

CRESCENT VALLEY NEWS

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

NB SOCIAL PEDIATRICS: MASK-MAKING AND PARENT Q&A EVENT

The Crescent Valley Resource Centre is partnering with NB Social Pediatrics to provide a mask-making event for kids ages 8-13, on **Monday, May 9th, from 3pm-4pm**. While the kids are making masks, parents can sit in on a presentation: *What is Attention Deficit Hyperactivity Disorder (ADHD)?* and Q&A event with Dr. Sarah Gander. This is a great way to get the answers to any questions you might have!



Please call Rachel at 693-8513 to REGISTER by Friday, May 6th – space is limited! (8 spots for children available and 16 spots for parents)! You can submit any specific questions you may have for Dr. Gander when you register.

2022 NEW BRUNSWICK LOW-INCOME SENIORS' BENEFIT: APPLICATIONS AVAILABLE AT CVRC



This benefit assists low-income seniors in New Brunswick. To be eligible for the \$400 benefit, a person must have been a resident of New Brunswick on Dec. 31, 2021, and have received one of the following federal benefits under the Old Age Security Act:

- 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, 2022.

Applications are available at CVRC, 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.

KIDS' BOOK GIVEAWAY

Let's get reading! The CVRC is holding a Kids' Book Giveaway on **Friday, May 13th from 10am-4pm**. Adults are welcome to come grab a book or two for their kids, grand kids, etc. and kids are welcome to come by to pick things out for themselves, too! There will be a mix of new and gently used books - so get some good ones before they're gone!

SUMMER SQUAD!



It's almost time for Summer Squad again! Summer Squad is a FREE day camp for children 6-12 years of age and is full of fun trips, swimming, games, reading, learning, art activities and all kinds of other cool things. Camp will consist of two groups of children - alternating weeks, Monday to Friday, 9:30am-3:30pm from June 27th to August 12th. Children are also provided a healthy breakfast, snacks and a lunch every day!

Registration forms will be available June 1st, so come by the Crescent Valley Resource Centre to get one. Parents or guardians must come to get forms, forms will not be given out to children. Make sure to get a form as soon as possible because space is limited and this camp fills up VERY FAST! Please note that due to high demand, filling out a form does not guarantee a spot in this camp.

مخيم الصيف

اقترّب موعد المخيم الصيفي! المخيم بكريستنت فالي هو مخيم نهارى مجاني للأطفال من سن 6 إلى 12 عامًا. إنه مليء بالرحلات الممتعة والألعاب والقراءة والتعلم والسباحة والأنشطة الفنية وفعاليات الرائعة الأخرى. سيتألف هذا المخيم من مجموعتين تتناوب كل اسبوع، من الاثنين إلى الجمعة، يبدأ من الساعة 9:30 صباحًا حتى 3:30 مساءً من 27 يونيو إلى 12 أغسطس. يحصل كل طفل أيضًا على وجبة فطور صحية ووجبات خفيفة ووجبة غداء كل يوم!

ستكون استمارات التسجيل متاحة في الأول من يونيو، لذا تفضل بزيارة مركز كريستنت فالي للحصول عليها. يجب على الآباء أو الأمهات الحضور للحصول على استمارات التسجيل، لن يتم إعطاؤها للأطفال. تأكد من الحصول على استمارة التسجيل في أقرب وقت ممكن لأن العدد محدود والمخيم يملأ بسرعة كبيرة! يرجى ملاحظة أن ملء استمارة التسجيل لا يضمن مكانًا في هذا المخيم بسبب ارتفاع الطلب.



Harm Reduction Supplies Now Available at CVRC

The CVRC is excited to now be able to provide harm reduction supplies to the community in partnership with Avenue B Harm Reduction Inc. Harm reduction benefits the person who uses drugs, their families, and the community. The supplies offered through CVRC include sterile needles, crack kits, cookers, alcohol swabs, and other items normally offered at Avenue B. If you need supplies or want more information, please reach out to Rachel (our Neighbourhood Developer) at 693-8513, 653-7571, or stop into the resource centre!



PLEASE NOTE:

Masks will be available at our entrance for those wishing to continue this safety measure. Rapid tests are also available. Certain CVRC services and programs may require visitors wear a mask for the safety of the CVRC staff.

YOUR FRIENDLY NEIGHBOURHOOD DEVELOPER

Rachel wants to support the Crescent Valley community and all that it has to offer. Need help filling out paperwork, finding food programs, or some one-on-one emotional support? Rachel is your go-to person for assistance! Before working at the CVRC, she worked with veterans experiencing PTSD, individuals dealing with chronic pain, and people who use drugs. Please reach out to Rachel by stopping into the resource centre (130 MacLaren Blvd.) or connect with her by email or phone. Email: cvrc.milne@gmail.com. Phone: 693-8513, 653-7571



Rachel Milne, CV Neighbourhood Developer

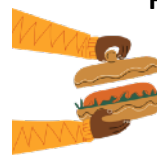
HEALTHY START BREAKFAST

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!

The Crescent Valley Resource Centre gratefully acknowledges support from Saint John Energy for supporting our food security and wellness initiatives.

RIVERCROSS MISSION THURSDAY MEAL

RiverCross Mission is now open for in-person gatherings, and a hot sit-down meal, weekly on Thursdays. Hours are from 10 AM - 12:30 PM. Please contact Neal and Trena Davidson at 696-6621 if you need a bus ride to get there. Masks are required on the bus, and are strongly encouraged at the Mission's in-person gatherings.



Have you tried Meal Makers at CVRC? You receive all the ingredients you need to cook a healthy meal for your family using a taste-tested recipe from CVRC's Community Food Mentors. This is open to Crescent Valley residents, and there is no cost, but **registration is required** and space is limited. Whether you are a beginner or an experienced cook - try one of our recipes and let us know what you think. Thank you to Second Harvest for supporting this program. The next **Meal Makers will be on May 18. Please register by May 11**, call CVRC, 693-8513.

BINGO BLAST!

May 11 and 25, 1:30 pm - 3:00 pm. Join your friends at CVRC for Bingo fun! Adults only and please pre-register by calling 693- 8513 as space is limited. Masks are required.



SUMMER PROGRAMS FOR KIDS AND TEENS AT UNB SAINT JOHN

UNB is offering a summer full of fun and educational activities for youth on the UNB Saint John campus. Week-long day camps and workshops are offered for kids and teens in Grades 4-5; Grades 6-8; and Grades 9-10. Programs run 9am – 4pm Monday – Friday, with drop-off from 8am and pick-up until 5pm. We offer eight weeks of programming running July 4 - August 26. Lunch is provided. Registration is \$185 a week but **there are bursaries to cover the entire cost!**

For more information, please contact: discovery@unb.ca or visit <https://www.unb.ca/initiatives/summer/>
TO REGISTER: Please complete a registration form and parental consent form (available at CVRC).

EID MUBARAK!



Many of our neighbours are celebrating Eid. What is Eid? Eid translates to “festival” or “feast” in Arabic. Eid is celebrated twice a year. The first Eid celebration is Eid al-Fitr. The second Eid is Eid al-Adha. Eid al-Fitr (“the feast of breaking the fast”) marks the end of Ramadan, a month-long fast for Muslims. In 2022 Eid al-Fitr begins Monday, May 2, 6:30 AM and goes until Tuesday, May 3, 11:30 PM.

Eid al-Adha, translated to “feast of the sacrifice,” celebrates the end of Muslims’ annual pilgrimage to Mecca, also called the Hajj. Eid al-Adha begins in July.

How do you wish someone a happy Eid? The most common way is **Eid Mubarak** – which means ‘blessed feast’.

Eid Mubarak!

Across

1. Lots of flowers on a tree
5. A brightly coloured flying insect
9. Bees live in this
10. There is said to be a pot of gold at the end of one of these
12. You may give someone special a bunch of these
14. Holiday associated with eggs
15. When a young bird breaks out of its shell

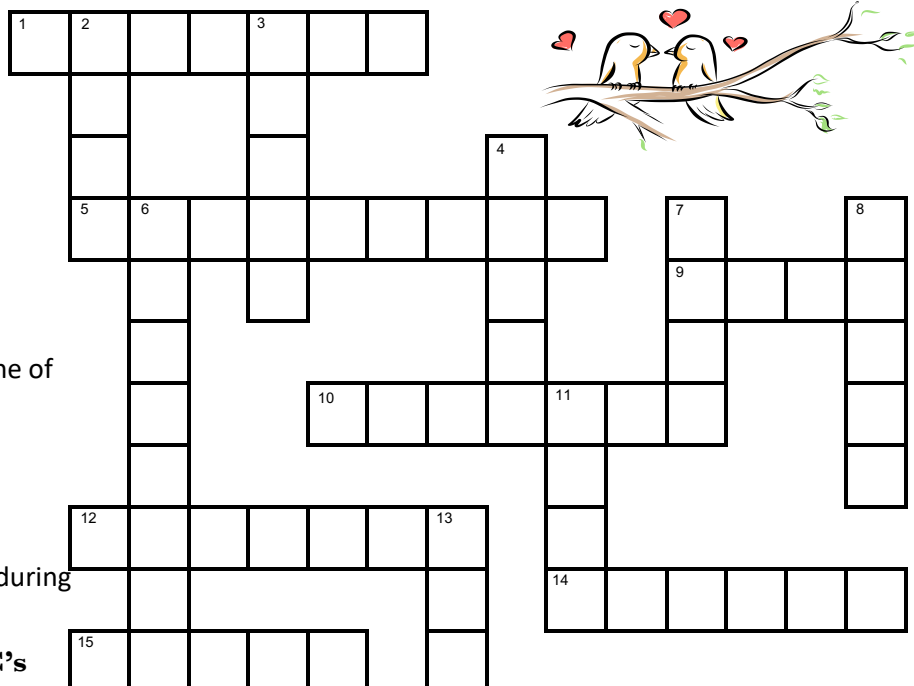


Down

2. A baby sheep
3. The umbrella in the picture has lots of these
4. Get the dustpan and brush out for a Spring one of these
6. Something you put up when it is raining
7. When it warms up the snow does this
8. Birds build these to lay their eggs
11. The sky is this colour
13. After winter you see more of this in the sky during the Spring

Look for the crossword solution on CVRC's Facebook page!

Spring Crossword



CRESCENT VALLEY COMMUNITY TENANTS ASSOCIATION



The CVCTA will be holding its general monthly meeting on May 24 at 7:00 p.m. at 55 MacLaren Blvd. Childcare will be provided. We welcome all residents, members or non-members, to our meetings. Remember, memberships cards expired on March 31. Drop in on meeting night and renew your dues, or call the office at 658-9658, and leave a message. Membership is \$5.00 per family. Tell us about any new ideas on what you would like to see. Get involved in the community and with CVCTA!

For more information about the CVCTA, contact Janet McLaughlin, CVCTA President, 55 MacLaren Blvd., 658-9658, or rosebud_1957@hotmail.com.



CRESCENT VALLEY DIGITAL LITERACY

Saint John Digital Literacy is open at the Crescent Valley Community Tenants' Association building, at 55 MacLaren Blvd.

We offer training, at no charge, in Computer Basics, Internet, Email along with Word, Excel and PowerPoint. Drop-ins are welcome Monday, Tuesday or Wednesday from 10am – 2pm or call us at 506-271-1963 or 506-651-5756 to enroll in a program.

RESUME HELP

The CVRC can provide some help building, improving or printing out 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 693-8513 for more information or just come to 130 MacLaren Blvd. anytime to grab a resume form.



مساعدة في بناء سيرتك الذاتية

مركز كريستنت فالي للموارد يمكنه مساعدتك في بناء سيرتك الذاتية أو تحسينها أو طباعتها. كل ما عليك فعله هو القدوم إلى المركز للحصول على نموذج للسيرة الذاتية، وتعبئته بكل التفاصيل، وإعادته إلينا. بعد ذلك سنستخدم كل المعلومات المعطاة لبناء سيرتك الذاتية! أي شخص مهتم بهذه الخدمة مرحب به. لمزيد من المعلومات يمكنك الاتصال بالرقم 693-8513 أو زيارة مركز كريستنت فالي للموارد.

FAMILY PLAYGROUP AT CVRC

Playgroup is Back at CVRC!

Playgroup at Crescent Valley Resource Centre on Thursdays 10:00 am - 12:00 for children up to age 5 and their caregivers. No pre-registration is required. Please be mindful that not everyone will be comfortable with the new easing out of restrictions. You are welcome to wear a mask and feel free to still follow the 6-foot distancing if this makes you feel more comfortable. Contact FRC at 633-2182 if you have any questions or concerns.



HW-SF SCHOOL NEWS

- May 6th - No classes for students (NBTA Council Day)
- May 9th - No classes for students (NBTA Branch Meeting Day)
- May 23rd - No classes for students (Victoria Day)

Kindergarten Registration: Reminder that you can still register your child for the 2022-2023 school year online at www.asd-s@nbed.nb.ca or you can call the school directly at 658-5343.

For Newcomer families you can contact International Student Services at Lynn.macdonald@nbed.nb.ca.

CLOTHING FOR THE FAMILY

The Crescent Valley Gospel Centre has a clothing room with items for all. It is open 11:00 a.m. – 3:00 p.m. Monday - Friday at 500 Somerset Street - the corner of Samuel Davis Dr. and Somerset St.

نصائح جمع القمامة

- يرجى ترك القمامة في موعد أقصاه 7:30 صباحاً يوم الخميس.
- يجب أن تكون القمامة في أكياس قمامة مربوطة، (يرجى وضع الأكياس في صندوق قمامة إذا كان لديك واحدة) ويجب وضعها على جانب الرصيف ليتمكن فريق الجمع من الوصول إليه بسهولة. ** ضع القمامة في مكان لا تسده المركبات وتأكد من أنها على بعد مترين من الرصيف.
- هنالك أيضاً خدمة لاستلام القمامة الكبيرة كل يوم جمعة لأي شيء كبير لا يمكنك وضعه في الكيس قمامة، مثل الأثاث. ضع الأشياء على الرصيف قبل 7:30 صباحاً.
- صناديق القمامة الخضراء هي للسماد وليست للقمامة. يتم استلام القمامة العضوية يوم الجمعة، ويجب وضع صندوق القمامة عند الرصيف بحلول الساعة 7:30 صباحاً ليتمكن فريق التجميع من الوصول إليه بسهولة.

CV residents, please report any pest issues (mice, rats, bedbugs), to April at NB Housing, 643-2080.

PLEASE do not feed birds or stray animals.

They spread disease and the food attracts mice and rats.



CHAT WITH HOUSING AT CVRC

May 4 and 18

Meet with a representative from NB Housing and discuss any concerns you have.

تحدث مع إسكان إن بي

إسكان إن بي يريد ان يسمع رأيك. إذا كان لديك سؤال او استفسار عن الإسكان، يرجى زيارة مركز كريستنت فالي يوم 4 و 18 مايو من الساعة 1 إلى 4. الرجاء ارتداء الكمامة.

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 also 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. 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.

RECYCLING PICK-UP

Every Saturday!

Crescent Valley neighbours, did you know you can easily get rid of recyclable materials, keep our neighbourhood looking great and help the environment all at the same time?. It's easy. Sign up for the **Blue Run** FREE recycling pick up in Crescent Valley on Saturday mornings. Items such as plastics, paper, cardboard and metal are picked up at your curb.

What could be easier?

If you want to join this FREE program please call CVRC at 693-8513 for details. Special thanks to the Blue Run, the Dept. of Social Development and CVRC for coordinating this service.



SAINT JOHN BIKE SHARE PROGRAM

CV neighbours - our bike technician is available to help with repairs.

Stop by the CVRC on Tuesdays and Thursdays, 9:00 am - 4:00 pm.

KIDS, HAVE YOU DONE A SAFETY CHECK ON YOUR BIKE? MAKE SURE YOUR BIKE IS SAFE TO RIDE.

Bicycle Safety Checklist

It is very important to keep your bike in good condition. Do the following list with an adult to check the safety of your bike.



Bike Parts

Size

- ☐ Can straddle frame with feet flat on the ground.

Warning Devices

- ☐ Horn or bell

Lights and Reflectors

- ☐ White reflector on front
- ☐ Red reflector on back
- ☐ Working night light on front (if riding at night)

Handle Bars

- ☐ In line with wheel
- ☐ Tightly fitted
- ☐ Grips tight
- ☐ Tubing ends covered

Brakes

A. Coaster Brakes:

- ☐ Stops quickly and evenly

B. Hand Brakes:

- ☐ Cable condition (not rusted)
- ☐ Stops quickly and evenly

Helmet

- ☐ Always wear a helmet!
- ☐ Make sure your helmet fits correctly.
- ☐ Follow the 2-V-1 rule.
- ☐ If you need a helmet stop by the CVRC.

Frame

- ☐ Straight
- ☐ No cracks

Front Wheel

- ☐ Little or no wobble
- ☐ Spins easily
- ☐ Tire full of air
- ☐ Treads easily seen

Rear Wheel

- ☐ Little or no wobble
- ☐ Spins easily
- ☐ Tire full of air
- ☐ Even tread

Spokes

- ☐ None missing/broken
- ☐ Tight and straight

Seat

- ☐ Proper height (easy to get off/on)
- ☐ Tight and straight

Crank Assembly

- ☐ Chain condition (no rust)
- ☐ Pedal tread not worn
- ☐ Pedal tight, spins easily



NEW BOOKS IN THE CV LIBRARY

Both the children's and adult's libraries at CVRC have lots of new books and the adult library now has DVDs and blue rays for both adults and for kids. The library services are open Monday - Friday during CVRC's hours. Kids and adults can pick out books for themselves or for family, friends or neighbours, but DVD's and blue rays can only be checked out by adults. 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 693-8513.

The Crescent Valley Resource Centre gratefully acknowledges the generous donation from the Turnbull Home Foundation to support our family literacy programs.

FOOD PURCHASING CLUB



Monthly order of fresh fruits and vegetables at reduced cost. Place an order and pick up at the following locations in the CV/Millidgeville/North End areas: Crescent Valley Resource Centre, 130 MacLaren Blvd., 693-8513, or Nick Nicolle Community Centre, 85 Durham St., 658-2980. You can 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 at each location.
Pay by May 13, pick up on May 20.



Middle School Homework Club is going strong! Come get help on Tuesdays and Thursdays from 3PM-4PM at the CVRC (Blue Building). High School and Middle School programs are going until June 8 and 9th. No High School on Victoria Day, Monday, May 23. For information contact the Promise Partnership - email: promise@unb.ca, or call 506-607-0845.



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.

THE CRESCENT VALLEY RESOURCE CENTRE
GRATEFULLY ACKNOWLEDGES THE
GENEROUS SUPPORT OF



Your Environmental Trust Fund at Work

Crescent Valley



Contacts

Anglin Drive Neighbourhood Tenants Assoc.

- 143 Anglin Drive, 658-9119

Crescent Valley Community Tenants Assoc. (CVCTA)

- Janet McLaughlin, President; 55 MacLaren Blvd., 658-9658

Crescent Valley Resource Centre (CVRC)

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

Hazen White - St. Francis School






- Megan Donovan, Principal, 658-5343

The Growing Place Community Garden | Saint John Bike Share Program

- Crescent Valley Resource Centre, 693-8513

Social Development (Housing)

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

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<p>2</p> <p>EID MUBARAK!</p> <p>High-school tutoring with the Promise Partnership</p>	<p>3</p> <p>After-school club with the Promise Partnership</p> 	<p>4</p> <p>9-10am Healthy Breakfast, pg. 2 1-4pm - Chat with Housing, pg. 5</p> <p>High-school tutoring with the Promise Partnership</p>	<p>5</p> <p>Garbage Pick up</p> <p>10am-12 FRC Family Playgroup at CVRC, pg. 4</p> <p>After-school Club with the Promise Partnership</p>	<p>6</p> <p>Large Item & Compost Pickup</p> <p>No School today</p> <p>9-10am Healthy Breakfast, pg. 2</p> 
<p>9</p> <p>No school today</p> <p>3-4pm NB Social Paediatrics Q&A, pg.1</p> <p>High-school tutoring with the Promise Partnership</p>	<p>10</p>  <p>After-school club with the Promise Partnership</p>	<p>11</p> <p>9-10am Healthy Breakfast, pg. 2 1:30-3pm BINGO at CVRC, pg. 2</p> <p>High-school tutoring with the Promise Partnership</p>	<p>12</p> <p>Garbage Pick up</p> <p>10am-12 FRC Family Playgroup at CVRC, pg. 4</p> <p>After-school Club with Promise Partnership</p>	<p>13</p> <p>Large Item & Compost Pickup</p> <p>Food Purchase Club Payment Due, pg. 7</p> <p>9-10am Healthy Breakfast, pg.2</p> <p>10 am-4pm Kids Book Giveaway, pg. 1</p>
<p>16</p> <p>High-school tutoring with the Promise Partnership</p>	<p>17</p> <p>After-school club with the Promise Partnership</p>	<p>18</p> <p>9-10am Healthy Breakfast, pg. 2 1-4pm - Chat with Housing, pg. 5</p> <p>High-school tutoring with the Promise Partnership</p>	<p>19</p> <p>Garbage Pick up</p> <p>10am-12 FRC Family Playgroup pg. 4</p> <p>After-school Club with Promise Partnership</p>	<p>20</p> <p>Large Item & Compost Pickup</p> <p>9-10am Healthy Breakfast, pg. 2</p> <p>Pick up Food Purchase Order</p>
<p>23</p>  <p>Victoria Day Holiday</p>	<p>24</p> <p>After-school Club with the Promise Partnership</p> <p>7:00pm CVCTA general meeting pg.4</p>	<p>25</p> <p>9-10am Healthy Breakfast, pg. 2 1:30-3pm BINGO at CVRC, pg. 2</p> <p>High-school tutoring with the Promise Partnership</p>	<p>26</p> <p>Garbage Pick up</p> <p>10am-12 FRC Family Playgroup, pg. 4</p> <p>After-school Club with the Promise Partnership</p>	<p>27</p> <p>Large Item & Compost Pickup</p> <p>9-10am Healthy Breakfast, pg.2</p>
<p>30</p> <p>High-school tutoring with the Promise Partnership</p>	<p>31</p> <p>After-school Club with the Promise Partnership</p>	<p>JUNE 1</p> <p>Summer Squad Registration starts at CVRC, pg. 1</p>	 <p>MAY</p>	