



Tantramar Family Resource Centre

Winter 2009
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Issue 1

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Feb. 6-8/09
- Curl for Kids
March 14/09
- Youth Forum
March 28/09

Family Literacy Day Celebrated Across Tantramar!

Families from the Tantramar area enjoyed celebrating Family Literacy Day in the communities of Dorchester, Sackville and Port Elgin in late January and early February. The Dorchester and Port Elgin Public Libraries offered their space to allow the Tantramar Family Resource Centre to invite families to explore and learn about Storysacks, sing songs and rhymes as well as enjoy other activities such as play dough letters, quilting stories and alphabet snacks. The Hackmatack program for Dorchester students was also shared.

Sackville participants were treated to additional activities such as baking bread dough letters, making portraits in felt with the Owens Art Gallery, as well as listening to special guest Elder Emile Gautreau tell oral stories from his aboriginal culture at the Sackville United Church. Many local businesses donated door prizes that allowed almost every participant go home with something. In addition, friends and staff from the Sackville Memorial Hospital, Moneris Solutions, Canadian Wildlife Service and Mount Allison

University donated new and used children's books so that every participant was able to take one or two books home with them. Extra books will be given to the local food banks and used in upcoming Family's Day Out programs. The importance of doing literacy activities as a family was emphasized through these activities as well as through many handouts and information sheets available to all the participants.

The three Family Literacy Day events were part of the TFRC's Family's Day Out series of monthly programs, sponsored by a grant received from United Way. It is the fourth time National Family Literacy Day has been celebrated in Tantramar.



Family Literacy Day

Families Enjoy Days Out!

The Tantramar Family Resource Centre (TFRC) was awarded a \$10,000 Spring 2008 Community Building Grant from the United Way of Greater Moncton and South East New Brunswick Inc. With this funding the TFRC has been organizing and hosting a community outreach program called "Family's Day Out" (FDO).

Fall events included "Eco Friendly Art Creations" in October where children made everything from necklaces to chimes to cork boards with recycled materials. "The Magic Behind Family Meals" was the event for November which showcased the importance of family meal time while also learning about food and traditions at meal time.



Eco Art Day



The Magic Behind Family Meals

Throw "Rocks" at "Houses" to Support the TFRC!

Mark **Saturday, March 14th** on your calendars and join us at the Sackville Curling Club for day of friends, fun, and friendly competition! The Tantramar Family Resource Centre invites you to take part in the first annual **Curl for Kids Funspiel** - a fundraiser to support early child development programs in the Tantramar Region. Kids are our community's future and the TFRC needs your help to provide them with the best possible start.



Curl for Kids will be a non-competitive curling experience for teams of four people. Participants of all levels of curling experience (including none!) are welcome. Registration is a team donation (suggested amount is \$200/team) and charitable receipts will be provided for all donations of \$10 or more. Registration forms and pledge sheets can be picked up from the Sackville Curling Club, downloaded from www.TantramarFamily.ca, by emailing curlforkids@gmail.com, or calling 536-2223. There are tons of great prizes to be won, so put together a team, issue a friendly challenge and raise money for local early child development programs such as preschool, parent/child playgroups, parenting resources, and new programs being developed! Registration is on a first come, first serve basis and all monies should be submitted by March 14th. Participants must be 19 years of age and older. Clean shoes/boots are required.

Looking for something fun to do this winter?

Check out

tantramaroutdoorclub.com for information about cross country skiing and buying, selling or trading equipment!



Upcoming Family's Day Out Events

- Feb 8 - Sackville - **Winter Play Date**
- March 28 - Sackville - **Youth Forum**
- April - Port Elgin - **Planned with PEDVAC**
- May - Sackville - **Early Child Development**
- June - Sackville - **Family Picnic at Beech Hill Park**



Lots of fun for the whole family! Free admission!

Sponsored by the United Way of Greater Moncton.

Contact Ila at 364-4946 or info@tantramarfamily.ca for info.

TFRC's Featured Donors of Winter 2009

The TFRC wishes to thank local benefactors and teams of fundraisers who have been very generous to the TFRC this winter. The Royal Bank of Canada, Sackville Branch, donated \$500. Dr. Elmer Tory and his wife Audrey generously donated \$1000. The Holiday Hockey Game organized by the Middle Sackville Baptist Church, the Sackville United Church and the Sackville Morning Men's Pick-up Hockey League raised \$450 for the TFRC. These funds will go towards important literacy projects in Tantramar.



Josee Cyr of RBC and
Indu Varma



Indu Varma and Dr. Elmer Tory



Indu Varma and
Rev. Vernon Vickruck





Story Sacks: Creating Interactive Story Times

A dozen community volunteers gathered in the lounge at the Tantramar Veteran's Memorial Civic Centre on Saturday Oct 25th for the TFRC Storysack Workshop.

Facilitator Kimberly Byrne acquainted the participants with benefits of storysacks and the various components of the contents and processes involved in their creation.

The day was a hands on learning experience as all became involved in choosing a quality children's book and set about sewing sacks, gathering props and reflecting on games and ideas to extend the stories.

A portion of the sacks started that day have been completed and made the rounds at the various Family Literacy Day events throughout the Tantramar Region.

The workshop marked the beginning of an ongoing effort of the TFRC to promote storysacks as a valuable and fun literacy tool for engaging families in the region. Those present will help others learn about the components and the process of creating a storysack. If you or your group are interested in participating by creating a story sack, donating materials, time or learning how they are used please contact us. Funding for storysacks was provided by the town of Sackville.

The storysacks will be available for lending in the coming months. Contact info@tantramarfamily.ca for more information.



Creating storysacks!



**Don't forget to
check out our
website at
tantramarfamily.ca
for all the latest
news, events and
more!**



Searching for a Home

Tantramar Family Resource Center (TFRC) needs a physical place to call 'Home'. Having a physical space will allow us to do so much more than we are currently able to offer, such as, offer workshops, short courses, create a lending library for toys, books, and useful kits, have a drop in center for parents, youth, and community members of all ages, and the list goes on.

The TFRC board members are grateful to Ms. Gloria Jollymore, Mr. Graham Watt, and Ms. San Patten for their assistance as we begin our work towards launching a capital campaign. A group of Mount Allison students under the direction of San Patten will be conducting some research with regards to our physical space related needs.

TFRC board members remain very optimistic as we strive hard to find a physical space, because we know that we have the support of a caring, and dynamic group of citizens from the Tantramar community who want nothing but the best for our community. We have been fortunate to have had some volunteer groups, such as, the Holiday Hockey Fundraiser, the PC Party, the Royal Bank of Canada, and many individuals who have generously donated to TFRC, but we remain far from our goal of raising enough money to operate a physical centre.

We realize that this is just the beginning, and the road ahead is long. We need you to get involved, and help us with this community building initiative. Together, with your continued support, we will do it!



Upcoming Events in South East New Brunswick

Be sure to check out these great events:

- **NB Poverty Reduction Strategy Public Dialogue Session** - Sackville Lions Club, Feb. 17, 6:30-9:30pm. Pre-register at <http://www.gnb.ca/0017/promos/0001/index-e.asp>. To learn more about local poverty issues e-mail the TFRC's Healthy Living Director at info@tantramarfamily.ca
- **Putting Science into Action: Equity from the Start Through Early Child Development** being held in SACKVILLE, NEW BRUNSWICK on MAY 13-15, 2009. The conference is organized by the Council for Early Child Development and will feature international experts from Sweden, Australia, and Latin America plus renowned Canadian authorities from coast to coast. To read more about the conference and how to register, please go to website www.councilecd.ca.





Dads-to-be Get a Belly Full in TFRC's Prenatal Course



Participants in the Winter 2009 Prenatal Course

Many future fathers wonder exactly what their partners are going through during pregnancy. Many aren't aware of just how difficult it can be to move around, but dads-to-be taking part in the Tantramar Family Resource Centre and VON's Healthy Baby and Me Prenatal Course get a pretty good idea, along with a lot of laughs from the moms-to-be. Dads get to try on the 30lb "Empathy Belly", a special vest with a belly that's filled with water and weights that simulate fetal movement and even put pressure on the bladder. As part of the course, dads are instructed to wear the belly for an hour while also picking things up off the floor, lying down, trying to tie their shoes, etc. When asked what he thought of the belly, one future dad, Nic McLellan, said, "I'm really glad I

got to wear it. I now have a better appreciation for how difficult it will be for my wife to move around." The Prenatal Course, taught by Maria DesRosches of VON Canada for the TFRC covers a wide range of topics such as labour and delivery, pain management techniques, feeding, mom and baby care, infant CPR, infant development, as well as presentations by Talk with Me, and Service Canada on maternity leave benefits, and a baby shower. The course is free for expectant parents of all ages in Tantramar and is offered as needed throughout the year. This winter's course runs until January 29th at the Sackville Hospital. For more information call Maria DesRoches at 389-2229.

Rock and Talk Parenting Program Available for Sackville and Area

VON Canada, Healthy Baby and Me, offers an eight week program where parent or parents and baby meet to discuss various topics important to parents of a child less than one year of age. Topics include: Life with baby, growth & safety, getting back into shape for Mom and feeding your baby. The program is available free of charge to parents of all ages. Childcare may be available for older siblings accompanying the parents and baby. Contact Maria DesRoches at 389-2229 for more information.

Did you know?

You can sign up to receive our news and e-mails at www.tantramarfamily.ca.



Would you like to volunteer with the TFRC?

The TFRC has many fun and exciting opportunities. We are looking for the following volunteers:

- The TFRC needs a Fundraising Director and committee.
- The Youth Outreach director is looking for Middle and High school youth and their parents to help organise a Youth Forum as a part of our Family's Day Out program in Sackville in March. If you or anyone you know may be interested in getting involved contact Pronoti Majithia at pronotij@yahoo.com.
- We are also looking for members at large. See our committee descriptions on page 6.

If you would like to help out, contact secretary Marie Reinsborough at 939-5009 or info@tantramarfamily.ca for more information.



Wondering how you can support the TFRC?

The TFRC greatly appreciates all monetary donations. Charitable tax receipts can be issued upon request. Donations may be made to specific programs or activities. Cheques made payable to the Tantramar Family Resource Centre may be mailed to the address below. For donation forms and more information about support options, contact Treasurer Tanya Hess at 536-0117. Donations can now be made online at www.tantramarfamily.ca.

TFRC Staff and Board of Directors 2008-2009

President	Indu Varma	536-1636
VP and Communications	Amanda Marlin-McLellan	364-0823
Secretary	Marie Reinsborough	939-5009
Treasurer	Tanya Hess	536-0117
Fundraising	Vacant	
Early Child Development	Sharon Hachey & Tracey Wade	536-0307 536-3676
Literacy	Sheelagh Callaghan	536-0946
Healthy Living	Susan Kastuk-Ridlington	536-8102
Youth Outreach	Pronoti Majithia	536-0414
Family's Day Out Coordinator and TFRC Office	Ila Goodwin	364-4946



**Tantramar
Family
Resource
Centre**

Contact the TFRC at
P.O. Box 6335
Sackville, NB, E4L 1G6
info@TantramarFamily.ca
TantramarFamily.ca
(506) 364-4946

The TFRC's Vision

The Tantramar Family Resource Centre works toward developing Tantramar as a safe, secure and healthy community where all citizens have access to social services, where their most basic needs are always met, and where reasonable quality of life is assured.

Description of TFRC Committees

The **Fundraising** committee's goal is to raise funds through a combination of charitable grants, gift giving, and successful proposals to government agencies, private foundations, service clubs and others to cover ongoing operational costs of running TFRC programs including paying at least one staff member on a full-time basis to coordinate the Centre activities.

The **Communications** committee's goal is that the Tantramar Family Resource Centre will continue to keep the public informed of all events, programs and updates through press releases to local newspapers, information brochures, a newsletter and pamphlets distributed to local stores, churches, schools (as allowed), early learning and child care centres, or other areas we feel there would be an interest and a need for our services.

The **Early Childhood Development and Parenting** committee of the TFRC works to enhance the accessibility of quality, universal, and developmental early learning opportunities for all children in the region with a goal of providing a one stop home for a range of services, including parent education and coordination of existing services offered for children and families.

The **Literacy** committee aims to support existing literacy initiatives in the Tantramar region as well as offer literacy activities for a range of clients from preschool to elementary, middle, high school and adult learners through various TFRC events.

The **Healthy Living** committee's goal is to offer resources (to individuals and other services or programs) and workshops. All opportunities would provide the knowledge and skills to make choices that support overall health and reduce the risk of developing chronic disease.

The **Youth Outreach** program aims to support youth and their families by creating and delivering innovative programs for middle and high school youth. The programs will engage the youth creatively and productively, while giving them a platform to express themselves as members of the Tantramar community.