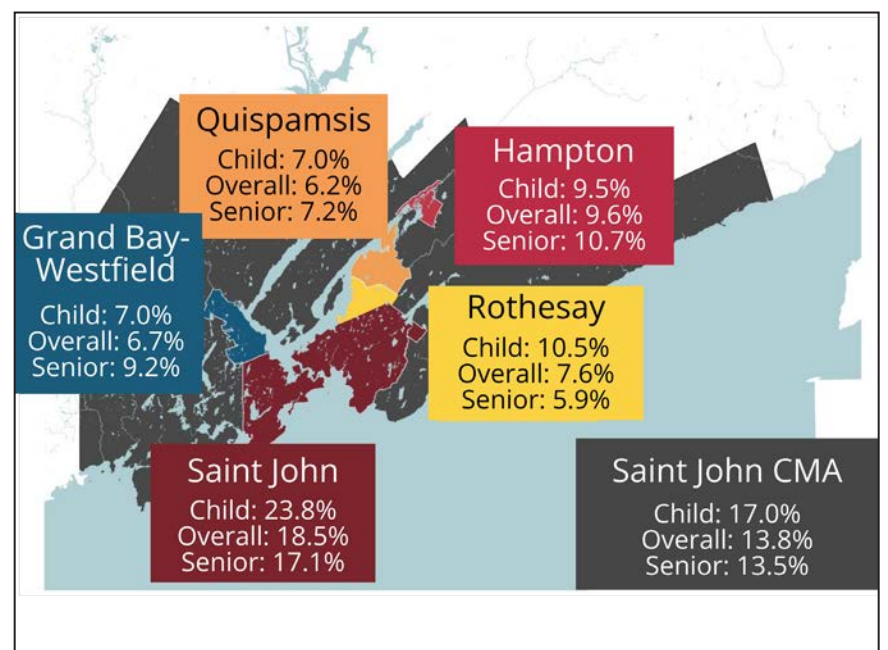
By Heather Atcheson, Researcher, Human Development Council (HDC)

The Human Development Council's latest report, New Brunswick's 2022 Child Poverty Report Card, reveals that Saint John has the third-highest poverty rate among cities in New Brunswick at 23.8%. This rate is much higher than those in neighbouring suburban towns. Saint John's child poverty rate is over three times higher than the rate in Quispamsis!

Within Saint John city limits, there are notable differences in child poverty rates. Rates in Wards 1 (West) and 4 (East) were below the provincial average (16.6%), while Wards 2 (North, including the Old North End and Crescent Valley) and 3 (Lower West and South End, including Waterloo Village) had rates above it. The child poverty rates in Wards 2 and 3 were more than double the average child poverty rate in New Brunswick.

Our report uses tax filer data from 2020. It reflects the effects of the COVID-19 pandemic on children and families. In 2020, many families received unprecedented income support from the federal government. COVID-19 benefits alone lifted 10,300 New Brunswick children out of poverty. With the elimination and clawback of such supports, child poverty rates will likely return to pre-pandemic levels.

The child poverty rates in Wards 2 and 3 were more than double the average child poverty rate in New Brunswick.



Child, Overall, and Senior Poverty Rates - Saint John CMA

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

Creating Traditions

There are many traditions surrounding funerals. The oldest have been with us for centuries, the newest - *they are being created everyday.*

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



Brenan's
FUNERAL HOME & CREMATORIUM
506-634-7424

Castle Fallsview
FUNERAL HOME
506-634-1701

Kennebecasis
COMMUNITY FUNERAL HOME
506-849-2119



Community Partners • *Community Partners* • Community Partners • *Community Partners* • Community Partners

Budget tips for young people – prove them wrong!



By Darlene Jones, Financial Literacy Coordinator, Kaléidoscope Social Impact

The first quarter of 2023 has come to an end. Welcome, spring! So far this year, I have been pleasantly surprised by how many young people I have had the privilege to interact with - young people who are working their first “adult” job, kids in entrepreneurial classes at high schools as well as those in post-secondary education. (See photo below.)

One of the cycles we need to break so young people will have financial success is dialogue. Most of us grew up in homes where finances were not talked about nor taught. For many the only thing we learned at home was that money does not grow on trees. Let’s start the conversation. Here are two topics to get started.

Make your lunch!

No one has ever gotten rich trying to “look” or act rich. Stick to a budget. It’s easy to lose track of our money when we are online shopping or out with friends. Living within your means and knowing where your dollars go will lead to financial security. Most CEOs of large companies take their lunch to work. Look at your bank account and add up the money you spent on food. That is usually the place to start saving money. Making a habit of taking your lunch to work will allow you to invest that money in the bigger picture of life. Habitually investing even a small amount will lead to a pay-out in the future. Albert Einstein states that the greatest force in the universe today is the power of compound interest. Banks and corporations make money from money. Do the same.

Do your homework!

One of the biggest excuses I hear as to why people’s finances are in shambles is they say, “I was never good with math” or “No one taught me how.” The skills you need to look after your money you learned in elementary school. Addition and subtraction as well as simple percentages will help transform your bank account. Ask Alexa/Siri to do your math. Ask for help and look for online resources to help you sharpen your skills. You will not learn everything you need to know today. You will not make all the right decisions. Lifelong learning and consistency will help build a nest egg. Remember you must look after your finances forever.

And finally to young people I would say: **PROVE THEM WRONG.**

There will always be people who speak negatively, who won’t believe that you can overcome. There will be barriers as life is not lived in a straight line. There is a lot of support out there to help you achieve your goals. If you have any questions about how to start, please reach out. Darlene@kaleidoscopeimpact.com or at 506-652-5626 Ext 4. Remember: no matter how much or how little your income is, how you spend your money matters.

Right: Y-Ignite Winter 2023 Cohort
(Photo: Laura Fraser)



Local youth attend Canada We Want

(continued from page 1)

“I enjoyed how my closed-mindedness changed during the five days. I started off very reserved and grew into a social butterfly here. I also love how they talked about important subjects that needed to be touched on and we got to attend a pow wow which was super epic.”

For many of our youth this was a life-changing opportunity to get outside their comfort zone and be truly able to engage with folks from all walks of life.

*For some indigenous peoples, Turtle Island refers to the continent of North America. The name comes from various Indigenous oral histories that tell stories of a turtle that holds the world on its back. For some Indigenous peoples, the turtle is therefore considered an icon of life, and the story of Turtle Island consequently speaks to various spiritual and cultural beliefs.

ACAP’s Annual Marsh Creek Cleanup

By Shauna Sands (she/her), Conservation Coordinator, ACAP Saint John

Mark your calendars! Your favourite community cleanup event is back! Join us for ACAP Saint John’s Annual Marsh Creek Cleanup!

When: Saturday May 13th, 2023

Registration: 8:30 a.m.

Cleanup: 9 a.m. - 1 p.m.

Where: Irving Oil Field House, 129 McAllister Drive, Saint John

Be a part of the fun as hundreds of eager Saint John residents come out to help clean our beautiful streams and wetlands for the health and well-being of humans and wildlife alike. This year, the headquarters for the event will be held at the Irving Oil Field House.

Just wear your rubber boots and we will supply the gloves and everything else you need!

Your neighbours since 1854



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

SPCA Cupcake Day 2023



Trudy Almon and her son (Photo: SPCA)

**By Joan Richardson, Shelter Manager,
Saint John SPCA Animal Rescue**

Each February the Saint John SPCA Animal Rescue has “Cupcake Day for the SPCA” as one of our annual fundraising events. Since 2019, baker and cake decorator extraordinaire Trudy Almon of Fairfield has made it her project to bake and decorate the moistest and most delicious cupcakes in support of our shelter. This year she baked 864 cupcakes!! She sold cupcakes to family and friends and gave the shelter some to sell to our event supporters. Proceeds from the cupcake sales totalled \$1727. Thank you, Trudy, for your love of animals and your ongoing support. Thank you!

Celebrating volunteers at PRUDE Inc.



National Volunteer Week
April 16-22, 2023

VIDEOS
AWARDS
FAIR/PARTY

Volunteering Weaves Us Together



PRUDE Inc. has been offering 172 volunteers with right opportunities. Welcome to our team. Scan to join Volunteer Fair/Party on April 21, 2023.

**By Lin Zhang, Community Engagement Officer (she/her)
PRUDE Inc. (Pride of Race, Unity and Dignity through Education)**

The theme for National Volunteer Week 2023 is “Volunteering Weaves Us Together.” Through volunteering we experience our interconnectedness, making our lives more meaningful. There are 172 volunteers currently supporting PRUDE Inc.’s programs and events or who have been connected by us to volunteer opportunities with other organizations. During National Volunteer Week, which runs April 16th-22nd, 2023, PRUDE Inc. will be recognizing our volunteers and honouring them with a party on Friday, April 21st, in our office. The party will include a volunteer fair showcasing opportunities for community service and career-related experience at PRUDE Inc. and several other non-profit organizations.

Everyone is welcome to register for the event at:
<https://forms.gle/kU6SoUPHUEAffRxDA>

UN Spanish Language Day



Celebrations for Latin American Heritage Month at Market Square in October 2022 (Photo: Red Latin)

By Daniel Quiceno, Red Latin Southwest NB

April 23rd marks the celebration of UN (United Nations) Spanish Language Day. This celebration commemorates the Spanish language’s history, culture, and use, alongside the anniversary of the death of one of the most influential Spanish-language authors, Miguel de Cervantes, author of *Don Quixote*. On April 23rd, 2022, Red Latin Southwest NB started its activities with a mission to become a support network for residents with ties to Latin America in our community. (“Red” is Spanish for “network.”)

As a group of volunteers, we engaged in different activities in 2022. As we look forward to our second year of operations, we invite everyone to participate in our events and support our community. For this April, we invite you to join us at the Samuel de Champlain Community Centre for the Spanish Conversation Club on April 14th and at the Saint John Free Public Library on April 22nd to celebrate UN Spanish Language Day. Follow us on Facebook and Instagram to stay up to date on our activities: @redlatinswnb.

Join us to celebrate

30

Thirty Years

of supporting newcomers

COMING SOON

Newcomer Connections

[f](#) [@](#) [in](#) /YMCANewcomerConnections

Connection New Brunswick - volunteers and great supports!



(Photo: Maria DiCarlo)

By Allie Murchison-Maguire, Canadian Red Cross

The Connection New Brunswick Pilot Program was launched in early 2022 and has passed its one-year anniversary. The program is being piloted in three communities in New Brunswick until 2024 with the overall goal of decreasing social isolation and helping seniors stay in their homes longer.

Canadian Red Cross programs and projects are spearheaded by incredible volunteers, and this one is no exception. However, the Canadian Red Cross has supports behind these incredible volunteers, augmenting their capacity. One of these supports is Occupational Therapist, Maria DiCarlo (see photo). “My goal is for our older adult participants in this program to feel like they’re engaging in their life in a meaningful way,” said DiCarlo, “whether that be with one of our Red Cross Connectors or through us connecting them to another group or service in their community.” Community members or students looking to learn more about Maria’s role in this pilot program are encouraged to reach out! <https://connectionnb.redcross.ca/>

EFry NB support for court attendance

***By Kate Blewett (She/Her/ Elle),
Court Liaison Coordinator and Support Worker,
Elizabeth Fry New Brunswick Nouveau-Brunswick (EFryNB)***

Have you ever had to go to court before? If it was your first time, how did you feel? Did you know where to find the court docket, duty counsel, or legal aid? Did you know about each of these resources and how they could help you? Did you feel overwhelmed or scared trying to navigate it all alone?

EFryNB recognizes that attending court can be scary and overwhelming to navigate, which is why we offer our court liaison program, attending court with those who reach out to us. Our court liaisons help to navigate the system and provide a shoulder to lean on for individuals trying to navigate it. The court liaison program is a volunteer-run program that is overseen by the volunteer court liaison coordinator at EFryNB. Our volunteer court liaisons attend court with people who reach out to us asking for support, and sit with them until their appearance is over. All of our court liaisons are trained prior to helping our clients on the ins and outs of the structure of the courts.

If you feel you would benefit from having the support of a court liaison attending your hearing, please reach out to EFryNB at:
506-635-8851 or
efry@nb.aibn.com



(Photo submitted by EFry NB)

YMCA: 2023 award recipients



Li Song and Emma Coakley

Story and photo by YMCA of Greater Saint John.

The Red Triangle volunteer selection committee at the YMCA received numerous nominations this year and had a difficult choice, but in the end, were unanimous in their decision. The Red Triangle Award recognizes long and meritorious service, outstanding contributions and achievement in the community, while the Leader to Watch Award honours an individual who is a role model for other young adults in our community. This year's Red Triangle Award recipient is Li Song and the Leader to Watch Award is Emma Coakley.

Li Song has been living, studying and working in Saint John for 20 years. She has managed newcomer programs, coordinated multicultural events and volunteered in various positions in the region. Li strongly believes in diversity, inclusion, equality and education and thinks these are the keys to resolving our generational issues.

Emma Coakley is a dedicated student, athlete and volunteer and is very active in her community. Emma was born missing her right hand. She has overcome obstacles and exudes a can-do attitude. Her drive, determination and competitive spirit help her thrive in everything she does.

The recipients will receive their awards at the **33rd Red Triangle Award Gala on May 4th. See more at saintjohnny.ymca.ca.**

Call 211 for help

By Daniela Fernandez, Director of Community Engagement

This story was adapted from an anonymous testimonial based on a call to 211, documented by a 211 Service Navigator.

“After becoming homeless in Saint John, I called 211 to find a place to spend the night. I did not want to stay on the streets, especially during the winter. The Service Navigator who answered the call was kind and understanding, and she asked me a few questions to understand my situation and help me find the right type of shelter – she even asked where I was to help me find a place I could easily get to. After verifying my age and the fact that I was eligible to stay in a shelter for adult men, she provided me with the address and phone number for the shelter. She asked if I needed assistance calling the shelter, and even offered to make a three-way call with them. She encouraged me to call 211 again anytime I needed more assistance, and helped me feel more hopeful and less alone after taking the time to listen to my story and what I was going through.”



*Young man and female senior sharing a hot drink to stay warm outdoors
(Photo: SolStock via Getty Images)*

Therapeutic writing - Stephenson Tower



Class photo from left to right, rear: Maria, Elise (teacher), Sharon, Joan, Cherylann, Kimberly; front, Liz (Photo: Alex Nelson)

By Elise Nelson

At Stephenson Tower, we had a wonderful class on therapeutic writing. What makes these classes so great are the people in them, and we had a lovely group gather every Wednesday.

As the facilitator of this class, I was blown away by the amazing work everyone created, and all the effort they put in each week. Together, we wrote about past experiences, learned therapeutic writing techniques, and took deeper looks into ourselves through writing.

I loved teaching the fine folks at Stephenson Tower and always enjoyed hearing their stories and reading their work. Here is one poem.

**Large flakes falling
Eyelashes turn white
Winter gives her pure delight.**

-Haiku by Elizabeth Darling

Port elects new Chair

By Port Saint John

At a recent meeting of the Board of Directors for Port Saint John, Jack Keir was elected to the position of Chair of the Board by his peers. The term of Board Chair is two years with eligibility for re-election. Jack Keir has been a member of the Board of Directors at Port Saint John since 2019.

"I am excited to accept the role of Chair of the Board of Directors as Port Saint John continues its significant growth. As one of the fastest growing ports in the eastern seaboard our board will focus on the opportunities to support our staff and private sector partners," Mr Keir said.



Right: Jack Keir, Chair of the Board of Directors for Port Saint John (Photo: Flewelling Photography)

Happenings at Portland United



Story and photo by Lois Irvine, Portland United Church

The folks at Portland United Church want to thank all those who helped make our Pancake Supper on February 21st a complete – and sold-out - success. It's been three years since the last supper, and we were so pleased to welcome so many – from seniors to babies.

Over the next few months, we're planning some more free community events at Portland. On May 6th we're hoping to help celebrate the Coronation of King Charles III with a brunch and viewing party. We're also inviting people to bring along any royal memorabilia for a display. Later in May we'll be joining in the community-wide clean up day and in June we're planning our 2nd Annual Block Party with entertainment, hot dogs, and cake. Watch for notices of these events in the community. We look forward to seeing you at our home just off Millidge Avenue at 50 Newport Crescent, Saint John, E2K 1Y5.



**STANDING
FOR YOU!**



Wayne Long, MP
Saint John - Rothesay
(506) 657-2500
Wayne.Long@parl.gc.ca

Civic Tech Saint John – fun new ways to get involved!

**Story and photos
by CTSJ Co-organizers**

If you're looking for new ways to get involved in your community, you have a fun opportunity every Tuesday at Civic Tech Saint John (CTSJ). Whether you're looking for interesting guest speakers, pitching a new idea, or applying your skills to a community project, there will always be a #HackNight for you. We finished February with a wonderful Guest Co-host Night by having two local organizations, Kaléidoscope Social Impact and ACAP Saint John, take the hosting role and inspire us with what they do. We also heard pitches from Seth Asimakos of Kaléidoscope (above) for interesting projects to help solve some of their clients' challenges. Maybe you have ideas that could help find solutions!



The spring season promises interesting hosts too. The Saint John Newcomers Centre team will be talking about the “Welcome” Project. This connects immigrating professionals to professionals who live and work here, an opportunity for newcomers already settled in the country to become mentors and share knowledge. Could this be you?

Are you studying or working in IT? Looking for a job in IT? CTSJ is a great place to make connections. Want to pitch your skillset to us to volunteer, to employers, to community connectors in Saint John? Get in touch! We will help you improve your pitch of YOU for Pitch YOU and Pizza nights. And when you volunteer with Civic Tech, it looks good on your resume! Stay tuned by visiting Civic Tech Saint John: <https://civictechsaintjohn.ca/> and following us on Facebook to find out which event is happening on Tuesdays - then join us at 6:30 p.m. at ConnexionWorks, 1 Germain Street, third floor.



A buzzing Pitch YOU and Pizza Night, January 31st, 2023



Around The Block Team (Issue 88)

Publisher: Human Development Council
Editor: Lorna Brown

Old North End: Christa Petts
Lower South End: Mary LeSage/Lisa Morris
Crescent Valley: Anne Driscoll
Waterloo Village: Penni Eisenhauer
Lower West Side: Jen Brown
Proofreaders: Cindy Bishop, Mark Driscoll, Jane Hanlon,
Daryl Barton, and Lorna Brown
Layout: Lorna Brown and Raunak Bagga

Healing trauma at Sophia Recovery Centre



Left, Sam (Chandra) Flewelling (she/her) RN MN, Program Director; right, Margot Stafford (she/her) MAC, CCC, LCT-C, Recovery Counsellor

**Story and photo by Kathy Gorman (she/her),
Communications and Development Director,
Sophia Recovery Centre**

Sophia Recovery Centre continues to offer programs that support all women who are in recovery. Recently, the Healing Trauma group has been re-launched in an open format so more women can drop-in as available rather than having to register. This program helps women:

- Learn more about trauma
- Increase skills needed for healing
- Learn techniques that help to feel safer and more grounded
- Become aware of their strengths that can help with recovery

The open Healing Trauma group started on March 8th, 2023 and is held every Wednesday until May 10th, from 1 to 2:15 p.m. All Sophia programs are offered free of charge. Please reach out to us if you'd like to learn more about our recovery programs: 506-633-8783.



Cedar Hill - Greenwood Cemetery

NEW COLUMBARIUMS
CEDAR HILL AND GREENWOOD
Reserve your space now



– Please contact our office: 9 am - 4:30 pm weekdays for more details –
1650 Manawagonish Rd. Saint John, NB – 672-4309

Spring into something new at your Library

***By S.D. Thompson,
Saint John Free Public
Library***

There's no better time than the spring to try something new, and the Saint John Free Public Library has plenty for everyone this April. Meet new friends at our Saturday Social, hosted by the library and the Saint John Newcomers' Centre. It takes place every Saturday starting at 12 noon. Seniors may be interested in Zoomers On The Go, an exercise program aimed at fall prevention. It runs from 10:30-11:30 a.m. each Tuesday and Friday starting April 11th. Aspiring bakers may want to borrow one of our cake pans in a variety of designs from Pixar's Cars to bunny rabbits. If you don't feel at home in the kitchen, pick up a jigsaw puzzle, board game, or skateboard for a little fun – all our objects are available to borrow for at least one week with your library card!



April's also tax season, and all three branches of the Saint John Free Public Library will offer a drop-off for the Community Volunteer Income Tax Program, a free program for households with simple returns and modest incomes. For more information on all our programs, visit the Main Branch at Market Square, phone the library at 506-643-7236, or follow us on Facebook, Twitter, and Instagram.

Above: borrow a cake pan! (Photo: Saint John Free Public Library)

Come see what's happening at Playgroup!

**By Patricia Allan-Clark, Project Coordinator
The Family Resource Centre Saint John**

Are you looking for a great place to spend time with your little ones? There is a free playgroup close to you. Each location is different, but your morning always includes informal play, crafts, snacks, stories, and songs. Children have fun meeting new friends and developing important skills like sharing, taking turns, and solving problems. Parents from different countries and neighbourhoods meet other parents with children the same age and share ideas and experiences. Anyone looking after children birth to six years old is welcome (parents, other family members, babysitters). Preregistration is not required. The Playgroup Coordinator will welcome you and show you around on your first visit. Take a look at the calendar below or the FRC webpage www.frc-crfsaintjohn.com, or give us a call at 506-633-2182 to find out about the group closest to you. We look forward to seeing you very soon!!

Playgroup calendar (always 10 a.m. to noon) 506-633-2182

South End: Tuesday/Wednesday/Thursday, Family Resource Centre
211 Wentworth Street

North End: Tuesday, Early Childhood Hub North, Hazen White-St Francis School, 538 Sandy Point Road

Crescent Valley: Thursday, Crescent Valley Resource Centre
130 McLaren Boulevard

West Side: Wednesday,
Carleton Community
Centre, 120 Market Place

Thursday,
Seaside Park Elementary
627 Havelock St.



Councillors' Corner: Urban homesteading



Left to right, Jedidiah, Selah, and Jubal Harris with maple sap collection buckets on opening season; below, the Crescent Valley garden

**Story and photos by Brent Harris, Councillor at Large
Common Council, City of Saint John, 506-977-3853**

It shocks people when I tell them that New Brunswick is only food secure on four food staples: potatoes, blueberries, maple syrup, and salmon. There is much that we eat day-to-day that we import from far off places dependent on complex supply chains. George Monbiot (scholar on global food systems) stated in a TED talk that the world's "arrive on time" supply chains nearly collapsed in 2021. There was a shipping container that got stuck in the Suez Canal that blocked global shipping lanes and three months later there was an event that saw ships blocked in the Turkish Straits. If these two events had happened at the same time, the world food system might have been completely choked. We all saw the outcome of this when we saw empty store shelves for months.

The solution to this problem is to create local food, and Saint John has some opportunities. We've seen the community gardens popping up all over the place; there are people near Rockwood Park who are doing urban beekeeping; and our little community out in Martinon established the Martinon Maple Cooperative. This little co-op sees us tapping as many maple trees in our neighborhood as possible and boiling off the sap into syrup. It's delicious and the kids love it. Beyond that we have five garden beds, and we keep six chickens which give us enough eggs to share. This idea is good for our mental health as well as our local food production. With leadership, Saint John could become an active leader in urban agriculture and food security. With a range of community gardens and groups like Crescent Valley already having local leadership, I think it's time to spread the word. We aren't just interested in growing Saint John; we are becoming people who grow things here, too.

