



Tantramar Family Resource Centre

Family's Day Out! Activities Planned for Tantramar!

Fall 2008
Volume 2
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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 will be organizing and hosting a community outreach program called "Family's Day Out" (FDO).

It will involve a one-day family-based activity delivered each month from October 2008 to June 2009. Events will take place in various locations throughout Tantramar, and activities will focus on the TFRC's priority areas of literacy, healthy living, early child development and youth outreach. Events are for the whole family and any kind of family from single people and roommates to parents and children, and for all ages from toddlers to seniors.

Inside this issue:

- Family's Day Out
- TantramarFamily.ca
 - Story Sacks
- 2008 TFRC AGM

Upcoming Events:

- Story Sacks Training
Oct. 25/08
- Eco Art Creations
Oct. 26/08
- Everybody Cooks Rice
Nov. 30/08

Ila Goodwin has been hired as Project Coordinator to organize the events along with the TFRC's board of directors.

Upcoming Events in Tantramar include an afternoon of **Eco Friendly Art Creations** in Sackville on Sunday, October 26th 2-4pm at the Civic Centre. Children of all ages will learn about making useful treasures out of trash! November 30th in Sackville will be a day to share a meal together, different cultures, and the importance of family meal time during **Everybody Cooks Rice!** January will feature **Family Literacy Day** celebrations in Sackville, Dorchester and Port Elgin. Come out for an afternoon of reading, learning and fun for the whole family. For more information or to volunteer, contact Ila Goodwin at 364-4946 or TantramarFRC@canada.com.



Check out TantramarFamily.ca!!

The Tantramar Family Resource Centre has launched a website - a virtual family resource centre! Creatively designed by Tantramar Interactive, it can be found at TantramarFamily.ca. It has information about our board of directors, vision, mission, principals, our program areas, upcoming events, newsletters, a calendar of events and more. Check back often as we continue to build our virtual centre. We will be adding more links to resources, more events in the calendar, and more information related to our four focus areas of literacy, early child development and parenting, youth, and healthy living.



TantramarFamily.ca



TFRC Annual General Meeting Held September 30th



Sheelagh Callaghan receives a donation from Mike Olscamp, MLA



2008/09 Board of Directors & Staff

The Tantramar Family Resource Centre held its second Annual General Meeting September 30th, 2008 at the Sackville Civic Centre.

The evening featured a keynote address by Nicole Gervais, Director of Early Childhood and School-Based Services/ Social Development NB as well as a presentation by Karen LeBlanc of Maggie's Place in Amherst, NS. Mike Olscamp, Progressive Conservative MLA presented the TFRC with a cheque from a BBQ fundraiser for \$500. The official launch of our website by Tantramar Interactive also took place. Delicious catering was provided by students in the Culinary Class at Tantramar Regional High School. Free child care was also enjoyed.

The 2008-2009 Board of Directors are: Indu Varma, President; Amanda Marlin-McLellan, Vice President and Communications; Tanya Hess, Treasurer; Marie Reinsborough, Secretary; Don Peters, Fundraising; Susan Kastuk-Ridlington, Healthy Living; Sharon Hachey and Tracey Wade, Early Child Development and Parenting; Pronoti Majithia, Youth Outreach; and Sheelagh Callaghan, Literacy.

Story Sacks: Creating Interactive Story Times



If you value community cooperation and would appreciate a fun, exciting, and socially-aware approach to literacy, then the Tantramar Family Resource Centre has found the perfect activity for you! We are hosting a daylong workshop on Saturday October 25th to give volunteers in our region the tools to develop Storysacks! Storysacks are not bought in stores - they come from the community. People of all ages and skills make Storysacks. Through a generous contribution from the Town of Sackville we are able to offer this training to one or more representatives of your organization at no cost to you! Why is a Storysack special? It's a fun literacy activity that adults and children share together. They bring stories to life

and make reading fun! What goes into a Storysack? A good quality storybook; props, scenery and characters to bring the story to life; a non-fiction book linked to the story; reading tips and activity ideas for parents and caregivers; word or number games based on the story; and sometimes an audio tape of the story. You can view Canadian made storysacks at www.storysacks.nald.ca To register (by October 21st) or learn more about this community literacy effort contact Ila Goodwin at 364-4946 or TantramarFRC@canada.com, Sheelagh Callaghan at shcallag@serha.ca, or Sharon Hachey at sharonhachey@eastlink.ca.

TFRC Offered Children's Activities at the Sackville Fall Fair

TFRC participated in the Sackville Fall Fair, September 20-21. Children enjoyed a variety of activities such as painting with mud-covered tractors, making veggie soup, and reading at Doncaster's Farm and making jewelry out of wild flowers at the Green 4 Generations Fair on Sunday. TFRC volunteers also marched in the parade, fundraised nearly \$500 at various events, and promoted upcoming Family's Day Out activities.



Children's activities at Doncaster's Farm



TFRC in the Parade!



VON Healthy Baby and Me Programs continue to be available in Tantramar

Prenatal Course now running in Tantramar

The Tantramar Family Resource Centre is pleased to partner with VON Canada to offer prenatal programs for parents-to-be. Two courses have been offered since August, with six moms-to-be and their partners attending.



Participants in the spring 2008 Prenatal Course

Are you a parent of a child less than one year of age? Parent Support Program, Rock'N'Talk now available in Tantramar

VON Canada, Healthy Baby and Me, also 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 DesRosches at 389-2229 for more information about these programs.

Town of Sackville Donates Temporary Office for TFRC Coordinator

New President Indu Varma has been hard at work to secure a permanent physical space from which the Tantramar Family Resource Centre can offer its programs and services. In the meantime the Town of Sackville has graciously donated office space for our part time Coordinator, Ila Goodwin to work from. Ila's telephone number at the office is 364-4946.

Upcoming Events in South East New Brunswick

- **Story Time** at the Bibliothèque publique de Memramcook for children entering Kindergarten in 2009. Starts October 22. For more info contact bibliopm@qnb.nb.ca
- **Celebration Tea in honour of Senator Marilyn Trenholme Counsell MD** to recognize the contributions that she has made to Sackville and Mount Allison University. Sunday, November 9 at 2:00 p.m. at Tweedie Hall. All are welcome to attend.
- **Fundraising Workshop** Saturday, November 15th, 2008, 9:00 am-noon lead by Warren Maddox, Cultural Capitals Coordinator for Sackville, at the Sackville United Church, 9:00am-12:00 noon. For information/registration, contact Angela Hastie at a.hastie@sackville.com.

Would you like to volunteer with the TFRC?

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

- The Healthy Living Committee needs people experienced and interested in promoting physical activity.
- The Fundraising Committee needs energetic and creative people to plan this year's big event.
- The Family's Day Out Coordinator is looking for volunteers to help with monthly activities.
- We are also looking for members at large from Dorchester, Port Elgin and outlying communities.

If you would like to help out, contact secretary Marie Reinsborough at 939-5009 or TantramarFRC@canada.com 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 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	Don Peters	536-3133
Early Child Development	Sharon Hachey & Tracey Wade	536-0307
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
TantramarFRC@canada.com
TantramarFamily.ca

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 TRFC 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 provides literacy support services to existing Literacy programs (CASP, Laubach, Talk With Me) for a range of clients from preschool to elementary, middle, high school and adult learners.

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.