



## December 2021 Happenings

The last day of programs before the December break is the 10th.

*So we all put our heads together and thought -*

**Let's keep the smiles going.**

ESFRA is offering drop in Play Dates Are Us! on December 13, 14 & 15.

Offering different themes each day for young ones between 0-5. Each morning program begins at 10am until 12pm.

**Tickets will be available for Camps beginning November 22.**

Then on December 16th from 9am to 12pm, we are offering an Open House.

### Guess who came to visit?



Enhancing connections within our Communities is a goal. We love local!

So one of our participants favourite visitors came back this year. We wish to thank Mr. John Gibson of The Royal Canadian Legion 161 for reaching out and coming again this year.

Mr. Gibson read to our Bookworms and answered the questions from his intrigued followers.

Our sincere **THANKS**.

Since not everyone is familiar with the various offerings of the Centre, why not come in and

- join us for a refreshment
- find out more about what we do
- chat with others
- meet all of our staff

**See you soon!**



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#### Special points of interest:

- 2021-22 Semester Programs are nearly full.
- Car Seat Clinics will be offered soon.
- Porters Lake Block Party - our booth was visited by 30 individuals.
- December 2021 Play Dates are a go!

## OUR VOLUNTEER BOARD

### Chair

Laura Rockwood

### Vice Chair

Katie Simms

### Treasurer

Melissa Bayers

### Secretary

Denise Surette

### Directors

Samantha Wood

Kaitlyn Hines

## OUR STAFF

### Executive Director

Nancy Hollis

### Parenting Journey

Tracy Cowan

### Healthy Beginnings

Tina Devine

### Bookkeeper

Tara González

### Program Facilitators

Anna Cannings

Latika Kumar

Taylor Pye

Veronica Green

## OUR MAJOR FUNDERS



NS Dept. of  
Community Services



## Contest Winners

Out motto, or credo, at ESFRA is

Free, Free, Free.

The Price is Right, when it is Free.

This year as an additional way to show we love our communities, we offered 3 different contests.

**Sharing a happy rhyme** (Limerick Contest), **an energizing time** (ParticipAction Contest) and **community activities families found sublime** (Connect 4 Contest).

We strive to provide for individuals and families along the Eastern Shore programs and services that enhance their well-being.

Why not watch our website or FaceBook for our next prize?

Best wishes to all participants.



## Roll & Stroll

We are pleased to be just **one** of the **fifty grant recipients** for this project allotment. This funding will promote wellness and healthy living.

The Thriving Communities Microgrant Program was in partnership with the YMCA and the Government of Nova Scotia - Communities, Culture & Heritage Department, to launch

To empower groups to respond to community needs regarding recreational & physical activity during the pandemic.

The first Roll & Stroll for this program year, was held on October 13th.

While maintaining appropriate social distancing for a group situation, we are pleased to continue our Trail Walk tradition.

Meeting at the entrance of the Musquodoboit Trail at 10am on Nov. 9, 2021

for a casual, fun-filled morning.

Rain Date will be Nov. 16.

Please bring water & a small snack. Garbage removal is required.

No programs will be held on that day at any of our locations.



## Food for Thought





**Sun 'Scapes Camp** 2021 proved to be a great success. In the past ESFRA was able to hire students from our local communities and we were fortunate to secure 3 positions instead of the original 2.

In accordance with the Service Canada guidelines, students were available for 8 weeks.

In accord with family wishes, children were available to attend for 7 weeks.

Obtaining tickets, children between 3 to 8 years were immersed in a variety of themes.

For some, the challenge was just being with others after having such a long stretch with just family. For others, the challenge was having to leave for home. For staff, the challenge was whether our weather would be nice enough for the outdoor portion at the Porters Lake Community Centre. We are thankful to our partners for allowing the use of their facility when possible.

## Board Member Update

We cannot wait to see where next year takes us!

### Do you want to Become a Board Member?

Becoming a Board member provides you with a unique opportunity to actively participate in the governance of one of the best charitable organizations in the Halifax Regional Municipality. We are very proud of what has been accomplished by former and current volunteer Board members. They have all played an active role in building and enhancing the programs and services that we provide in support of the Eastern Shore community.

### What does a Board member do?

As a member of the Board of Directors you:

- \* Represent ESFRA at official functions.
- \* Act as a Goodwill Ambassador.
- \* You are committed to ESFRA and its Mission.
- \* You develop Governance Policies.
- \* You are a voice in the community.
- \* Attend special events.

Thinking about something to do?  
Join our Board!

- \* Approve budgets.
- \* Attend Board and Annual meetings.
- \* Participate on Board Committees.
- \* Develop the strategic plan, goals and objectives.

### How much work is really involved?

Being a Board member does require work. You are required to attend Board meetings, read reports, and possibly chair a Board committee. There are also special events and activities. The average position requires 6 to 10 hours per month September to June.

### Okay, but what is in it for you?

Make a difference in the Eastern Shore community.

- \* Meet new people.
- \* Develop new skills.
- \* Be affiliated with a great organization.
- \* Work with other awesome volunteers.

### Do I need to have special skills or can anyone join the Board?

Our Board of Directors is made up of no less than five, no more than 10 voting members and one ex-officio non-voting member (the Executive Director). The nominating committee recruits potential Board members. This committee works to recruit fair representation with a variety of skills and experience. While it is not necessary to have specific skills or experience it can be a benefit to the Board. The most important attribute that the Board is looking for when recruiting new Board members is energy, enthusiasm and commitment to the organization.

For more information please contact Nancy Hollis at 902-827-1461.

## Let's Get Connected - Technology Lending Program

The HRM Public Library has embarked on a project to provide families across HRM with extended loan access to technology. Providing Chrome Books, iPads and MiFi portable hotspots as a way of addressing and combating social isolation.



By partnering with Family Resource Centres, as a way of distributing this technology to families, feedback has been positive and people in our community have taken advantage of this free service.

Why not give us a call - 902-827-1461.







## EASTERN SHORE FAMILY RESOURCE ASSOCIATION

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*"Through our programs & services, the Eastern Shore Family Resource Association supports children, youth & families, and contributes to the quality of family life in our community"*

**For current events follow  
us on Facebook @esfamily  
or [www.esfamily.org](http://www.esfamily.org)**



## Highlights from 2021



## Why change? The dream expands.

Once upon a time, there was a dream to create a place for families, mainly with children, to gather. Focus on children was a priority.

That dream came true and ESFRA is well known for its Early Learning programs.

To continue this staple service, we have moved programs into semesters so that as many children can attend as possible.

Yet as with any dream, it changes with the next night's sleep. The next night has come for ESFRA, allowing our minds to come up with a multitude of ideas.

While children are a key community item, we are working on projects that encompass people of all ages living along the Eastern Shore.

During this pandemic, while it

seemed we were not open, our hands have not been idle.

**What has ESFRA been up to?**

**What new items have you missed?**

**What is ESFRA planning next?**

What has ESFRA been up to?



**Musquodoboit Harbour Farmers Market.**

**Working with NS Health on a Vaccine Clinic held in Porters Lake. Love local!**

What new items have you missed?

**We have run 3 prize winning contests in the last 6 months. Congrats to our Winners!**

**Spring sessions for Adult Parenting Programs.**

What is ESFRA planning next?

**Super Dads/Super Kids will be coming to our list of programs soon.**

**Saturday programs are still a goal.**

While being a partner with the Dept. of Community Services, we are also constantly sourcing out other funding to provide continuous programs which are designed with all community members in mind.

We are grateful to be part of our Eastern Shore Community.