

To Read the Complete Newsletter:

View this email in your browser



Table of Contents:

1. **Stuff a Cruiser 2025**
2. **Municipal News**
3. **Active Living and Culture**
4. **Community Submissions**

Stuff A Cruiser 2025. Thank you, Tantramar!



Stuff A Cruiser returned this December, and the community response was strong.

Over two days, residents donated **\$1,131.45** and **328.5 pounds of food** to support local families during the holiday season. To put that into perspective, **328 pounds of food is roughly 260–300 meals**. That's weeks of support for households who need it most.

The donations included pantry staples and winter essentials like non-perishable food items, hot drinks, and cold-weather gear. Every contribution added up to something meaningful. Thank you to Independent on Main Street and Foodland on Wright Street for generously hosting Stuff A Cruiser and helping make collection easy for the community.

Thank you to everyone who took part, and to the Sackville Detachment RCMP for leading this community effort.

Municipal News

Important Upcoming Dates

Regular Council Meeting

Tuesday, January 13, 2026 – 7:00 p.m.

31 Main Street, Sackville, NB

Municipal Office

NB Power Public Information Session

Wednesday, January 14, 2026 – 7:00–9:30 p.m.

49A York Street, Sackville, NB

Crabtree Auditorium – Mount Allison University

Hosted by Tantramar Climate Change Advisory Committee

Committee of the Whole Meeting

Monday, January 26, 2026 – 3:00 p.m.

31 Main Street, Sackville, NB

Municipal Office

The 21st Annual Sports Recognition Night

Thursday, January 29, 2026 – 6:00 p.m.

223 Main Street, Sackville, NB

Tantramar Regional High School Auditorium

NB Power Public Information Session

Residents are invited to attend a **public information session** hosted by the **Tantramar Climate Change Advisory Committee**, where **NB Power** will be available to answer

questions about the proposed
Tantramar Gas Plant.

Wednesday, January 14

7:00–9:30 p.m.

**Crabtree Auditorium, Mount Allison
University – Room M14**

49A York Street, Sackville, NB

NB Power
Public Information Session

WEDNESDAY,
JANUARY 14, 2026

Crabtree Auditorium
Mount Allison University
Room M14

49A York Street,
Sackville, NB

7:00-9:30p.m.

An opportunity to ask
respectful questions directly
to NB Power about the
proposed Gas Plant in
Tantramar

Hosted by the
Tantramar Climate
Change Advisory
Committee (TCCAC)

This is an opportunity for the public to respectfully ask questions and learn more about the proposal.

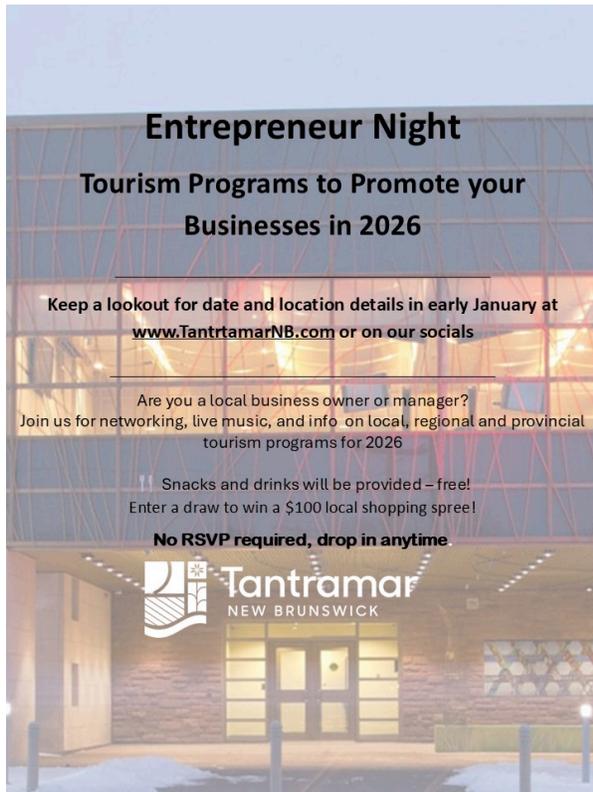
Thank you to everyone who attended the [Special Council Meeting on December 17](#) and maintained a respectful environment. We encourage that same approach at this session so as many people as possible can participate and get informed. All are welcome.

Entrepreneur Night

Tantramar is excited to present a fun mingling and networking event.

Are you in the Tantramar area and work at home or by yourself? Bring a friend/partner and join other home-office workers for music, fun games, and a chance to win some holiday themed prizes!

Snacks and soft drinks provided free!
Other drinks available for purchase.
No RSVP necessary, drop in anytime.
For more info contact Ron at
r.kellyspurles@TantramarNB.com



The Municipality of Tantramar is currently accepting applications for the following positions:

- Tuesday & Thursday After School Leader (2026)
- Trailblazers Leader (Grades K–4) – 2026
- Dorchester Trailblazers Leader – 2026
- Utility Worker

These roles support essential municipal services and community programming. [View full job details and apply online.](#)



Important Reminder Regarding Green Bag Pickup in Tantramar

As of November 10, 2025, Eco360 will no longer collect improperly sorted green bags.

Let's work together to keep composting clean and effective! Put in your green bag: food scraps, yard waste, and soiled paper products. Keep out: plastic, glass, metal, and anything non-compostable.

When we all sort right, we help reduce waste, protect the environment, and turn organics into rich compost — not landfill. 🌱

Learn more about what belongs in your green bag:
eco360.ca/residential-program



Submit an Event to our Website Community Calendar

Do you have a community event in Tantramar you'd like to promote? We want to help get the word out!

We're especially looking for events that bring people together and highlight the unique spirit, culture, and history of our region. Festivals, markets, celebrations, or

whatever—if your idea represents what makes us special, it could become part of our community’s annual traditions.

To be considered, please submit your event proposal at least 48 hours in advance of when it will be hosted. Our team will review your submission, confirm the details, and, if approved, add it to our community calendar.

[Click here to get started!](#)

Add Your Business/Organization to the Tantramar.com Directory Listing

The new Tantramar website has many great features and one we are particularly proud of is the Tantramar Directory listing. Here, local organizations and businesses can submit a directory listing with their contact information, website, and so forth.

This easy to use directory makes it much easier for potential customers and users to find your information. [Check out our new and improved Directory Listing today!](#)

Sign Up for Our Emergency Alert System

Residents who sign up for the alert system will be notified when a critical and potentially life-threatening incident occurs, such as a fire close to your home or a major disaster that requires evacuation of your current location. These enriched alerts will contain essential safety information, such as mapping and evacuation instructions.

To participate in Voyent Alert!:

1. Download the mobile app to your iPhone or Android phone.
 1. [Google Play](#)
 2. [Apple Store](#)
2. Register to receive alerts via text, email, or phone call. If you’d like help with registering, you can watch this [video tutorial](#).

Questions about Voyent Alert!? Please contact us at [506-364-4930](tel:506-364-4930).

Rabies Out, Bandanas In

Free bandanas for all 2025-registered pups!

Stop by Municipal Office, 31C Main Street in Sackville to pick up a free dog bandana for each tagged dog.

Why register?

- Rabies shots only last three years. Keep your dog protected!
- Microchipped dog's will receive a discount!
- Show off your dog's new look! Post a photo and tag @tantramarnb.

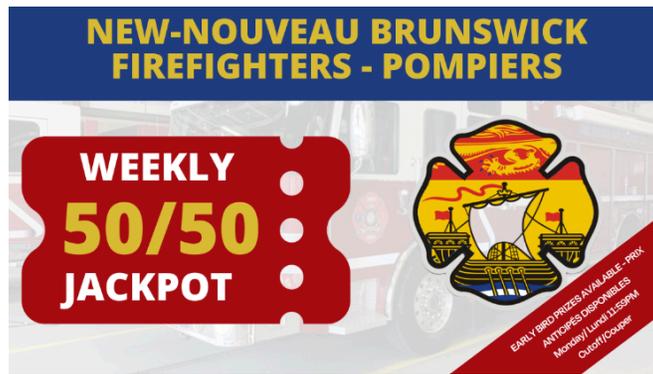


Not registered yet? Visit the front desk at Municipal Office and we'll help you get tagged.

Already registered? Just drop into Municipal Office and visit the front desk for your free bandana.

Let's boost registrations, protect our furry friends, and add a splash of color across town! **Rabies out. Bandanas in!**

Support the Tantramar Fire Service with the 50/50 Raffle!



Active Living and Culture

Recreation Programs and Activities

Pickleball

Salem School – Free

Mondays and Wednesdays: 8:00 p.m. – 10:00 p.m.

Mount Allison Gym – \$2 per day

Tuesdays and Thursdays: 9:00 a.m. – 12:00 p.m.
 Fridays: 1:00 p.m. – 3:00 p.m.

Dorchester School – Free

Mondays and Thursdays: 5:00 p.m. – 6:30 p.m.

Badminton – Dorchester

Tuesdays, 5:00–6:30 p.m.
 18 Harrop Ave, Dorchester, NB
 Dorchester Consolidated School

Open Gym – Dorchester

Wednesdays, 5:30–6:30 p.m.
 18 Harrop Ave, Dorchester, NB
 Dorchester Consolidated School

Adult Basketball

Wednesdays, 8:00–9:30 p.m.
 223 Main St, Sackville, NB
 Tantramar Regional High School

Ukulele

Fridays, 1:00–2:30 p.m.
 70 Main Street, Sackville, NB
 Bill Johnstone Memorial Park Activity Centre
 Registration required. Contact
 Jessica Wilson at

j.wilson@tantramarnb.com or
506-364-4958.

Sports Wall of Fame

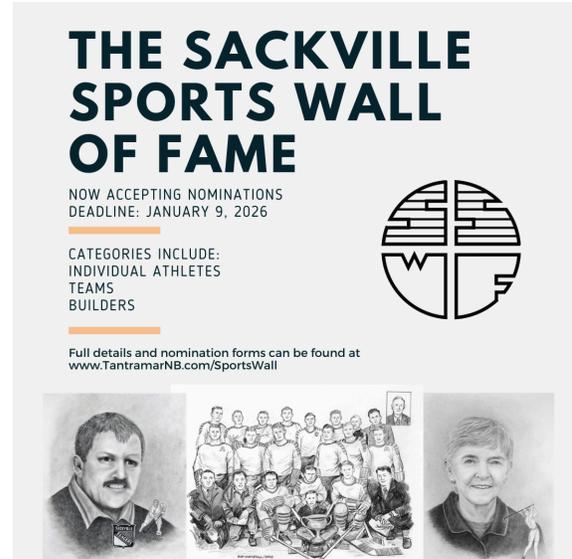
Know a standout athlete, builder, team, or community sport leader deserving recognition? Now is the time to nominate them for the 2026 Sackville Sports Wall of Fame.

[Get a nomination package](#) or pick one up at the front desk of the Municipal Offices.

The selection committee will meet and choose inductees by mid-February.

Deadline: January 9, 2026

Questions: Contact Jacqueline at 506-364-4955.



THE SACKVILLE SPORTS WALL OF FAME

NOW ACCEPTING NOMINATIONS
DEADLINE: JANUARY 9, 2026

CATEGORIES INCLUDE:
INDIVIDUAL ATHLETES
TEAMS
BUILDERS

Full details and nomination forms can be found at www.Tantramarnb.com/SportsWall

The poster features a circular logo with a stylized 'W' and 'F' on the right. Below the text are three images: a portrait of a man on the left, a group photo of a sports team in the center, and a portrait of a woman on the right.



Call for Nominations – 21st Annual Sports Recognition Night!

We’re gearing up to celebrate the incredible athletes who made Tantramar proud in 2025! 🏆

If you or someone you know has medaled at the provincial level (or higher) this year, we want to recognize your achievement at our 21st Annual Sports Recognition Night.

Event Date: January 29, 2026
Nomination Deadline: January 5, 2026
Submit nominations to j.wilson@tantramarnb.com

[Find forms here](#)

Afterschool Programming Hiring

Are you a MtA student and looking for some part time work to help give you a little extra cash? We're looking to hire 6 students who will be afterschool programmers for the term of January 26 – April 2, 2026. There are positions available for Monday/Wednesday, Tuesday/Thursday and just Wednesdays. Applications close January 18th, 2026.



[Visit our website for more information.](#)



Holiday Business Competition Winner

Congratulations to all the businesses that competed in the Holiday Business Competition!

The competition ran from the first Moonlight Madness (November 14th) until the second Moonlight Madness (December 5th).

There were over 200 votes cast in those 3 weeks and we have our winners of the categories!

Best Light Display:

- The Barn Shop – 64 votes
- Dave's Rock Emporium – 21 votes
- Bloom's – 20 votes

Best Holiday Scene:

- The Barn Shop – 64 votes
- Sackville Memorial Hospital Gift Shop – 38 votes
- Dave's Rock Emporium – 23 votes

People's Choice:

- The Barn Shop – 64 votes
- Sackville Memorial Hospital Gift Shop – 37 votes
- Dave's Rock Emporium – 26 votes

Best Tree:

- The Barn Shop – 63 votes
- Dave's Rock Emporium & Chirps Bar – tied with 23 votes each

Congratulations to our winner, The Barn Shop! We can't wait to see what happens next year!

Crown of Winterfest

Do you know a Senior who helps out everyone, who does all they can for their community, and does this just because they want to?? We want to hear from you! Help us find our next Crown of Winterfest recipient!

Simply fill out the nomination form that can be found here, or pick one up at the Municipal Offices (31C Main St., Sackville).

Nominations are due January 28th, 2026.



Jump and Play at Dorchester Consolidated School

Looking for a fun, active midweek option for kids and youth?

Join **Jump and Play at Dorchester Consolidated School** for supervised open gym time, including activities like basketball, volleyball, gymnastics, and more.

When: Every Wednesday, **5:30 p.m. to 6:30 p.m.**

Ages: 0 to 18

Cost: Free, starting **Wednesday, January 7, 2026**



Community Submissions

Rural Health Action Group

DON'T HAVE A DOCTOR?
Are you still on the
NB Health Link
waiting list?

You should check!
1-833-354-2300



Canadian Dental Care Plan

Canadian Dental Care Plan

Accessible. Affordable. Essential.



Eligibility

To qualify, you must:

- ✓ be a Canadian resident for tax purposes
- ✓ not have access to employer/pension-sponsored or private dental insurance
- ✓ have an adjusted family net income of less than \$90,000
- ✓ have filed your tax return in the previous year

The CDCP will help ease financial barriers to accessing oral health care for up to **nine million** eligible Canadian residents.

How to Apply

CDCP Application Phases	
Group	Applications open
Invitation to apply by mail	
Seniors aged 87 and above	Starting December 2023
Seniors aged 77 to 86 years	Starting January 2024
Seniors aged 72 to 76 years	Starting February 2024
Seniors aged 70 to 71 years	Starting March 2024
Application online	
Seniors aged 65 to 69 years	Starting May 2024
Adults aged 18 to 64 with a valid Disability Tax Credit certificate	Starting June 2024
Children under 18 years old	Starting June 2024
All remaining eligible Canadian residents	Starting 2025

Letters will be sent in phases by age group between December 2023 and March 2024 until all potentially eligible seniors who are 70 years of age or older have been invited to apply for the CDCP.

Oral health is important to your overall health and well-being. Regular visits to an oral health professional reduces the risk of health problems.

In 2022, one in four Canadians reported avoiding visiting an oral health professional due to the cost.

Every Canadian deserves accessible, affordable and essential oral health care.



Canada.ca/dental






The Canadian Dental Care Plan (CDCP) is here to help make dental care more accessible and affordable.

Tantramar Adult Learning Centre – Adult Upgrading and CAEC Preparation



Reading, Writing, Mathematics, Social Studies, and Science

New Students welcome – start any time!
 Study with the help of a teacher at your own pace and schedule.

For further information:
 Call: (506) 857-9912
 Email: info@education-se.ca

Sackville Basketball Association (SBBA)

Sackville Basketball Association (SBBA) – New Winter Programs

1. Friday Youth Nights (Middle School Students)

- **When/Where:** Fridays, 6:00–8:00 PM at Marshview Middle School
- **Start Date:** January 9th, running through February/March
- **Who:** Middle school students (Grade 5–8) who are *not currently registered with SBBA* and may be new to basketball
- **Registration:** Through RAMP either on-site or beforehand
- **Fees:** BNB + Basketball Canada fee: \$24.35 (one-time) on RAMP
 - Drop-in fee: \$5 per session

Please email sackvillebasketball@hotmail.ca to connect and learn more.

2. Intro to Basketball (Kindergarten–Grade 4 kids)

- **Format:** 6-week introductory program
- **Start Date:** January 11th, running until late February (ending either February 15 or February 22)
- **When/Where:** Sunday mornings from 10–11am at Salem Elementary
- **Who:** Elementary-aged kids (Kindergarten–Grade 4) not currently registered with SBBA
- **Fees:** BNB + Basketball Canada fee: \$24.35 (one-time) on RAMP + \$50 fee

Please email sackvillebasketball@hotmail.ca to connect and learn more.

Sackville Shotokan Karate

Tantramar International Karate Daigaku is proud to bring Shotokan Karate to Sackville and Murray Corner, NB. For further information contact Sensei Norm Robitza, 6th Dan at dojo@karatesackville.com or sackvilleshotokankarate@gmail.com. Visit karatesackville.com.

NB211.ca

Struggling with food insecurity & isolation? 211 can help:

A 211 caller told a Service Navigator they were feeling suicidal, but reported no current intent or plan to act. They disclosed that they had a history of suicide attempts, but stated they did not have the means available at the time of the call. The caller also reported that they did not have food and expressed that they were feeling hungry and weak. They requested in-person wellness checks or friendly outreach for support.

Need a listening ear?

Call 211 anytime to be connected to social supports

HELP STARTS HERE.

Free | confidential
24/7 | 150+ languages

nb.211.ca

211

New Brunswick CANADA

Ensemble Together

The Service Navigator actively listened to the caller and empathized with their feelings of sadness and isolation. She let them know she could find the services they needed. Crisis resources, including the 9-8-8 Suicide Crisis Helpline, were provided, along with local food banks, hot meal programs and friendly outreach contacts. A follow-up call was scheduled to ensure the caller was safe, supported, and connected with basic needs.

211 navigators are always available 24/7 to offer friendly, non-judgmental service to understand your needs and help you connect to available resources to make life easier. The 211 service is free, confidential, and available across Canada in over 150 languages. Simply dial 211 or visit nb.211.ca for more information.

Tantramar Seniors' College

Tantramar Seniors' College — Winter Term

Course descriptions are now online. Classes run **in person** (Amherst, Sackville, Shediac, Greater Moncton) and **online**.

- **Browse courses:** <https://tantramarseniorscollege.wordpress.com/>
- **Registration (online only):** Jan 10–12
- **Need help?** Call the TSC Co-Coordinator: 506-364-2780
- **Classes begin:** Jan 26

We look forward to learning with you this winter!

Mounties Women's Hockey

25/26 SCHEDULE MOUNTIES HOCKEY

HOME (Dark Red) | AWAY (Gold)

OCTOBER 3 7:00PM	OCTOBER 4 3:00PM	OCTOBER 10 7:00PM	OCTOBER 11 7:00PM
OCTOBER 17 7:00PM	OCTOBER 18 7:00PM	OCTOBER 22 7:00PM	OCTOBER 26 3:00PM
OCTOBER 31 7:00PM	NOVEMBER 1 7:00PM	NOVEMBER 7 7:00PM	NOVEMBER 8 7:00PM
NOVEMBER 12 7:00PM	NOVEMBER 15 3:00PM	NOVEMBER 21 7:00PM	NOVEMBER 22 7:00PM
NOVEMBER 28 7:00PM	JANUARY 9 7:00PM	JANUARY 16 7:00PM	JANUARY 17 7:00PM
JANUARY 23 7:00PM	JANUARY 24 7:00PM	JANUARY 30 7:00PM	FEBRUARY 1 3:00PM
FEBRUARY 6 7:00PM	FEBRUARY 7 7:00PM	FEBRUARY 11 7:00PM	FEBRUARY 14 7:00PM

Poet Laurate – Laura Katherine Watson



Spell for the End of the World

Should I grieve for the world
at every symptom of its passing?

Or should I gobble up the seconds
like cherries on a sundae?
Should I throw it a farewell party?

By the world, I mean the Earth.
By the world, I mean this peace.
By the world, I mean this bread so available,

I mean this clean air to breathe.
 By the world, I mean my childhood fantasy of safety,
 of living comfortably at the end of history.
 By the world, I mean those six or seven birch trees
 bulldozed to make space for a new apartment building.

If survival is always temporary,
 does that mean I shouldn't hold things so tightly?

By tightly, I mean as if they mattered.
 By tightly, I mean lovingly.

EOS Eco-Energy



**Do you live on or spend time at Silver Lake?
 Are you interested in improving the water quality of Silver Lake?**

JOIN THE NEW SILVER LAKE ASSOCIATION

WHAT LAKE ASSOCIATIONS DO:

- ✓ Volunteer water monitoring
- ✓ Invasive species monitoring
- ✓ Promote public awareness of local issues
- ✓ Coordinate strategic plans for lake management
- ✓ Advocate for government support of your local waters

SIGN UP TO LEARN MORE

Contact Us
506-536-4487

Email
water@eosecoenergy.com

EOS ECO-ENERGY | INC.
 ECO-ENERGIE

EOS is excited to announce that they've received funding to start a **Silver Lake Association!**

If you are interested in learning more, please email water@eosecoenergy.com or call the EOS office at [506-536-4487](tel:506-536-4487).

[72- Hour Emergency Kit Checklist](#)

Over the past several months, we have seen how quickly forest fires can start and spread. This is EOS' checklist of emergency kit supplies we should all compile for climate-related emergencies and evacuations. Be safe and be prepared!

Dorchester Public Library

The Dorchester Memorial Public Library continues to offer welcoming spaces, programs, and services for all ages throughout January.

Location: 3516 Cape Road, Dorchester

Contact: 506-379-3032 | BiblioDorchesterLib@gnb.ca

Library Hours

Tuesday, Wednesday, Friday, and Saturday
10:00 a.m. – 12:00 p.m. and 1:00 p.m. – 5:00 p.m.
Thursday
12:00 p.m. – 4:00 p.m. and 5:00 p.m. – 7:00 p.m.

Recurring Programs

Programs are offered in English unless otherwise noted.

Ninja Reading Corner

Thursdays, 3:00–4:00 p.m.
School-age children can drop in to practise reading one-on-one with library staff.

Pre-school Storytime

Fridays at 1:30 p.m.
For children ages 3–5 and their caregivers. Stories and art activities included.

Board Book Storytime

Saturdays, 1:30–2:00 p.m.
For babies and toddlers ages 0–3 and their caregivers.

Dungeons and Dragons 5e

First and third Saturdays of the month, 2:00–4:30 p.m.
This group is currently full. Contact the library to be added to the waiting list.

“Tell Me What You’re Reading” Book Club

First Saturday of the month, 10:30–11:30 a.m.
Discover new authors and share what you’re reading.

Music at the Library

By appointment
One-on-one guitar fundamentals for all ages. Introduction to the ukulele also available. Contact the library to book a session.

Sackville Memorial Hospital Auxiliary Gift Shop

Join Our Volunteer Team!

Sackville Memorial Hospital Auxiliary Gift Shop

Looking for a meaningful way to give back to your community? Come share your time, your smile, and your heart at the Auxiliary Gift Shop!

 **We're looking for volunteers who are:**

- Friendly and welcoming
- Reliable and community-minded
- Available for a couple of hours every 2 weeks—or as often as you're able

 Located in the Sackville Memorial Hospital lobby

 Flexible shifts available – mornings and afternoons

Ready to join? Drop by the shop or message Mary today—your smile could be the gift someone needs! 

 506-536-0710 marydelong73@gmail.com

Sackville Public Library



January

Sackville Public Library
 (506)364-4915 | biblioSackvilleLib@gnb.ca

Tuesday	Wednesday	Thursday	Friday	Saturday
Scavenger hunt in the Library all January long!		1 Closed	2 Craft Day Family / All day	3
6 Adult Book Club 18 and up / 6:00pm	7 Parent and Baby Drop in Family / 10am	8	9	10
13	14 Parent and Baby Drop in Family / 10am	15	16	17 Story Time 2 and up / 10:30am
20 Adult Craft Night Over 16 / 5:30pm *Registration Required	21 Parent and Baby Drop in Family / 10am	22	23	24 Story Time 2 and up / 10:30am
27	28 Parent and Baby Drop in Family / 10am	29	30	31 Story Time 2 and up / 10:30am

Food Security Action Group serving Tantramar & Strait Shores



FOOD SECURITY ACTION GROUP

Feeling the festive giving spirit this holiday season?

Consider donating to our local food security organizations!

<p>Sackville Food Bank 5 Willow Lane; 506-536-4164</p>  <p>Financial & food donations welcomed</p>	<p>Dorchester Food Bank 11 School St; 506-379-6232</p> <p>Financial & food donations welcomed</p>
<p>Tantramar Community Association https://christmascheersackville.ca</p>  <p>Financial donations & new kids gifts/items welcomed</p>	<p>Pedvac Food Bank 12 Church St. Port Elgin; 506-538-7638; www.pedvac.org</p>  <p>Financial & food donations welcomed</p>



COMMUNITY FRIDGES & PANTRIES

SACKVILLE

STUDENTS: AT MOUNT ALLISON UNIVERSITY, TANTRAMAR HIGH & MARSHVIEW MIDDLE SCHOOL

DORCHESTER

FOR GREATER DORCHESTER AREA RESIDENTS:
GREATER DORCHESTER MOVING FORWARD CO-OP: 8 STATION RD
OPEN SAT - WED 10AM-8PM

PORT ELGIN

EVERYONE: BEHIND PEDVAC- 12 CHURCH ST. OPEN 24/7




FOOD SECURITY ACTION GROUP

FREE COMMUNITY MEALS

FOR EVERYONE!

Alternating Lunch or Supper at Main St Café, 2nd Tuesday of every month at 20 Main Street, Sackville.
Call 506-939-2276 to confirm time

FOR THOSE 60+!

Lunch'N'Learn at Baie Verte Seniors Centre. Call Nursing Home Without Walls - Westford to register
506-538-1904



COMMUNITY FOOD BANKS



<p>SACKVILLE</p> <p>5 Willow Lane 2x/month Tues 6:30-7:30pm, Wed 9-11am 506-536-4164; https://sackvillefoodbank.ca/</p>	<p>DORCHESTER</p> <p>11 School St. 2x/month 2nd & 4th Tues 9am-2pm 506-379-6232</p>
<p>PORT ELGIN</p> <p>12 Church St. Once per month Wed - Fri 10am-3pm by appt. 506-538-7638; https://www.pedvac.org</p> <p>(If unsure, call to find the foodbank serving your community)</p>	

Urban Rural Rides



URBAN/RURAL RIDES TRANSPORT URBAIN/RURAL

Do you have a car?

An increasing number of older adults no longer have a vehicle or are no longer able to drive because of medical reasons. The inability of members of the aging population to access medical services can compound existing medical conditions, lead to additional difficulties and reduce the time they can live independently in their own homes.

If you are fortunate to have a vehicle and the good health to drive, you can help seniors in your community struggling to get to medical appointments.

Urban/Rural Rides operates a volunteer driver service in Southeast New Brunswick, as well as 6 other regions in the province and is looking to add more amazing volunteers to their team. There are currently seniors and low-income residents on a waitlist while Urban/Rural Rides seeks to increase the number of volunteers to help.

Volunteers can drive as much or as little as they are available. Maybe that is one morning a week or a couple times a month. Maybe that is more frequently. Volunteers are reimbursed \$.50/km.

To become a volunteer and help Urban/Rural Rides change lives one ride at a time, please visit our website at <http://urbanruralrides.ca> or call Debbi 506-866-3353.

Horizon Health Network

ONE-AT-A-TIME THERAPY

A service providing quick access to a **one-time, personalized, private, safe, and FREE** counselling session for those who wish to talk to a trained counselor about mental health and/or addiction.

If you are concerned about your mental health or an addiction issue **we can help.**

Open to all ages.

To book an appointment or to learn more about One-at-a-Time Therapy, please call:

506-856-2444

If you are in crisis and/or need immediate support, please call:

CHIMO Crisis Helpline:	1-800-667-5005
Kids Help Phone:	1-800-668-6868
Hope for Wellness Helpline (Support for Indigenous People):	1-855-242-3310
Local Emergency Services:	911

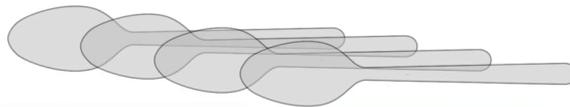
Flow
Access
Experience
Retention

Wysmykal Farm

Wysmykal Farm will be selling organic vegetables at the Sackville Farmers Market on Saturday mornings. Wysmykal Farm offers online ordering and home delivery of vegetables in the Tantramar area. <https://wysmykalfarm.ca>

Salem Breakfast Program

SPOONS FOR SALEM BREAKFAST PROGRAM



The **Salem Breakfast Program** operates every school day and offers a selection of healthy foods to **all Salem students** as they get to school and prepare for the school day.

In an effort to cut down on waste and lower our costs, we want to **switch from using plastic disposable spoons to reusable metal spoons**, so we're asking for **spoon donations** to build up our supply.

If you have **1, 2 or more metal spoons you'd like to donate**, please send them with your student to school – every classroom will have a collection bin. Or contact the Breakfast Program coordinator listed below to arrange pick up.

The Salem Breakfast Program is able to operate thanks to

- ✓ **food donations from the Food Depot Alimentaire**
- ✓ **financial donations through the Breakfast Club of Canada and local supporters,**
- ✓ **and time and energy donations from our dedicated group of volunteers.**

If you'd like to volunteer with this program, please contact the coordinator listed below. Volunteering in the school involves a 7:30-8:30 am time commitment one day a week, but there are ways to help outside these hours if you'd like to be a part of this program.

For more information, contact: **Kathy Treash**
kathy0321@yahoo.com
or through Messenger

1/1

The Salem School Breakfast Program is looking for volunteers! Parents, grandparents, community members...if you'd like to spend a little time one morning a week greeting the students of Salem Elementary School and helping to provide them with a healthy start to their day, we'd love to have you as a part of

our volunteer team. We offer a variety of food choices to all the students of Salem School on every school morning, to ensure no students are starting their learning day hungry. The commitment for volunteers is approximately 7:15–8:30am on your chosen weekday. If this sounds like something you would be interested in, please email Kathy Treash at kathy0321@yahoo.com

Zoomers in Balance



= Winter 2026 =

Join this FREE program and improve your balance!



WHERE: Dorchester -Veterans Community Center

WHEN: Tuesday & Thursday

4:30 PM - 5:30 PM

from January 13th to April 2nd 2026



Benefits:

- Participate in a free exercise class.
- Meet peers in your community.
- Learn how to improve your balance and reduce the risk of falls!

You are eligible if you:

- Are 50 years of age or older.
- Can exercise with minimal supervision.
- Can commit to an exercise program for 12 weeks, up to 3x/week.



Website:
www.zoomersinfo.ca

Email:
contact@zoomersinfo.ca



Cardiometabolic Exercise and Lifestyle Lab

Upcoming Municipal Office Meetings

Regular Council Meeting: Tuesday, January 13, 2026 @ 7:00 p.m.

Committee of the Whole Meeting: Monday, January 26, 2026 @ 3:00 p.m.



Tantramar

NEW BRUNSWICK



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Our mailing address is:

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