

CRESCENT VALLEY NEWS

Respect for me | Respect for you | Taking responsibility for all I do



A SENSE OF COMMUNITY - Wanda Roche

The Crescent Valley community has lost a good neighbour. Wanda Roche died in a tragic accident on February 13, 2024.

A resident of the CV neighbourhood since 1977, Wanda understood what a “good neighbour” meant; being a good neighbour leads to a great neighbourhood with lots of services and activities. But Wanda knew that didn’t come easily, it required work. She knew how important it was to be involved in planning events to make them successful. She led by example. She accepted her responsibility to participate, to show up for meetings, ask questions and be involved in the cleanup. She knew that is what good neighbours do so everyone benefits.

We can all learn from Wanda. She showed us how to create a space where everyone is included. She encouraged change while respecting tradition. Wanda spent the better part of her life working to improve Crescent Valley and our neighbourhood is a better place because of her sense of community. Her kindness, generosity, smile, sense of humour and heart warming laugh will be fondly remembered.



NEW BRUNSWICK WORKERS BENEFIT

Working New Brunswickers can apply for a one-time benefit of \$300. To apply, you must have made AT LEAST \$3,000 of working income on your last tax return. If you need help applying for the benefit, please call Rachel at the CV Resource Centre, (506) 693-8513, or stop in to see us at 130 MacLaren Blvd!

To qualify, applicants must:

- Apply by June 30, 2024
- Be a New Brunswick resident at the time of their application
- Have been aged 19 or older as of Dec. 31, 2023

For 2022 or 2023:

- Filed a New Brunswick tax return
- Had family net income of \$70,000 or less for that taxation year
- Had family working income of \$3,000 or more for that taxation year

Only one benefit will be distributed to each family, with single people considered their own family unit.

EASTER SURPRISE BAGS

Happy Easter! To celebrate bunny time the CVRC is giving away surprise bags on Thursday, March 28th **starting at 2:45 pm**. These surprise bags will have a nice mix of delicious and nutritious treats and Easter goodies.

This giveaway is first come, first served so get to the blue building before they're all gone! Supplies are limited. Thank you to Jack Kidd Council #755 for supporting this event.

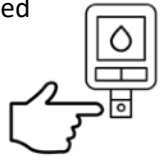


BOOK GIVEAWAY FOR ADULTS

The CVRC is hosting a FREE book give away for people 16 years and over on Friday March 15th between 9am-4pm. There will be lots of non-fiction and fiction in a variety of different genres like romance, mystery, drama, science fiction, so come down to the CVRC to have your choice of any of the hundreds of books available. Make sure to get to the CVRC early before the best books go!

STAYING HEALTHY WITH DIABETES

Staying Healthy with Diabetes is a group class led by Brianne Watson, a Dietitian and Diabetes Educator, and held at the Crescent Valley Resource Centre, 130 MacLaren Blvd. from 1:00pm – 3:00pm on the following dates



(repeat of the same class on each date): Tuesday, March 19th, Tuesday, April 16th, and Tuesday, May 21st.

Anyone living in the North End or Crescent Valley who wants to learn more about diabetes are welcome to attend and can register by contacting the North End Wellness Centre (NEWC) at 506 649-2704.

INCOME TAX CLINIC

Neighbours -- Mark your calendars for the upcoming CVRC Income Tax Clinic!

The Crescent Valley Resource Centre will be doing tax returns from March 1st – April 19th, 2024. They will be completed on a drop-off basis. You will drop-off your tax returns and be contacted to pick them up when they have been completed. Drop-off can be done any time Monday-Friday, between 9am-4pm.

- ◆ If you do not pick your return up within 2 months, it will be shredded.
- ◆ We are accepting current and last year returns only.
- ◆ PLEASE NOTE: Space may be limited based on demand.

Please stop into the resource centre, 130 MacLaren Blvd., for more information or contact Rachel at:
Email: cvrc.milne@gmail.com, phone: (506) 693-8513.

Free Tax Clinics

Get your benefits and credits

If you have a modest income and a simple tax situation, volunteers can do your tax return for you!



Clinics are being run on a DROP-OFF BASIS.
You will be called when your tax return has been completed.

Where: Crescent Valley Resource Centre

When: March 1st, 2024 - April 19th, 2024

Drop-Off: Monday-Friday, 9am-4pm

Please bring government-issued ID and your tax documentation.

HEALTHY START BREAKFAST



Take-home or eat in. Breakfast is available from 9:00am to 10:00am on Wednesdays and Fridays at CVRC, 130 MacLaren Blvd. It's free **and** delicious! Thank you UCT #755 for supporting our breakfast program.

HOPE MISSION

The Hope Mission runs weekly on Tuesdays and Thursdays, 9:30 AM - 12 Noon. We provide a hot brunch on Tuesdays and a hot lunch on Thursdays. Please contact Neal and Trena Davidson at 506-696-6621 to travel on the RiverCross Church bus from Crescent Valley to the Mission for this program.

Find the Mission at the corner of Durham and Metcalf Sts., same building as the North End Food Bank.

ST. LUKE'S CHURCH OUTREACH



St. Luke's Church on Main Street has take-out lunch on Mondays from 12pm-12:30pm, or while supplies last. Please use the back door on Metcalf Street.

**WHY DID THE LEPRECHAUN GO OUTSIDE?
TO SIT ON HIS PADDY-O!**



MARCH 17 IS ST. PATRICK'S DAY.



GRACE POINT

Grace Point, located at 500 Somerset Street, hosts worship services every Sunday at 3PM. Services include worship music and Bible teaching. Everyone is welcome!

COMMUNITY HEALTH NURSE DROP-IN CLINIC



The community health nurse will be at the CVRC, 130 MacLaren Blvd, every **Monday** (except holidays) between 1pm-3 pm.

Did you know you can also speak to the nurse about mental health concerns you may be experiencing? She can lend an ear and recommend mental health services that may benefit you.

A reminder that the nurse cannot write or refill prescriptions or order tests. No appointment is required, and all are welcome.



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**Digital Literacy classes are held at
55 MacLaren Blvd., on Tuesday and
Thursday mornings from
9:30am-11:30pm.**

CRESCENT VALLEY COMMUNITY TENANTS ASSOC.
UPCOMING EVENTS AND ACTIVITIES
55 MACLAREN BLVD.

- **General Monthly Meeting:** March 19, 7:00 PM. All are welcome, childcare is available.
- **Pancake Breakfast:** 10:00 AM - 12:00 PM.
Free, and open to all. Come for good food and good company, at 55 MacLaren Blvd.
- **Memberships** for the CVC Tenants Association are \$4.00 per family until April 1st, then they are \$5.00 for the year. If you are interested, please contact the CVCTA Secretary, Jennifer London, at 506-663-0557. Remember if you are a member of the CVCTA garden you must be a CVCTA member.



KIDS BOOK GIVEAWAY

Let's get reading! The CVRC is holding a kids book giveaway on Friday, March 22nd from 1pm-4pm. Adults are welcome to come grab a book or two for their kids, grand kids, etc or kids are welcome to come by to pick things out for themselves! ALSO, when you take a book you can enter into a draw to **win a 25\$ INDIGO GIFT CARD!** All you need to do is fill out a ballot with your full name and phone number, toss it in the ballot box! The winner will be notified the following Monday. Thank you to the UCT Jack Kidd Council #755 for donating this very cool prize.

RESUME HELP



The CVRC can provide help building, improving or printing your resume. Just come to the CVRC to grab a resume form, fill it out to the best of your ability and bring it back to us. We will use that info to put together a great resume for you! It doesn't matter if you haven't been employed for a long time or you are employed and looking for something new, anyone who's interested in this service is MORE than welcome!
You can call 506-693-8513 for more information or just come to 130 MacLaren Blvd. anytime to grab a resume form.

BREAKFAST SOCIAL

For CV & ADN Residents



The Crescent Valley Resource Centre hosts a Breakfast Social every second Wednesday between 9-10 am for residents of Crescent Valley and Anglin Drive (Wednesday, March 6 & 20).

Enjoy a light, healthy and delicious breakfast at the Centre; our usual takeout breakfast is also available to residents of the neighbourhood. Shout out to UCT#755 for support to our breakfast program.

GARBAGE PICK-UP REMINDERS

Neighbours, please remember that there are important guidelines for garbage, waste and compost pickup in Crescent Valley. By following the guidelines we can make garbage removal more efficient and help keep the neighbourhood looking tidy.

Please let NB Housing know if you have any questions or concerns about garbage pick-up. Thank you!

TIPS:

- Please put garbage out no later than 7:30 am on Thursday mornings for pick up on Thursday during the day.
- All garbage must be in garbage bags that are tied, (please put the bags in a garbage can if you have one) and placed at the curb-side where the collection team can get to it easily. ****Put it in a location where it is not blocked by vehicles and make sure it is within two meters of the curb.**

- There is a **Large Item Pickup** every Friday for anything large or loose which can't go in a bag, such as furniture. Place items at the curb by 7:30 am.



- **COMPOST BINS ARE FOR COMPOST, NOT GARBAGE.**

If you put garbage in the compost bin it WILL NOT be picked up.

Compost pick up is on Friday, and the cart should be placed at the curb by 7:30 am where the collection team can easily get to it.



Ramadan begins on March 11 this year. It is a month of fasting, prayer, reflection, and community for Muslims around the world.
Ramadan Mubarak / Happy Ramadan to our neighbours.

FOOD PURCHASING CLUB



Monthly order of fresh fruits and vegetables at reduced cost. Place an order (\$15.00 or \$25.00), and pick up at the following locations in the CV/ Millidgeville/North End areas: Crescent Valley Resource Centre, 130 MacLaren Blvd., 506-693-8513, or Nick Nicolle Community Centre, 85 Durham St., 506-658-2980. You can also pay by e-transfer to martha.macLean@horizonnb.ca.

Make sure to identify where you will be picking up your order on your e-transfer. Or, pay cash in person at either location when you place your order.

Pay by March 15, pick up on March 22.

In February the \$15.00 order contained: 2 lbs. Bananas, 1 lb. Kiwi, 4 Oranges, 1 Broccoli, 2 lbs. Carrots, 1 Celery, 5 lbs. Potatoes, 1 lb. Tomatoes.

The 25.00 order included all the above plus: 5 Apples, 4 Pears, 1 English Cucumber, 1 bunch Green Onions, and 1 Leaf lettuce.



CRESCENT VALLEY
RESOURCE CENTRE



@cvrcsj

The CVRC can **fax** resumes, pay stubs, tax forms and other important information, at no cost to you. We also have a photocopier to make copies of resumes or other important documents. **CLOTHING ROOM:** free, new & used clothing for women, men and children.

THE CRESCENT VALLEY RESOURCE CENTRE
GRATEFULLY ACKNOWLEDGES THE
GENEROUS SUPPORT OF



Your Environmental Trust Fund at Work

WIN A FOOD PURCHASE CLUB ORDER

The CVRC is giving away two \$15.00 Food Purchase Club orders. Fill out the ballot and drop it off to CVRC (use our mailbox after hours) by March 20 and you could be a lucky winner. Open to CV & Anglin Drive residents.

NAME

PHONE / ADDRESS

YMCA PLAYTIME



**AT THE NORTH HUB
ON MONDAYS**

Come and join us at our free Playtime. Enjoy the morning meeting new friends, playing and enjoying a nutritious snack. **MONDAYS (10:00 – 12:00)** – Early Childhood Hub North (HWSF). Join us on March 18th as we have our Green Day for Saint Patrick's day!

We still have spots in our free Pre-K program located at the North Hub(HWSF). This is a program for children born in 2019. To learn more about these programs, please contact Sarah Ross at elccoordinator@saintjohnny.ca or 506-271-4289.

Crescent Valley



Contacts

Anglin Drive Neighbourhood Tenants Assoc.

• 143 Anglin Drive, 506-658-9119

Crescent Valley Community Tenants Assoc. (CVCTA)

• Eva Feddery, President; 55 MacLaren Blvd., 506-658-9658, evafeddery11@gmail.com and on Facebook.

Crescent Valley Resource Centre (CVRC)

• Anne Driscoll - Executive Director,
130 MacLaren Blvd., 506-693-8513;
crescentvalleyresourcecentre@gmail.com,
Socials: @cvrcsj & www.crescentvalleyresourcecentre.ca

Hazen White - St. Francis School

• Jeanne Connors, Principal, 506-658-5343

The Growing Place Community Garden | Saint John Bike Share Program

• Crescent Valley Resource Centre, 506-693-8513

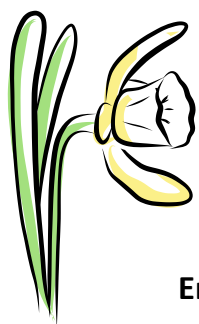
Social Development (Housing NB)

• Maintenance; 506-658-5167 | Pest Control; April, 506-643-2080
• Tony White, Tenant Relations Officer; 506-658-5162
• To apply for **any** programs and services with Social Development or Housing NB: 1-833-733-7835



THE NORTH END FOOD BANK IS OPEN EVERY TUESDAY FROM 10 AM TO 1 PM AND EVERY WEDNESDAY FROM 1 PM TO 3 PM.

IT IS LOCATED AT 211 MAIN ST. AT THE BACK - THE CORNER OF DURHAM STREET - METCALF STREET.



Happy Easter!

The Crescent Valley Resource Centre will be closed on Good Friday, March 29 and on Easter Monday, April 1.

Enjoy your Easter with friends and family.

2024 NEW BRUNSWICK LOW-INCOME SENIORS' BENEFIT: APPLICATIONS AVAILABLE AT CVRC ON APRIL 2



This benefit assists low-income seniors in New Brunswick.

To be eligible for the \$600 benefit, a person must:

- Have been a resident of the province on December 31 of the previous year,
- Be 60 years or older and
- Be receiving at least one of the following federal benefits:
 - Guaranteed Income Supplement (65 years or older)
 - Allowance for Survivor Program (between 60 and 64 years old)
 - Allowance Program (between 60 and 64 years old)

The application deadline is December 31, 2024.

Applications will be available at CVRC starting April 2.

We can help you fill out and fax or email the form for you, or, you can pick one up at Service New Brunswick on King's Sq. north, or complete the application online.

THE CRESCENT VALLEY COMMUNITY LIBRARY

The CVRC children's library will be stocked with some special **Easter** themed books for the month of March! Parents can come grab a few to read to their kids or they can bring the kids down to pick out a book themselves!



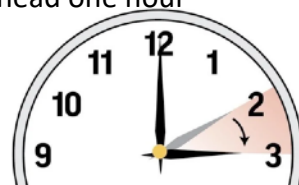
CVRC's library services are open Monday - Friday during the Centre's open hours. Kids and adults can come pick out books for themselves or for family, friends or neighbours. You don't need a card or any identification to borrow anything from our library and there is no time limit for borrowing. Just bring them back whenever you're finished! If you have any questions about our library services, feel free to call 506-693-8513.

Thank you to RBC and the City of Saint John for support to CVRC's Family Literacy Initiatives.

Daylight Saving Time

Daylight Saving Time begins on **Sunday, March 10 at 2:00am**. Move your clocks ahead one hour before bed Saturday night.

Spring Ahead



FAMILY DROP-IN PLAYGROUP AT CVRC



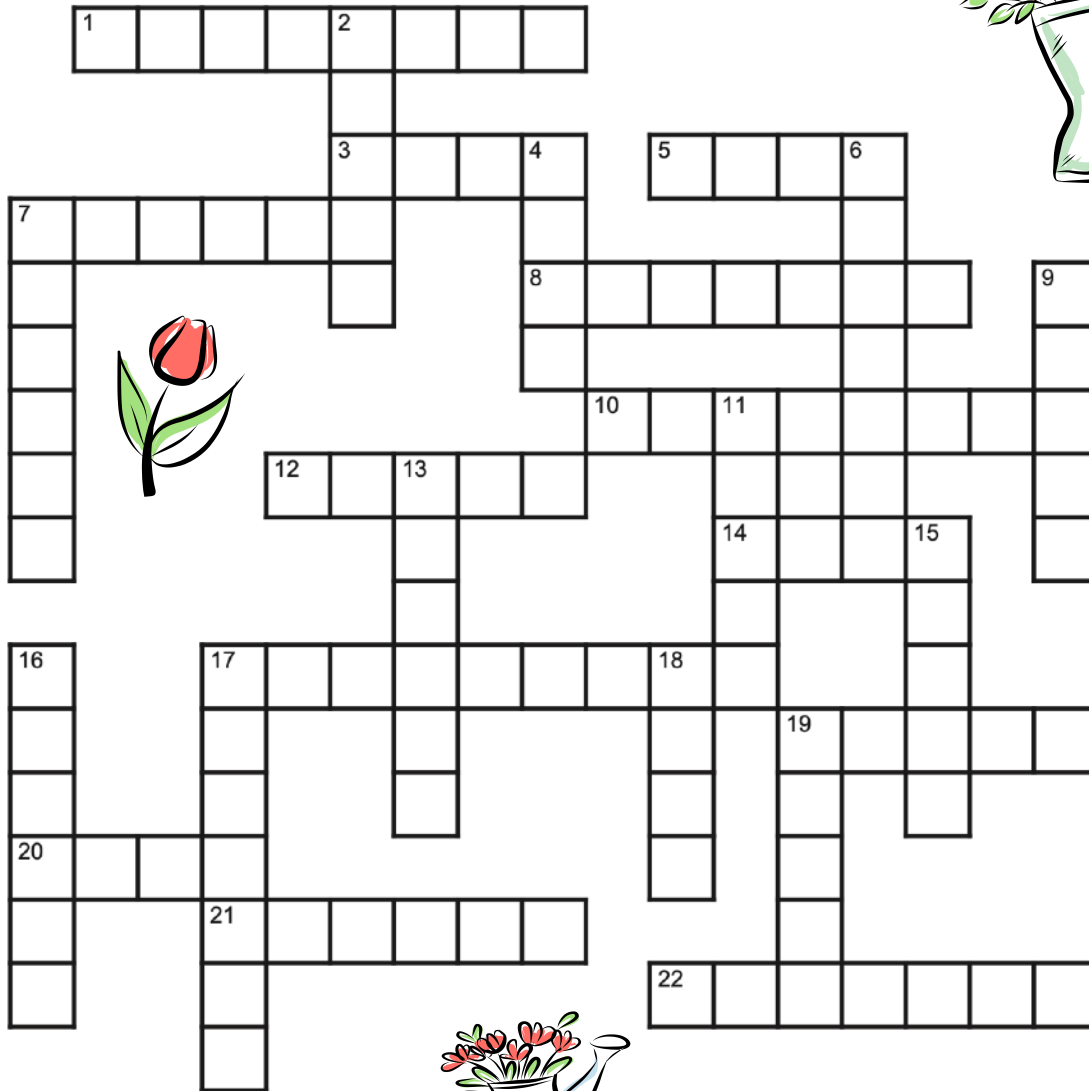
Parents and guardians, family drop-in playgroup with the Family Resource Centre happens at Crescent Valley Resource Centre on **TUESDAY mornings** - 10am-12pm.
No Playgroup during March Break.

Playgroup is for parents and caregivers of children ages 0-6. It is where you can spend time together and meet other parents and children from your community. Enjoy play, crafts and snacks together.

This program is free and pre-registration is NOT required, just come when you can! Contact Samantha at the FRC 506-633-2182 for information.



SPRINGTIME












Across

1. It warms and brightens everything.
3. Warm up from a freeze.
5. They make honey.
7. Meal in the park.
8. Colourful arc in the sky.
10. It keeps the rain off you.
12. The colour of spring grass.
14. Where a bird lives.
17. An adult caterpillar.
19. A baby chicken.
20. What chicks hatch from.
21. It comes after winter.
22. Red insect with black spots.

Down

2. Come out of an egg.
4. Wriggly creature that lives in the ground.
6. Short rainfalls.
7. Small pool of rain.
9. What the lawn is made of.
11. Another name for a rabbit.
13. A spring holiday.
15. Holland is famous for this flower.
16. Just a little wind.
17. Flower on a tree.
18. It is green and on a plant.
19. It might hide the sun.

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>Look inside the CV Newsletter for more information on events and programs mentioned in the calendar.</p> 				
<p>4</p> <p>10am Play Time at the Hub 1-3pm Community Health Nurse</p> 	<p>5</p> <p>10am-3:30pm March Break Hang Out</p>	<p>6</p> <p>9-10am Breakfast Social 10am -3:30pm March Break Hang Out</p>	<p>7</p> <p>Garbage Pick Up 10am-3:30pm March Break Hang Out</p>	<p>1</p> <p>Large Item Pick Up & Compost 9-10am Healthy Breakfast</p>
<p>11</p> <p>First day of RAMADAN 10am Play Time at the Hub 1-3pm Community Health Nurse</p> 	<p>12</p> <p>10am-12pm Family Playgroup 3-4pm Promise Partnership</p>	<p>13</p> <p>9-10am Healthy Breakfast 1pm Bingo</p> 	<p>14</p> <p>Garbage Pick Up 3-4pm Promise Partnership</p>	<p>15</p> <p>Large Item Pick Up & Compost Food Purchase Payment Due 9-10am Healthy Breakfast 9am-4pm Book Giveaway for Adults</p> 
<p>18</p> <p>10am Play Time at the Hub 1-3pm Community Health Nurse</p>	<p>19</p> <p>10am-12pm Family Playgroup 3-4pm Promise Partnership 1-3pm Staying Healthy with Diabetes 7pm CVCTA General Meeting</p>	<p>20</p> <p>First Day of Spring 9-10am Breakfast Social</p> 	<p>21</p> <p>Garbage Pick Up 3-4pm Promise Partnership</p> 	<p>22</p> <p>Large Item Pick Up & Compost 9-10am Healthy Breakfast 12-4pm Food Purchase Pick Up 1-4pm Book Giveaway for Kids</p>
<p>25</p> <p>10am Play Time at the Hub 1-3pm Community Health Nurse</p> 	<p>26</p> <p>10am-12pm Family Playgroup 3-4pm Promise Partnership</p>	<p>27</p> <p>9-10am Healthy Breakfast 1pm Bingo</p>	<p>28</p> <p>Garbage Pick Up 3-4pm Promise Partnership 2:45pm Easter Surprise Bags</p> 	<p>29</p> <p>Large Item Pick Up & Compost GOOD FRIDAY CVRC Closed today and Monday, April 1st</p>