



# Around the Block



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## My story



Laura (Photo: Jordan Mattie)

By Laura Doucette

Before I arrived at the Learning Exchange my everyday life was focused on my kids. I was often made to feel that because I was a mom my options were limited. When I was able to receive childcare support, I began to consider my options, and my biggest goal was to get my GED.

That's when I turned to the Learning Exchange. I started the LEAP program, and within nine months I received 100% on my English Reading exam and passed every other exam on my first try! Before getting my GED I didn't know what was possible; now the possibilities felt endless.

Then I took the WESLinks program to further develop my workplace skills and discovered I had leadership skills! **(Continued on page 14.)**

## Crescent Valley Community Tenants Association Honours and Awards



Three delighted people at the CVCTA Honours and Awards! Left to right, MLA Trevor Holder, double award winner Wanda Roche, and Deputy Mayor John MacKenzie. (Photo: Anne Driscoll)  
Read the story on page 4.

## From the Editor's desk:

### Appreciation

Lorna Brown, sjcommunitynewspaper@gmail.com

It's that time of year. The rhythm of the year school influences so much, whether we have children in school or not. In June, it is clear, we look back, and we express appreciation. Photo after photo, story after story, expresses our community's gratitude to Saint John's wonderful volunteers. See the CVCTA Honours and Awards (above and on page 4); Saint John West Days (page 5); the volunteers who help newcomers settle in to become Saint Johners (The Newcomers Centre, page 15, and PRUDE, page 18) or who raise awareness of breast cancer and help support those on their cancer journey (page 16). The City recognized some long-standing heavy hitters who have truly given of themselves and their organizations in ways that are unique and irreplaceable (page 17). Among them are the publisher of this newspaper, The Human Development Council, and our own Mary LeSage. And you might never see a happier group of volunteers than the ones honoured on June 6th at Civic Tech (page 19), which is taking a break from events until September ... hey, another thing in common with the school year!

Of course, many organizations do not and cannot take a break. The front-line needs of those they serve don't go away during the summer. We offer them, too, our profound appreciation. The op-ed from HDC on income supports shows how government could make life so much easier for those who are struggling.

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



SAINT JOHN



## Summer camp at ONE Change, with kids on the move...

By Anna Pierce,  
ONE Change

This summer we welcomed some amazing staff and even better kids. We had a tough start to the summer with all the rain but as the skies cleared up, we were on the move. We had a blast going to the playground, Victoria Park, and Shamrock Field. We also had lots of fun with Brilliant Labs, Timberwolves Volleyball, KV Girls Softball and Trojans Rugby. We had awesome visits at Fort La Tour, the Imperial Theatre, Crescent Valley Splash Pad, Lily Lake, and the Aquatic Centre. When we weren't out and about, the kids made some great creations and had lots of fun in our gymnasium playing games. Above: off on another adventure! (Photo: Emily Lockhart)



## ... and great summer staff!



Youth camp staff (Photo: John Driscoll)

By Emily Lockhart, ONE Change

This summer the ONE Change community welcomes new and returning counsellors to the youth camp staff. Our summer camp is a welcoming and encouraging environment for children in the community. We are very excited to see many familiar personalities and fresh faces. We have spent several weeks planning lots of fun activities and we are eager to facilitate an action-packed summer camp. We welcome four staff members that were past participants in our summer camps where they were able to develop their skills. They are now taking on the roles of summer camp counsellors to help mentor the younger generation. Anna and I are the summer camp supervisors and are always around the centre. Feel free to stop in anytime if you have any questions. You also may see us around the neighbourhood with freezies!



Barry Ogden

Ward 2 City Councillor

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## ONE Change Summer Reading Club

By Katie Herrington (she/her/elle),  
Neighbourhood Developer,  
ONE Change

On the first day of summer vacation, ONE Change's inaugural Summer Reading Club began in hopes of encouraging reading in our youth and preventing the "summer slide", which is when students lose some of the strides in learning they gained during the school year, including their reading skills. Participating youth of the neighbourhood were provided pamphlets to track the books they read this summer until August 18th. All kids who read even just one book are entered into a draw to win one of three Dollarama gift cards! This new initiative timed well with the Turn the Page event we attended, presented by the Jays Care Foundation and TD, where we were able to collect over 200 brand-new books for our centre. We're so excited to hear about all the stories they loved throughout the season. Happy reading!



Above: Neighbourhood Navigator Katie Herrington (right) with local youth Amy Earle (Photo: ONE Change)

## Seniors' Tea



A good turnout at the Seniors' Tea (Photo: John Driscoll)

By Christa Petts, ONE Change

June was an amazing month. We were extremely excited about having Seniors' Tea. We had the Good Vibration Band who were amazing. The seniors enjoyed singing all afternoon. We were so excited to see all our old friends who came. A huge thank you to United Commercial Travelers (UCT) Jack Council, who volunteered to make it a wonderful afternoon with lots of laughter and smiles. PRUDE (Pride of Race, Unity and Dignity through Education) volunteered as well to see what our seniors' tea was all about. It was a great time for old friends and family to come together to sing and dance. Thank you to Starbucks for coffee - it is always appreciated.

Please note Christa's new email address:  
[ONECommunity@onechange.ca](mailto:ONECommunity@onechange.ca)

North

Neighbourhood Contact

Christa Petts

[ONECommunity@onechange.ca](mailto:ONECommunity@onechange.ca)

Nick Nicolle Community Centre

85 Durham Street

658-2980





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

By Lisa Morris, Resident Engagement Coordinator, PULSE Incorporated

PULSE Inc. Hours of Operation  
New Summer Hours: Monday - Friday 9 a.m. to 3 p.m.

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!

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

Wednesday Walks - Join us every Wednesday for a walk around Rainbow Park. We meet at 251 Wentworth St at 10 a.m. Welcoming group for everyone of all levels. We will start with a short distance and see it increase over the summer. Cancelled if weather is more than a drizzle.

R&W's Garden Visits - Join Lisa Thursday morning at 10 a.m. in the Rainbow Park Community Garden whether you need access to the shed, have questions or want to help care for the R&W's plots where all food harvested goes to the Help Yourself Pantry at PULSE Inc. Garden visits cancelled if raining.

Lunch Connections, summer edition - Join Inner City Youth Ministry every Tuesday and Friday in the PULSE Parking lot from 11 a.m. to 1 p.m. for a free picnic lunch.

Free Tax Service - PULSE is open year-round to complete your taxes including previous years. Through the Community Volunteer Income Tax Program (CVIPT) 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; 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.

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.

August - money due August 11th, pick up August 18th  
September - money due September 15th, pick up September 22nd

If you want to Pay It Forward with a Saint John 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 section "PULSE Pay It Forward."

JOIN US AGAIN THIS SUMMER FOR

# LUNCH CONNECTION SUMMER EDITION



FREE PICNIC LUNCH @ P.U.L.S.E (251 WENTWORTH ST.)  
EVERY TUESDAY & FRIDAY 11AM-1PM (JULY 4TH - SEPTEMBER 1ST)  
BONUS: FAMILY STORY TENT ON FRIDAYS  
ALL AGES AND NEIGHBOURHOODS WELCOME!



## FOOD PURCHASING CLUB REMINDERS

### Pick Up Options

Orders at PULSE must be picked up between 12pm - 1pm, no exception's as we do not have storage available. Any orders not picked up will be given out in the community.



### Payment Options

Cash payments accepted at PULSE Inc. 251 Wentworth St  
Etransfer available\* at Martha.Maclean@horizonNB.ca  
\*MUST include phone#, order size and pick up location in notes section of e-transfer. If no pickup location in mentioned it will be available at St. Josephs Community Health Center 116 Coburg Street Ph#632-5537

### Wednesday - vs - Friday

There has been some discussion about moving the day of the produce pack pick up from Friday's to Wednesdays and we would like to hear from you!  
The same time for pickup would continue at all sites.  
Stop in a visit Lisa to discuss or email martha.maclean@horizonNB.ca



Gerry Lowe  
Ward 3 City Councillor  
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### South End Neighbourhood Contacts



Lisa Morris  
Resident Engagement Coordinator  
info@pulsesj.ca

P.U.L.S.E Inc.  
251 Wentworth St  
(506)632-6807



Mary LeSage  
Neighbourhood Developer  
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Crescent Valley stories and images by Char Levesque,  
Community Liaison, Crescent Valley Resource Centre (CVRC)

Summer in Crescent Valley



Stop sign on MacLaren Boulevard

It's summer in Crescent Valley! Along with sunny, warm weather comes children playing outside and riding bicycles. The following are a few safety tips for children, parents, and neighbours.

When riding bikes, scooters, or skateboards, riders should always wear helmets. Helmets should be certified, age-appropriate, in good condition, and fit properly. Helmets should be worn correctly and consistently. All bicycle rules/laws should be observed.

With plenty of green space in the neighbourhood along with the basketball court, bike park, and splash pad, children should not be playing in the streets. When crossing the street, look both ways to be sure it's safe to cross. A vehicle cannot stop suddenly, and a child can be severely injured during an unsafe crossing.

When driving in the neighbourhood, please reduce speed to the posted speed limit and make complete stops at stop signs. Always be aware of children playing in your surrounding area.

Blue Run Recycling contest winners

As the Blue Run Recycling contest has come to an end in Crescent Valley, a huge thank you to all who participated. The following is a list of all weekly \$10 gift card winners: 31 Patterson St; 29 Howard Ct; 9 Coronation Ct; 44, 48, 62, 85, and 119 Taylor Ave; 16, 26, 27, 33, 81, 82, 105, and 179 MacLaren Blvd. Special end-of-contest winners of a \$25 gift card are 28 MacLaren Blvd and 119 Taylor Ave. The Blue Run Recycling grand prize winner of a \$100 Pizza Delight gift card is 19 Patterson St.

Congratulations to all winners. Please continue recycling. Your efforts are much appreciated. Thank you to The Blue Run and NB Social Development for supporting this program and contest. Call 506-657-BLUE (2583) to request recycling information.



The Honourable Trevor Holder  
MLA Portland - Simonds


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



Crescent Valley Community Health  
Nurse

Community Health  
Nurse



Crescent Valley Resource Centre  
130 MacLaren Blvd  
Every second Thursday, beginning June 15th, between 1-3pm drop by  
CVRC to discuss any medical questions and concerns with our  
Community Health Nurse, Starr Osborne

Crescent Valley Resource Centre (CVRC) is pleased to have partnered with Community Health Nurse Starr Osborne. Join Starr every second Thursday from 1 to 3 p.m. at CVRC. She will be available during this time to address your medical needs and concerns, one on one. Starr can give vaccines but cannot prescribe medications or refill prescriptions. If you have concerns about a language barrier, please know that she is connected to Language Line, making communication easier while maintaining confidentiality.

No appointment necessary, drop-in only, on a first-come, first-served basis. Mark your calendar for Starr's next visit on Thursday, August 10th from 1 to 3 p.m. Hours will change beginning in the fall. Please check our monthly Crescent Valley News and our Facebook page (Crescent Valley Resource Centre) for details.

CVCTA Honours and Awards

By Eva Feddery, CVCTA President

On June 20th, 2023, the Crescent Valley Community Tenants Association (CVCTA) held their Annual Honours and Awards night. We started with a lunch and then we moved on to present the awards.

There were 50 awards handed out: four Certificates of Appreciation, 26 Bronze Awards, four Silver Awards, two Gold Awards, and 10 Platinum Awards, and those below.

The community awards were given to The Salvation Army and the Crescent Valley Gospel Centre. The Rising Star Award was given to Jennifer London. We surprised Janet McLaughlin with a Life Membership. And the last award of the night was the George Lawson Memorial which went to Wanda Roche.

Congratulations to all the recipients and thanks to all our volunteers.

(See photo on page 1.)

Crescent Valley  
Neighbourhood Contact

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# Saint John West Days 2023



*Saint John Lancaster MLA Dorothy Shepard at Family Day event held at Queen Square West June 25th, 2023 (Photo: Kate Worden)*

**Story by Abbygail Craig, Carleton Community Centre Special Events Coordinator and Kate Worden, SJWD Committee**

The first annual Saint John West Days (SJWD) was a week-long festival that took place from June 18th to June 25th. We held several events across the Saint John West area bringing everyone together for a week of celebration, from the KBM to Milford and Lorneville to Lower West. For some, SJWD provided an opportunity to connect with old friends from over the years while reminiscing over fond memories, and for others, these events sparked pure joy and entertainment – with a glimpse into why many of us hold the “westside” near and dear to our hearts.

With a different theme highlighted each day, we tried to offer events for everyone. The week kicked off with Heritage Day, beginning with the Knights of Columbus Fathers' Day Breakfast, followed by a historical display of Saint John West photos for everyone to enjoy. As the festival continued, our community enjoyed themed days such as Seniors' Day, Foodie Day, Throwback Day with a westside ball reunion, Youth Day, Community Day and more! Finally, SJWD 2023 closed the week with a fun-filled family day in Queen Square West.

As we take the time to reflect, we are still so full of gratitude and appreciate everyone who contributed to SJWD 2023. Saint John West Days would not have been possible without the MANY sponsors, volunteers, friends, and committee members. We want to thank everyone for the generous donations and support throughout the whole process, your contribution was key to the success of our first annual Saint John West Days festival. Thank you for believing in our vision, and we hope to see you next year!



*Families enjoy a visit with Llama-zing Adventures at Family Day, June 25th, 2023 (Photo: Kate Worden)*



**The Honourable Dorothy Shephard  
MLA Saint John Lancaster**

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## More from Saint John West Days



*Boyer Trio playing at SJ & Fundy Regions Seniors' event held  
at the Royal Canadian Legion Branch 69, June 20th, 2023  
(Photo: Mary Ann O'Hara, SJWD Committee)*



*Wonderful United Commercial Travelers (UCT) Jack Kidd volunteers help serve the community BBQ at Family Day (Photo: Kate Worden)*



## West Side Neighbourhood Contact

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506 658-2920

### Dangerous substances



A Naloxone kit

Story and photo by Diane Kerns, Harm Reduction Program Coordinator, Avenue B Harm Reduction Inc.

It was about this time last year when we wrote an article to encourage people to get trained in Naloxone (Narcan) to reverse an opioid overdose. Have you been trained yet? If you know someone who is using opioids recreationally or is prescribed an opioid (including Methadone), or you live in an area where people are using substances, we strongly encourage you to get training.

The arrival of some very strong and dangerous substances in our city has seen many people experience an overdose. Having Naloxone on hand has never been more urgent in saving lives. People do not always survive, and being trained to administer this life-saving medication can be the deciding factor.

Training is available at Avenue B Harm Reduction Inc., 62 Waterloo Street from 9 a.m. to 3 p.m., Monday to Friday. The training takes about 20 minutes, and you will be provided with a kit at the same time. This is for family, friends, neighbours, co-workers, or other significant people in your life. A one-hour training session is also available for staff and volunteers of non-profit organizations. Book an appointment today by calling 506-652-2437.

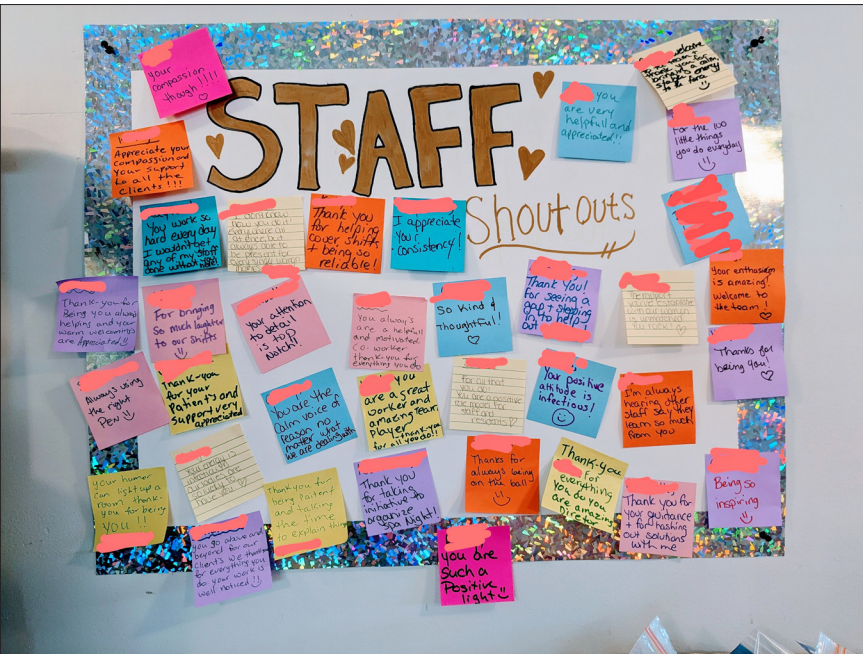
### Music in the Park 2023 - still two more performances to enjoy!

By Social Development and Stone Church

Music in the Park 2023 draws to a close soon with the last two 7-8 p.m. Monday concerts at Chown Field. The events will be held at Stone Church, 87 Carleton Street, if we can't be outside. On July 31st enjoy Geordie Roberts, while on New Brunswick Day, August 7th, the season winds up with Delbert and Friends. All are welcome - bring your own chair to Chown Field. There is also a weekly 50/50 draw.

Music in the Park is sponsored by Waterloo Village Association, The City of Saint John, and Social Development.

### Celebrating shelter staff



Staff Shoutout board, where staff leave encouraging notes or give recognition to one another for strengths and accomplishments

Story and photo by Chanelle Morgan, Program Facilitator, Coverdale

Every day, our staff make a difference in the lives of others. Whether it's the first time a guest ever visits, or it's a guest who has struggled for some time with being unhoused, a friendly face welcoming each person in is important.

Shelter shifts are busy! Our guests have complex individual needs, are from all walks of life, and are of various ages from 18 to 80+, and our staff attend to each with dignity and an individually supportive lens. On top of ensuring a safe and supportive environment, staff ensure that guests have all they need for the day and spend time building relationships by listening to stories or just sitting quietly together. They hold space for countless people who come and go. Often, they go the extra mile, and plan events to host on their shifts for residents! Their impact is remarkable.

When life is challenging & overwhelming, call 2-1-1 to be connected to social supports.

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www.nb.211.ca



Waterloo-Village  
Neighbourhood Contact

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139 Prince Edward Street  
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The Honorable Arlene Dunn  
MLA Saint John Harbour

Constituency Office: Mercantile Centre  
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## Hazen White-St. Francis update

**Story/photos by Vicki Lawrence,  
Community School Coordinator  
Hazen White-St. Francis School  
(HWSF)**

On June 12th students got to experiment with some fun new technology thanks to World Unbound. Students worked on coding, made slime, and did other fun activities! On June 15th our Grade 5 students attended Hampton Bible Camp. Students got to swim, play outdoor games, go on a nature hike, rock climb, and play laser tag. Thank you to the folks at camp for having us!



On June 21st HWSF had our annual Fun Day for all students. The weather cooperated and we had a sunny morning full of fun with bubbles, chalk art, soccer baseball, water relay races, parachute, face painting, and games. Big thanks to the University of New Brunswick Saint John (UNBSJ) for bringing in a team of camp instructors to help with this event. Safe to say that everyone had FUN!

*Above: Kindergarten student Jovanna Edison trying her hand at coding*

## A heartfelt farewell

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



For the past 15 years, SJBKE has been blessed with the presence and tireless work of our wonderful Vice Principal, Leslie Hamilton-Brown. Following a long and successful career, she has finally decided to ret

A “teaching VP”, Leslie always balanced the busy requirements of administration with the concurrent role of a Middle School (Grade 8) teacher, doing so with grace and equanimity. We have been so fortunate to have this integral member of our Clipper family in our corner, working - as she always has - with consideration, and love both for her students and colleagues. We wish you the very best, Leslie - the hallways won't be the same without you!

*Above: Mrs. Roy (left) says goodbye to Mrs. Hamilton-Brown - we will all miss you!*

## Centennial school supply lists

***By Kate MacDonald, Community Schools Coordinator  
Centennial School***

Hello, neighbourhood friends and supporters of Centennial School. We hope that your summer has been going well, and we are excited to begin the new school year! Our school supply lists are available for you. We cannot wait to see what the 2023-2024 school year brings for our students and community. Enjoy the remainder of your break; we will be excited to welcome you back in September. In September, Centennial will be charging a \$20 student fee per child. These fees will go towards subsidizing enrichment activities for the students throughout the year. Some supplies (e.g., pencils, erasers, etc.) may need to be replaced throughout the year. Please label sneakers, backpack, lunch bag, water bottle, and headphones.

<b>Kindergarten</b>	<b>Grade 1</b>
5 large glue sticks (not play doh brand or selectum brand)	4 large glue sticks
1 large bottle white glue	4 white erasers
Scrapbooks (9x12, 50+ pages)	4 duotangs (red, orange, yellow, blue)
5 pocket folders - not duotangs (1 red, 1 green, 1 blue, 1 yellow, 1 purple)	2 boxes ziptop bags (1 large size and 1 sandwich size)
1 pkg construction paper	1 pair of scissors
1 pair school scissors	2 boxes of Crayons
1 pkg thin washable markers	10 page protectors
1 pkg of thick washable markers	1 box of pencil crayons
2 Pkgs of Crayons	2 boxes of tissue
4 boxes of facial tissue	12 dry erase markers (black if possible)
2 boxes medium zip lock bags	Headphones (please no buds)
2 Boxes of Large zip top bags	1 plastic pencil/storage box
2 pkgs of dry erase markers (Black and Blue with erasers at end)	2 plastic duotangs
1 set headphones labeled with your child's name (not ear buds)	2 containers Play-Doh
1 backpack (labeled)	Change of clothes
1 pair indoor sneakers (Velcro/labeled)	1/2 lined small journal
Full change of clothes labelled with your child's name.	1 bottle white glue
	1 Pack Pencils
	1 pair indoor sneakers (to be left at school)
<b>Grade 2</b>	<b>Grade 3</b>
3 large glue sticks (not play doh brand)	2 large glue sticks
1 plastic pencil box	4 white erasers
2 pkgs of washable markers (one thick and one thin if possible)	3 packs of HB pencils
2 boxes of 24 crayons	5 duotangs
1 package of pencil crayons	2 boxes ziptop bags (1 large size and 1 sandwich size)
2 white erasers	1 pair of scissors
1-80 page Hilroy notebook	1 package washable markers
1 box large ziptop bags	1 box of pencil crayons or crayons
8 black dry erase markers	1 box of facial tissue
4 boxes of facial tissue	10 dry erase markers
4 containers Play-Doh	Headphones
1 Pair Scissors	4 packages of 4 notebooks (32 page)
1 pair indoor sneakers, to be left at school	1 highlighter
	1 large pencil case or kit box
	2 packs of page protectors
	1 pack of loose leaf
	1 pair indoor sneakers
	1 large sketchbook
<b>Grade 4</b>	<b>Grade 5</b>
1 Pair Scissors	2-inch binder for Cross Curricular studies
2 Large glue sticks	Plastic sleeves ( pkg of 10)
4 packs of HB pencils	1 pocket folder (for literacy)
2 White Erasers	2 duotangs (for literacy)
2 pairs of headphones	2 duotangs (for math)
2 plastic duo tangs with pocket on each side	1 pair indoor sneakers (to be left at school)
2 packages washable markers	72-page half-lined notebook
1 package pencil crayons with sharpener	1 pkg of xl ziplock bags
4 Packages dry erase markers (used daily)	1 pack of 4 notebooks (32 page)
1 box crayons	1 pair of headphones
1 Package Highlighters	2 black permanent markers
Water bottle	1 pkg of highlighters
4 Boxes facial tissue	2 4-pkg of dry erase markers
1 pair indoor sneakers (to be left at school)	1 box of facial tissue
1 package of page protectors	1 box of pencil crayons
1 pkg. white paper (un-lined)	1 pkg of markers
1 pkg page dividers	1 pair of scissors
2 boxes ziptop bags - 1 large and 1 sandwich)	1 pack of construction paper
6 duotangs (yellow, black, red, blue, green, purple)	1 plastic duotang (homework folder)
	1 pkg of small ziplock bags
	1 pack of HB pencils
	1 bottle white glue
	1 pkg of white erasers
	2 large glue sticks



## 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

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**Help Make a  
Difference!**




## Bee Me Kidz expands!

***By Sarah Johnston, Program Coordinator, Bee Me Kidz***

What's the BUZZ at Bee Me Kidz? We have some exciting news to share! We recently received a provincial government grant that will allow us to expand our BMK Program. Wow! With this exciting news we will be expanding to Sussex Corner Elementary!



Our team have been busy bees creating new activities and fun games and updating our curriculum for our fall program that will be starting up soon at Centennial School, Glen Falls School, Milltown Elementary, and Sussex Corner.

For children entering Grades 1-5 we will begin Saturday programming in mid-September. We are excited to be reunited with our Bee Me Kidz families and will welcome all new families with open arms!

We have been working with a creative agency, gathering tons of photos and videos. BEE sure to check out our Facebook page.

**We hope you enjoy the rest of your summer  
and we will see you in September!**

## New team members at Simonds

***Story and photos by Jennifer Carhart, Principal  
Simonds High School***

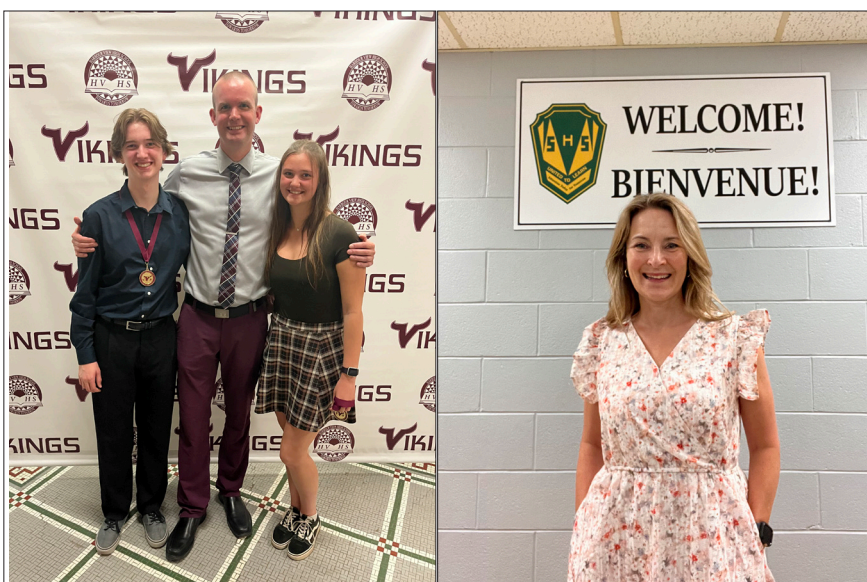
As we look to the 2023-2024 school year ahead we are excited to announce the administrative team for the coming year.

Below left is Jim Palmer; he was the Athletic Director at Harbour View High School and is seen in the photo proudly at graduation with his children. Jim is bringing with him many years of experience to our team, and we look forward to having him join the Seabee family!

Stephanie Chaisson (below right) is joining us from Sussex Regional High School as the Vice Principal. Stephanie brings over 20 years of experience in various communities both out west and in Anglophone School District-South. We are proud to have her join the Seabee family.

Lastly our Stephanie Marr is on educational leave for the 2023-2024 school year, so we have the opportunity to work with Janet Seely for the upcoming year in an acting capacity. Janet brings many years of teaching experience at Harbour View High School, as well as her experience as an accountant in her first career, to the team at Simonds High School.

We are looking forward to building our team together in a few weeks. Stay tuned for another awesome school year ahead!



## Free STEAM Camps in Saint John!



*Above and below: children deeply engaged at recent STEAM Camps*

**Story and photos by Brilliant Labs**

Since 2017, Brilliant Labs has been partnering with the City of Saint John, community centres, public libraries, and youth-serving organizations to conduct STEAM (Science, Technology, Engineering, Arts and Math) Camps across the City.

Thanks to our community partners, free STEAM Camps are available this summer for children from all walks of life to develop their digital knowledge and coding skills by learning how to create and innovate with today's technology, from July 4th to August 18th. Special thanks to the Government of Canada's CanCode and Canada Summer Jobs programs, Mariner Innovations, Port Saint John, Saint John LNG, and Ted Rogers Community Grants. Thank you for your support! For more information about Brilliant Labs' STEAM Camps and virtual camps, go to: [www.brilliantlabs.ca/summer-camps](http://www.brilliantlabs.ca/summer-camps).



## LAUNDRY ENERGY SAVING TIPS

Use cold water and only wash your laundry when you have a full load

Air dry laundry where possible

Clean your dryer's lint filter  
after every load, for efficiency  
and safety



## BGC summer program update



*Keeping active at BGC!*

***Story and photo by David MacDonald (He/Him), Team Leader  
Seaside Elementary School, Youth Programming  
BGC Greater Saint John***

Summer program has launched, and we started with Galaxy Quest! Galaxies have been learned about and shuttles have been prepped for take-off. Activities included creating planets from clay and making galaxy jars. Of course, the kids had to get their astronaut gear on to get ready for lift-off at Seaside Park.

**This summer, the kids are keeping busy with themes ranging from Myths to Art Attack to the Olympics, with many visits to beaches and local parks to keep us active in the community.**

### After School Program at SECC



*Level Up: After School Program participants and staff on the last day!*

**Story and photo by Rachel Murphy, BGC Saint John**

We had a wonderful year this year with our Level Up: After School Program at the South End Community Centre (SECC). Our kids participated in the Hoot Raising Readers Program in the fall, did a math challenge in the spring and answered over 6,000 questions, with one child answering 1,000 of those himself! We had lots of fun, made lots of crafts, played lots of games in the gym, and made lots of delicious and healthy snacks. We're sad to see the year end, but looking forward to getting back in the fall! If you're wondering about registration for the program, keep your eyes posted on our Facebook page: BGC Greater Saint John/South End Community Centre. We also want to give our families one more big "thank you" for being so great this year and we hope everyone has a wonderful summer!

## Red Dress Day at BGC

**Story and photo by Jill Farrar, BGC Saint John**

Friday, May 5th was Red Dress Day. The goal of the day is to honour and bring awareness to the thousands of Indigenous women and girls and two-spirit people who have gone missing or who have been murdered.



The children who attended the program on May 5th learned about the history of the day and some reasons it exists. We then worked together to create an art display (*above*) that can be viewed in our downstairs entrance.

The children continued learning during National Indigenous History Month in June and will be learning more about the effects of residential schools and participating in the Walk for Wenjack in October.

LICENSED

AFTER SCHOOL PROGRAM

FULL TIME AND PART TIME  
AGES 5 TO 12 - \$95/WEEK  
[www.sjbgclub.com/register/](http://www.sjbgclub.com/register/)

 **bgc** Greater Saint John

SIGN UP TODAY!

    
@BGCGreaterSaintJohn

## Une fin grandiose pour le projet Sam Chante

**Par/by Jonathan Poirier, directeur des communications,  
ARCF de Saint-Jean**

Le 9 juin dernier, la communauté francophone de Saint-Jean a assisté au dernier spectacle de Sam Chante, un projet musical mettant en vedette 150 jeunes du Centre scolaire Samuel-de-Champlain et de l'École des Pionniers. Ces élèves, de la sixième à la douzième année, ont eu la chance de chanter avec des artistes acadiens renommés, tels que Christian Kit Goguen, Zachary Richard, Wilfred LeBouthillier, Monique Poirier, Danny Boudreau et George Belliveau.

Ils ont interprété des chansons qu'ils ont apprises de leurs parrains et marraine respectifs, dans un spectacle haut en couleur et en émotion. Sam Chante est une initiative qui vise à promouvoir la culture et la langue acadiennes depuis 2105 auprès des jeunes de la région.



*George Belliveau et les jeunes / George Belliveau and the youth*  
(Crédit photo / Photo: Claude Emond)

## A great ending for the Sam Chante project

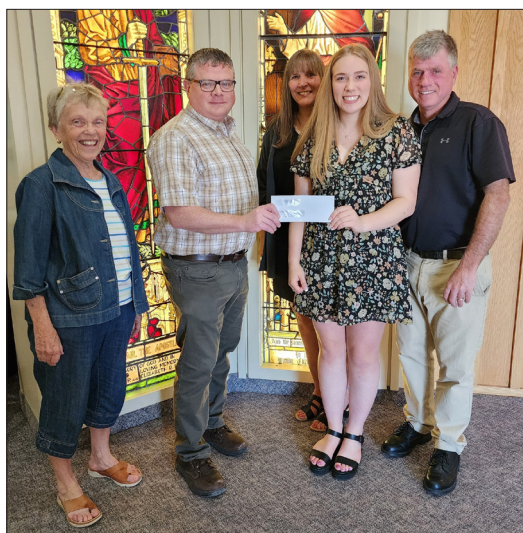
On June 9th, the francophone community of Saint John attended the last performance of Sam Chante, a musical project featuring 150 young people from the Centre scolaire Samuel-de-Champlain and the École des Pionniers. These students, from grades 6 to 12, had the opportunity to sing with renowned Acadian artists such as Christian Kit Goguen, Zachary Richard, Wilfred LeBouthillier, Monique Poirier, Danny Boudreau, and George Belliveau.

They performed songs they learned from their respective godparents in a colourful and emotional show. Sam Chante is an initiative that has been promoting Acadian culture and language since 2015 to local youth.

## 2023 Portland United Church Bursary

***By Marilyn Lester***

Congratulations to Karly Evans, daughter of Jeffrey Evans and Ronda Hooley Evans, who has been awarded the 2023 Portland United Church Bursary. Karly graduated from Saint John High School in June and will be attending Saint Mary's University in the fall, enrolled in the Bachelor of Commerce program. *Left to right: Marilyn Lester, Chair of Bursary Committee; Shaun Clark, Chair of Portland United Church Council; Ronda Hooley Evans; Karly Evans; and Jeffrey Evans (Photo: Nadine Lane)*



## READ SJ summer interns

***Submitted by Justine Keenan,  
Program Coordinator***

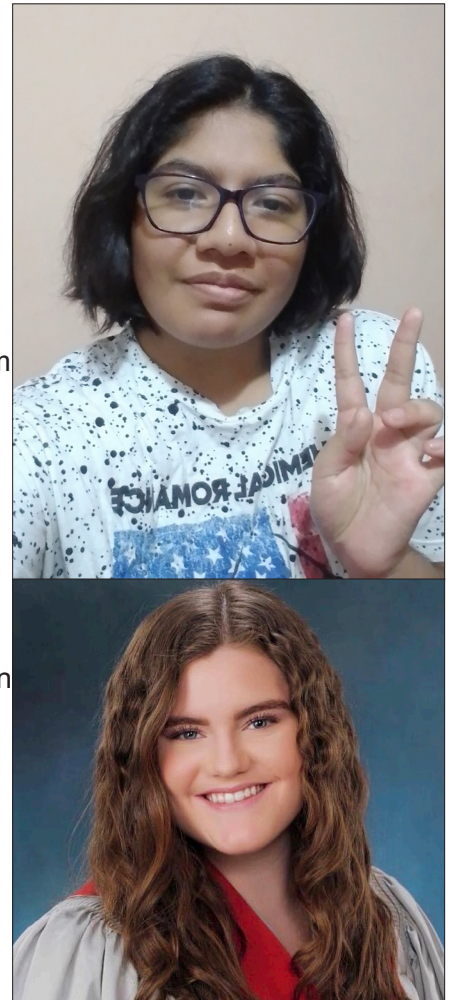
With the support of UNB's Office of Experiential Education, READ was lucky enough to hire two wonderful interns this summer! We are excited to introduce Keila (right, top) and Abi (right, bottom)!

Hello, I'm Keila (she/her/they) and I'm a UNBSJ student from Peru about to finish a double major in English and Communication Studies. I wanted to work with READ because everyone deserves the same opportunities to live a happy and prosperous life, and READ offers people services to improve their literacy skills and work towards a better life. The organization relies on volunteers who work as tutors, and I would love to help get some more tutors. I'm grateful to READ for accepting me as an intern this summer. I will do my best!

My name is Abi Shiels, and I will be working as an intern for Read SJ this summer. As a UNB student, I am thrilled to be a part of an organization that prioritizes access to literacy and education in the Saint John community. Throughout my internship, I am eager to develop valuable resources and provide support to individuals with essential literacy requirements.

READ Saint John is now located next to the Social Enterprise HUB (in the Women's Empowerment Network's old office) at 133 Prince Edward Street! This summer our office will be open Monday to Thursday, 10 a.m.-2 p.m.

**Drop in to say hi and inquire about our literacy supports!**



## 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](mailto: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](http://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 August/September 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 below), one in the ad on page 8, 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](mailto: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 August 17th and orders, if possible, will be delivered on August 18th (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 89 winners:**  
**Karen Vriezn and Kathy Floyd**

## Music @ Portland summer concerts

By **Lois Irvine**

The free Music @ Portland concerts have begun and will be continuing to Tuesday, August 15th. Please join us on Tuesday evenings at 7 p.m. in the parking lot of Portland United Church off Millidge Avenue. If the weather is bad, we'll move inside the church. Free will donations to the North End Food Bank are welcomed.



Family  
Resource Centre  
(SJ) inc.

## Prenatal Classes


**Monday September 18 - October 30 2023**

211 Wentworth Street  
Saint John E2L 2T4

*Healthy snacks & transportation  
support available*

### Register:

**506-633-2182 ext. 207**  
**[courteney.demerchant@frc-](mailto:courteney.demerchant@frc-crfsaintjohn.com)**  
**[crfsaintjohn.com](http://crfsaintjohn.com)**

  
<https://frc-crfsaintjohn.com/>



**Saint John Christmas Exchange**  
Help us fill empty baskets so that  
everyone can enjoy Christmas dinner!  
November 14, 2023 - December 1, 2023  
email: [sjchristmasexchange@nb.aibn.com](mailto:sjchristmasexchange@nb.aibn.com)  
call: 506-634-7868



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**



## North of Union: free heritage walking tour and concert

***By David Goss***

This event will be held each Thursday to October 26th, 10:15 a.m.–12:15 p.m.

David Goss leads a tour from the Saint John Arts Centre (20 Peel Plaza) at 10:15 a.m. to highlight the Loyalist history of this area which survived the Great Fire. After a one-hour walk, at 11:30 a.m. Tim Blackmore presents a 45-minute keyboard concert titled “Georgian Serenade” which features music the first settlers would have known.

Participants can attend either portion of the program or both. The walk is limited to 25, and the concert to 50 people. There is no fee for this program as it is sponsored by the Early Music Studio, the Saint John Arts Centre, the Music Performance Trust Fund, the City of Saint John, and the Province of New Brunswick.

# Walks 'n Talks Summer 2023



***Co-ordinated and sometimes led by David Goss***

The 45th year of this popular program will feature the usual array of 1.5-hour, 2-3 km walks in and around Saint John. There will be a commentary which is a mix of folklore, legend, and factual history and there will be a number of guest commentators. There is no charge, as the sponsors cover costs of research and presenters' honorariums. Tips to presenters are always welcome and appreciated. If it is wet at 6 p.m. the event might be cancelled till the next night. Call 506-672-8601 for details. Dress for unsettled weather. All participants come at their own risk; neither the sponsors nor presenters can be held liable for any mishap. *(Photo supplied by David Goss)*

**All walks below are on Tuesdays at 7:15 p.m.**

- August 8th: Fernhill Cemetery, 200 Westmorland Road. Harold E. Wright will continue his A-Z stories of some of the 40,000 stones in this cemetery. Sponsor is Fernhill Cemetery. Watch for signs from the office area to the site of the walk.

- August 15th: Meet at Brennan's Funeral Home 111 Paradise Row. From Paradise to Mount Pleasant led by David Goss. This will be one of our longer tours as we explore the neighbourhood north of Paradise Row which began life as the city's first suburb and still retains an 1880's aura. Some may wish to drive to the heart of the walk area from start point. Sponsored by Brennan's Funeral Home and Crematorium where snacks will be enjoyed following the walk.

- August 22th: Meet at City Hall Plaza. King Street and its changes from Market Square to King's Square. Led by David Goss, this tour will point out changes in this street since it was a path to the wells near King's Square until today, using readers sharing material various writers have produced to describe the street as they knew it. Sponsored by Envision Saint John.

# Summer Sounds at Trinity Church

**Mondays, 7:15 p.m., June 12th - August 28th**

**Trinity Church Saint John, 115 Charlotte Street**

A free will offering will be taken - 50% each to the performers and to Trinity renovations. Charlotte and Germain doors both open at 7 p.m.

July 31st: Music for the Stage – Soprano Mary Louise Belyea

August 7th: Andrew Clark - Balladeer and guitarist extraordinaire

August 14th: Choral Folk Songs -The Saint John Chorale & Spencer Belyea

August 21st: Evening Strings with Stephen Mott and Friends

August 28st: Pipe Organ Favorites with Recitalist Michael Molloy

Summer Sounds is coordinated by Trinitarians David Goss and Spencer Belyea. For details or changes of program, call 506-693-8558 or email [gosswalk@nbnet.nb.ca](mailto:gosswalk@nbnet.nb.ca).

## The Connecting Series

## The Connecting Series

For Parents/Grandparents/Caregivers &amp; Children (2-5 years)

 Dates: Tuesdays and Thursdays

August (1st, 3rd, 8th & 10th) 2023

Time: 10:00 -10:45 am

**Location: St. Mary and St. Bartholomew Church**

**646 Westmorland Rd., Saint John NB**

What you need:

A blanket/yoga mat, comfortable clothes & your kids.

**Limited spaces available.**

RSVP to [aroy@facenb.ca](mailto:aroy@facenb.ca) or [nfifi@facenb.ca](mailto:nfifi@facenb.ca)



***By Alison Roy, Family Educator***

**Family and Child Education Anglophone South**

Life gets so busy and takes us away from the ones we love. Come join us for four sessions of calming activities over two weeks, to connect and spend quality time with your kids.

**Limited spaces available, register at:  
aroy@facenb.ca or nfifi@facenb.ca.**

**You're Invited**

**Saint John EX**

**50/50 draw!!**

**!! Bingo Luncheon !!**

**Wednesday, August 23rd, seated by 12 noon**

**Tickets \$10 presold, available at Exhibition Park**

**office, 37 McAllister Drive**

**Entertainment by Delbert!**

**Games and prizes all afternoon!**

**Call 633-2020 ext. 1 for details**



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## Saint John Southwest Retiree Employment Agency



Abiola, Leslie, and Joanna (Photo: Kaléidoscope Social Impact )

**By Joanna Killen, Kaléidoscope Social Impact**

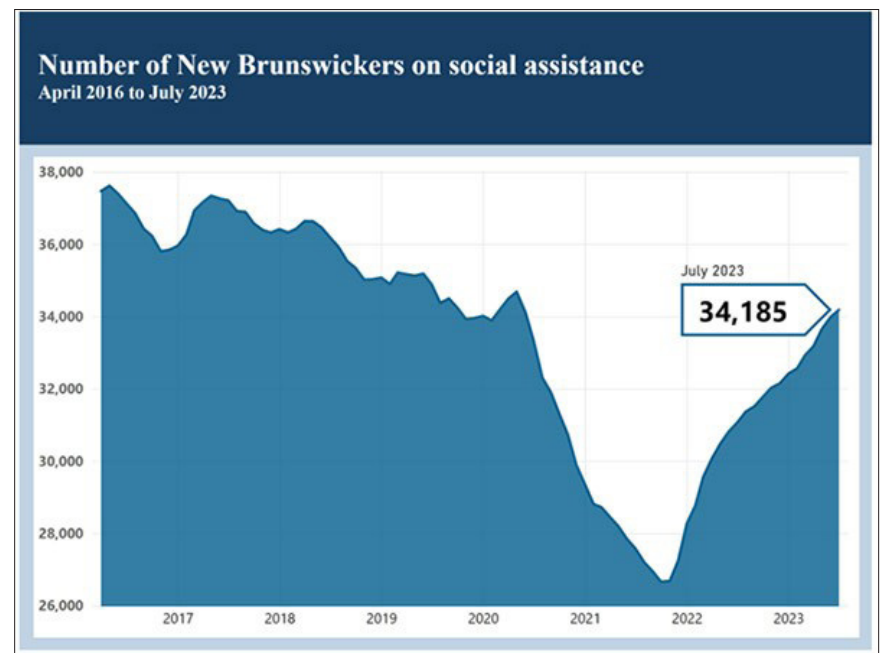
New Brunswick has recognized the pressing need for human resources in the region, and to address this demand, the Retiree Employment Agency has been established as a province-wide initiative. This valuable service, provided free of charge, aims to connect retirees aged 50 and above, eager to return to the workforce, with employers requiring skilled individuals to fill employment gaps.

The Retiree Employment Agency offers a remarkable solution for businesses seeking short-term labour by harnessing the expertise of retired professionals. With years of experience under their belts, these retirees possess a wealth of skills and knowledge that can greatly benefit employers.

Abiola Daramola, Leslie Parham, and Joanna Killen lead the Retiree Employment Agency with the support of Kaléidoscope Social Impact. Their expertise guarantees that retirees and employers are connected seamlessly, fostering positive outcomes for both parties involved. Whether retirees are seeking new adventures or employers are in need of experienced professionals, the Retiree Employment Agency is committed to facilitating meaningful connections and contributing to the region's economic growth.

For more information or to participate in this program, interested individuals can contact the Retiree Employment Agency directly at (506) 652-5626 Extension 5 or [abiola@kaleidoscopeimpact.com](mailto:abiola@kaleidoscopeimpact.com) and begin exploring the endless possibilities today.

## Income supports work!



The rising number of individual New Brunswickers on social assistance (Image: <https://www2.gnb.ca>)

**By Randy Hatfield, Executive Director,  
Human Development Council (HDC)**

During the COVID pandemic, the federal government rolled out a number of income support programs. \$105.2 billion went to workers through the Canadian Emergency Recovery Benefit (CERB). According to Statistics Canada, about 167,360 New Brunswickers received CERB payments, totaling about \$1.3 billion in income support.

As income support programs rolled out, the number of households and individuals on welfare in New Brunswick started to fall. By October 2021, the number of cases and individuals on welfare fell to the lowest level in more than 15 years.

Since CERB stopped, the number of households and individuals on welfare started to climb. By June 2023, that number reached pre-pandemic levels. And there's no sign that the numbers won't continue to rise.

The lesson? Income support programs work! They put more money in the hands of low-income families and individuals and decreased the number of New Brunswickers who rely on welfare to meet their basic needs. (A single individual considered employable is entitled to only \$637 a month).

On January 9th Saint John Deputy Mayor John MacKenzie's motion calling on the city to ask the federal and provincial government for a "guaranteed livable basic income" got unanimous support. The motion called on Council to direct "the Office of the Mayor to write a letter to the Prime Minister, New Brunswick Members of Parliament and the Senate, the Premier of New Brunswick, Members of the Legislative Assembly of New Brunswick, and the Fundy Regional Service Commission, calling on these orders of government to work towards implementing a Guaranteed Livable Basic Income to eradicate poverty and homelessness, and ensure everyone has sufficient income to meet their basic needs."

**Let's hope the work begins soon!**





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## Let's see our money differently



**Column and above photo by Darlene Jones, Financial Literacy Coordinator, Kaléidoscope Social Impact**

Are you looking for some pleasures in life? What are your hobbies? Do they cost you money? It is impossible to have hobbies that do not cost money, but there has to be balance.

Dealing with the high cost of living necessities has many of us believing we are unable to live the type of lifestyle we value. How do you pass a rainy day? The summer? The long winter? If you are looking to try new ideas, here are a few suggestions.

**Create an entertainment calendar**  
Make a list of fun things you would like to do. Planning your time can save you money. By scheduling your time every week, you can then allocate money to your events. You will also be taking away the power of emotions when you plan. All of us have spent money due to boredom, sadness, etc.

**Look for new recipes**  
Cooking is a useful life skill as well as a fun way to spend your time. You can find free cooking recipes on the internet. As a bonus, plan a theme night including costumes and decorations.

**Try geocaching**  
Geocaching is a fascinating and exciting hobby that costs very little. All you need is a GPS-capable device, i.e., your phone. There are many adventures to go on though geocaching. Get to know your neighbourhood from a fresh set of eyes.

I would encourage you to take inventory of your time, money, and lifestyle. Are you able to balance these resources so that you have something fun to do whether there is money or not?

**No matter the size of your bank account, how you spend your money matters.**



Kaléidoscope Social Impact staff looking for different perceptions on work, life, and play. Photo taken on the roof of the Social Enterprise HUB (Photo: Jade Cashin, NB Social Pediatrics)

## Identifying blue-green algae in Saint John's waters



Example of a surface bloom (Photo: ACAP Saint John)

**By Peace Omodele, Engagement and Communications Specialist, ACAP Saint John**

In Saint John's waterways, we have a neighbour, cyanobacteria, commonly called blue-green algae. Often mistaken for algae, these vibrant green microorganisms transform sunlight into oxygen, enriching our environment. But in excess, they form harmful blooms, threatening our water's health and our pets.

Being able to identify cyanobacteria is vital. They appear in all types of waterways either as surface blooms or on the bottom as mats. They can be different colours but the most common are green, blue-green, or brown. Sometimes, it can smell musty. Dogs are attracted to the scent of decaying mat material and might get sick if they drink this water or eat mat material. If you see something and you're not sure what it is, it's better to be safe.

We have resources to help you understand and identify these on our website, [www.acapsj.org/cyano](http://www.acapsj.org/cyano). There, you'll find easy ways to spot cyanobacteria and to keep your pets safe. Let's work together to ensure safe water for everyone, including our furry friends.

## My story

**By Laura Doucette (continued from page 1)**

Next, I took the Power Up program, which empowered me through experiences like volunteering, developing collaboration skills, and learning to spread kindness and joy within my community. This helped me feel more confident and see post-secondary education as an option. With this new goal, I began meeting with a coach to discuss my post-secondary options. While we worked together, I graduated from Power Up and began the Healthy Self-Esteem program to support my growing sense of self-confidence. In May I graduated from the Healthy Self-Esteem program feeling empowered, full of joy, and excited for what comes next.

Today I am studying and looking forward to finishing my math upgrading course and starting at New Brunswick Community College (NBCC) in the fall. I am being challenged, and I am rising to these challenges.

**Editor's note: Laura plans to study Business Administration at NBCC. Best of luck, Laura!**

**For information about General Educational Development (GED), the Learning Exchange Academic Program (LEAP), and Workplace Essential Skills (WESLinks), visit the Saint John Learning Exchange website at <https://sjle.org> or call 506-648-0202.**

## SJNC honours the richness of cultures



**Sochi Azuh, Communication Specialist, SJNC**

The Saint John Newcomers Centre (SJNC) organized a celebration to commemorate Canadian Multiculturalism Day on June 27, 2023, at Market Square Atrium. The Centre’s mandate is to improve the cultural, social, and economic well-being of the Saint John region through supporting newcomer settlement and integration. The Centre also organizes events like the Saint John International Culture Fest to showcase newcomers’ diversity and contribution to the city. The event, opened by MP Wayne Long, drew hundreds of people from different cultures to celebrate the city’s growing diversity. The event featured dozens of vendors like Costco, who celebrate multiculturalism. The highlight was a Volunteer Appreciation Award ceremony to express SJNC’s gratitude to the incredible volunteers who dedicated their time and effort to support newcomers on their settlement journey. Mayor Nancy Grant of Rothesay received the Elizabeth White Spirit Award. Above: SJNC team, volunteers, and guests (Photo: Anass Hassanine)



# STANDING FOR YOU!



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

## Susan Hachey Walk-a-Thon raises \$1,250 for Strong Communities



*Kara Fillmore and members of Susan Hachey’s family as they lead the walk along Churchill Boulevard (Photo: Shelagh Murphy)*

**By Jennifer Yeomans, Manager of Fund Development and Marketing and Shelagh Murphy, Communication Coordinator – YMCA of Greater Saint John**

Susan Hachey worked at the YMCA of Greater Saint John Child Care for 25 years, working with each age group before becoming a Director of Child Care, where she remained for 18 years. As retirement grew closer, Susan moved to working part-time with the After School-aged children for three years.

All through these years, Susan remained very passionate about raising money for the Strong Kids Campaign, now called Strong Communities Campaign. Susan helped organize different fundraising events throughout the years. In 2009, Susan thought that a walk-a-thon would be fun for all and would benefit the Strong Kids Campaign greatly. This walk was a success and continued throughout the years.

Susan passed away in September of 2022. To carry on Susan’s legacy the YMCA honoured Susan by hosting The Susan Hachey Walk-A-Thon for Strong Communities on Friday, June 16th. Children, educators, and a few other Regional Y staff walked along Churchill Blvd and raised \$1,250.

## Discovering ourselves through art

**Nick Wood, EFryNB Support Worker**

Every Wednesday morning at Elizabeth Fry New Brunswick (EFryNB) on Adelaide Street, Kim Cookson facilitates a safe space art therapy session to invite folks to find their inner creativity through expressive art. Kim loves inviting individuals to allow the energy of what each one is feeling to express an inner sense of self in the world, in art. This can include drawing, colouring, painting, and, of course, being your creative self. Participants are encouraged to observe nature and be spontaneous and curious while learning to express themselves through colour and different art forms. Kim, who has facilitated programs in the art therapy community since 2000, brings with her a Ph.D. in Art Therapy. Kim’s favourite quote is – “The one thing no one else has is you. Your voice, your mind, your story, and your vision [are] as unique and special as a snowflake. So, write, draw, paint, dance, create, and live only as the creator in you can.” Come as you, Art. To learn more, please call our office at 506-635-8851.



*Nature and art (Photo: Judy Murphy)*

## October is Breast Cancer Awareness Month!



*The 2022 pink ribbon (Photo: Saint John Fire Department)*

***By Stacey Hamdan, Run Day Experience Lead  
CIBC Run for the Cure Committee***

One in eight Canadian women will be diagnosed with breast cancer in their lifetime. The volunteers of the Saint John CIBC Run for the Cure committee also organize the annual Tea of Hope to honour those who share this life-altering experience. The Tea represents strength in numbers, a support system, and hope to those who may need some inspiration. Join us on September 24th, at no charge, for a light lunch and games with prizes.

Our “Hope Participants” are the center of attention on Run Day (as pictured) as we form together to create the pink ribbon. It is not necessary to participate in the Run to attend the Tea if you have had a breast cancer diagnosis. Space is limited - RSVP by September 1st, 2023: <https://bit.ly/TeaOfHope>. The Run will be held on October 1st at Fisher Lakes. Check out how you can get involved at: <https://cancer.ca/en/get-involved/volunteer>

## Port SJ and partners win award



*Dillion, Hatch and Port Saint John teams at the ACEC-NB Awards Gala  
(Photo: Dillion Consulting Limited)*

### *By Port Saint John*

Port Saint John is pleased to announce that along with our partners Dillion and Hatch, our West Side Terminal Modernization Project has won the Power of Collaboration Award at the Association of Consulting Engineering Companies (ACEC) NB awards gala.

The \$205M Modernization project will allow for a new deeper berth, a deeper, wider main channel, and expanded terminal capacity. For reference, it's where the two new post-Panamax DP World cranes sit! We're excited to win this award as the Modernization project comes to completion, on time and on budget. We could not have done it without the guidance of our partners at Hatch and Dillion.

## New lending objects bring summer fun to the library



**By S.D. Thompson**

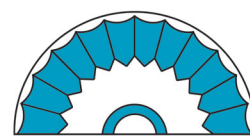
The Saint John Free Public Library, Market Square, is more than just a place to pick up your summer read. It also has many new lending objects sure to brighten the foggiest summer!

Get around in style on some sweet wheels. Electric and kick scooters join skateboards in the collection. For those who prefer travelling on their own two feet, Nordic walking poles are also available.

Whether your game is basketball or badminton, volleyball or bocce, the library has sports equipment available so you can share an active time with your family or friends. If it's too rainy to go outdoors, stay in and cook with the library's slow cooker, Instant Pot, and stand mixer!

All lending objects are available to be signed out for one week and they must be returned to their home branch. Unlike books and DVDs, lending objects cannot be renewed.

Please visit the library to see everything you're able to borrow!



BIBLIOTHÈQUE PUBLIQUE DE  
SAINT JOHN FREE PUBLIC LIBRARY  
SUCCURSALE CENTRALE | MAIN BRANCH

**You're Invited**  
**Saint John EX** 50/50 draw!!

# !! Bingo Luncheon !!

**Wednesday, August 23rd, seated by 12 noon**

**Tickets \$10 presold, available at Exhibition Park office, 37 McAllister Drive**

**Entertainment by Delbert!**

**Games and prizes all afternoon!**

**Call 633-2020 ext. 1 for details**

2022 Civic Recognition Awards



Story and photo from The City of Saint John website

The City held its annual Civic Recognition Awards on Monday June 19th, recognizing outstanding contributions and achievements by residents and organizations that made a significant impact on our city in 2022. Saint John Mayor Donna Reardon presented commemorative certificates to three organizations and five individuals to thank them for their outstanding work in the community. “We are so proud of the hard work of these recipients and their passion to create change in their home city is inspiring to witness,” said Mayor Reardon.

2022 award recipients:

- 100 Women Who Care of Great Saint John: Citizen of the Year
- Sistema NB Saint John Centre: Citizen of the Year
- The Human Development Council: Citizen of the Year
- Mary LeSage: Council Commendation
- Herb Doughty: Council Commendation
- Dr. Mike Simon: Council Commendation
- Gary Brown Sr: Council Commendation
- Rev. Jasmine Chandra: Council Commendation

Left to right (back): Councillor Joanna Killen, Councillor Greg Stewart, Councillor Brent Harris, Councillor Greg Norton, Councillor David Hickey, Councillor Barry Ogden, Deputy Mayor John MacKenzie. Left to right (middle): Councillor Gerry Lowe, Councillor Gary Sullivan, Rev. Jasmine Chandra, Randy Hatfield (The Human Development Council), Mayor Donna Reardon, Dr. Mike Simon, Rachel Kidd (Sistema NB), Councillor Paula Radwan. Left to right (front): Gary Brown Sr., Herb Doughty, Mary LeSage, Greg Bishop (The Human Development Council) and Debbie Rathwell (100 Women Who Care).

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

211: help for you at your own pace



Story adapted from caller testimonials, and submitted by Daniela Fernandez, Director of Community Engagement for 211 NB

When a caller has suffered a shock, they might not be ready or able to receive referrals right away. 211 Navigators are sensitive to this, and can adapt by giving information and referrals in a way that works best for the client.

A 211 Navigator received a call from a woman who had recently received a new diagnosis of cancer. She was crying on the phone and overwhelmed with the news. She told the Service Navigator that she did not have a lot of time to talk, but she wanted resources/ support for cancer patients. She was crying a lot, and unable to find a pen and paper. The 211 Navigator displayed empathy for the caller’s situation, and let her talk about her emotions. She then offered to send information on cancer support organizations with their contact details by email. The caller agreed to that and thanked the Service Navigator for the service, as well as her patience and willingness to send info in writing for her to review at her own pace. (Photo: FatCamera from Getty Images Signature)

The Kindness Closet



The unique array of clothes sold at The Kindness Closet, all of which keep textiles from the landfill (Photo: The Kindness Closet)

By Luc Wolfe, Summer Intern/Peer Support Worker, Chroma NB

Chroma started its partnership with The Kindness Closet in May 2023. The Kindness Closet, a thrift boutique with a vision to make the world a kinder place, has made an excellent partner. As part of our partnership, a fellow intern and I volunteer in The Kindness Closet. The boutique brings a sense of community where I often see familiar faces each week. Our partnership has also found a new home for Chroma’s chest binders and Chroma’s Binder Library. This change to a new space has allowed more opportunity for folks to access the garments, try on the garments, and take home any that are available. Chest binders are gender-affirming garments worn most commonly by trans masculine people, and those that wish to reduce the look of breasts.

Palestinian embroidery workshops



Above and below: workshop participants happily share the result of their work. (Photos: Lina Gharbiya)

By Dr. Helmi Alfarra,  
The Atlantic Canada Palestinian Society of Saint John (ACPS-SJ)

The Atlantic Canada Palestinian Society of Saint John (ACPS-SJ) is delighted to announce the launch of a ground-breaking workshop series on Palestinian embroidery, titled “Palestinian Tartreez Café,” in Saint John, New Brunswick. This pioneering initiative, made possible through the generous support of the Art Board of the City of Saint John and the NB Multicultural grant program, seeks to teach participants an ancient craft with a history spanning over 3,000 years, while providing them with a captivating glimpse into Palestinian culture.

These workshops take place in various locations across Saint John, ensuring accessibility for diverse communities. The first workshop (May 28th-June 18th) took place at the Carleton Community Centre. This workshop was conducted in a hybrid format, with expert instructor Lana AlKhammash from Nova Scotia guiding participants in person. The second workshop began on July 8th at the Crescent Valley Community Tenants Association. The third workshop is scheduled to begin on August 6th at Loch Lomond Villa in collaboration with the Seniors Outreach Program.

Further workshops will be scheduled and advertised on the ACPS-SJ social media platforms. For those interested in joining the upcoming workshops, please reach out to ACPS-SJ via email at [info.acps.sj@gmail.com](mailto:info.acps.sj@gmail.com). Stay informed about the society's programs by following our Instagram account, [@acps.sj](#), our Facebook page ACPS of Saint John, and our Twitter handle, [@acpssj50140](#). ACPS-SJ remains steadfast in its commitment to cultural exchange, celebrating diversity, and preserving Palestinian heritage. We invite you to join us on this artistic journey and immerse yourself in a unique cultural experience that fosters connection among communities.



PRUDE Inc. celebrates  
Canadian Multiculturalism Day in style



Local Member of Parliament Wayne Long (left) along with the Cultural Ambassadors, staff, and volunteers of PRUDE Inc. (Photo: PRUDE Inc.)

By Jasmine Dsouza, MBA Intern, PRUDE Inc. (Pride of Race, Unity and Dignity through Education)

On June 27th, 2023, PRUDE Inc. joined the rest of the country to celebrate Canadian Multiculturalism Day with a sensational event at the Saint John Arts Centre. Local Member of Parliament, Wayne Long, Ward 3 Councillor, David Hickey, and Greg Cutler from the City of Saint John were among the dignitaries that joined newcomers and residents in the festivities. PRUDE Inc.’s Cultural Ambassadors from 13 countries showcased their traditions and culinary delights, and enthralled the audience with music renditions, folktales, and dance performances.

Organized by PRUDE Inc.’s dedicated volunteers and staff, the event exceeded expectations, creating a sense of unity and deep appreciation for our unique cultural diversity here in Saint John. Multiculturalism Day reinforces the significance of acknowledging different ethnicities, backgrounds, and values within Canadian society. PRUDE Inc. extends its gratitude to everyone who participated, whether as volunteers, performers, or members of the audience. Through such collective efforts, the City of Saint John continues to foster a more harmonious, welcoming, and inclusive community for all stakeholders to feel a deep sense of belonging. As we look forward to future celebrations, PRUDE Inc. continues to be a driving force in promoting diversity, equity, and inclusion in ways that ensure that all persons are celebrated, respected, and valued.



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Immigration, Réfugiés  
et Citoyenneté Canada

## Councillors' Corner: Paula Radwan on the City Market

***As a Saint Johner what does the City Market mean to you?***



The City Market is a priceless piece of heritage. As a little girl I would get so excited when Mom would take me up town! The market has such a special feel. We had shipbuilding in the city for so many years, and the top of the market being designed like the bottom of a ship was always intriguing to me. But being able to get fresh fruits and vegetables, seafood, all the local vendors in there...it's definitely a gem that needs to be preserved.

### ***Where are we in the process of renovating the City Market?***

This consultation started about a year ago. The consultant is coming with eyes from outside, and that's not a bad thing. But they were also getting so much information from locals. Like, what does it mean to you? What's important to have there? What sort of changes should be made? The final strategic plan will be brought to Growth Committee July 4th. I guess that the first staff recommendations will come to Council July 24th. It is a ten-year plan. Money is not sourced for it yet. And we won't necessarily do everything they are recommending. If there any changes to the structure, we still need structural engineers to make sure that it would be safe to do it and how much it would cost.

***If people have thoughts, can they still submit them?***

They can certainly always share their thoughts with Council because even if staff come forward and say, "We're hoping to make this change, it's going to cost X", in the end, it's Council that will say yea or nay.

**What would you like to see done with the City Market?**

It does need to have some sort of structure changes so that it flows a bit better; some people use the City Market as a pass-through place to get to Brunswick Square and Market Square. We want it to be more of a destination. The poster is showing that people would be sitting around the middle of the market. I love that. I think it'll make people feel like they're more a part of the market. That's one positive thing, but it's going to require a substantial amount of funding. There has been some talk about issues with rodents and security. This Council has already invested in some security cameras. It's supposed to be happening by the end of this year. I think to beef up pest control is going to be huge. There's been a lot of suggestion about offering services – maybe a barber, somebody doing shoe-shine, those sorts of things. If you're offering services as well as product, then it drives more traffic into the market. You need something that you're able to do in the open, let it have that same feel of you seeing what the business is doing, while you're sitting there, having your sandwich or soup.

The City, the Federal Government, and the Province invested in the outside, and the City are using the upper floors for offices. If you have people up there working all the time, that's their place to go for lunch or to buy gifts, right? So now it's just to make sure that there's lots in there for everybody, both for locals and tourists too.



## Around The Block Team (Issue 90)

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**Lower South End: Mary LeSage and Lisa Morris**  
**Crescent Valley: Anne Driscoll**  
**Waterloo Village: Penni Eisenhauer and Jasmine Chandra**  
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**and Lorna Brown**  
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**Civic Tech Saint John pausing  
till mid-September – but stay tuned!**



*This is what Civic Tech is all about - volunteers helping the community.  
We took a moment to thank them!*

**Story and photos by Civic Tech Co-organizers**

CTSJ finished the season with two great events.

We had a huge Pitch YOU and Pizza night on May 31st at the Kent Theatre (see *below*), at which more than 100 job seekers (mostly newcomers) pitched their skills to prominent employers such as JDI, Xerox, Crosby Molasses, and the City of Saint John.

We followed that up with our farewell potluck party and volunteer appreciation awards on June 6th. Civic Tech has become a community of friends! (See *above*.)

From June 13th to mid-September, we'll be hitting the pause button on our regular events. Mark your calendars, set those reminders, and get ready to join us again in mid-September for an electrifying return to action on Tuesday nights! We're already cooking up our next events and great opportunities for you. You won't want to miss it!

Wishing you a sensational summer filled with sunshine, adventures, and unforgettable moments. We can't wait to see you and hear your brilliant ideas once again. Stay awesome, stay inspired, and stay tuned!

Project work continues over the summer. Feel free to reach out anytime at: [civictechsaintjohn@gmail.com](mailto:civictechsaintjohn@gmail.com)





AUGUST 29 - SEPTEMBER 2  
TUESDAY TO THURSDAY GATES OPEN 2PM  
FRIDAY & SATURDAY GATES OPEN 12 MIDDAY

## DON'T MISS OUT ON...

East Coast Amusements Midway  
Horticultural & Handcraft Competitions  
Woodworking competitions  
Home Economics Competitions  
Danielle's Party Pets  
Swampbear Chainsaw Carvings  
Climbing Wall  
Science East  
Vendors Village (Building 1)  
Saint John Fire Dept-Fire House  
Back River Farm Haskap Display Building 3  
Jo-Dreen Farm with their Simmental cattle  
Chow Down Corner - Food Trucks  
Moonica the milking cow Building 3  
Beekeeper - Ryan Golden Building 3  
N.B. Potato Growers  
Egg Marketing of N.B.  
Appleman Farms  
Jumpai Bungee | Trampoline  
Giant Pirate Ship Inflatable  
Conservation Trailer  
Poultry Exhibit and Competition

FREE  
ADMISSION  
EVERYDAY!

FIREWORKS  
TUESDAY  
NIGHT!

HORSE  
RIDES

ARTISANS  
SMALL  
BUSINESS  
VENDOR  
VILLAGE

## FREE DAILY SHOWS...

Ride the Vibe Motorcycle Show (3 shows daily)  
Superhéros Alex Animation (shows and strolls daily)  
The Domino Man (2 topples daily)

## AS WELL AS...

Fireworks - Tuesday, August 29th - 10PM  
Gary Morris & Friends - Irving Oil Field House - Tue. 7:30PM  
Valley Cruisers Car Show - Wednesday August 30th - 7PM  
Chris Cummings; Kevin Chase & Guest Thursday August 31st  
Donnie and the Monarchs with Del Worden & party line - Wed. Aug. 30th

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Check out our website!

[sjexhibitionpark.com](http://sjexhibitionpark.com)