



What's Happening?

Dear TESL NB Members,

I hope that, like me, you are feeling more optimistic and see a light at the end of the tunnel as we begin 2021. The arrival of vaccines gives us hope that things will be closer to normal by the fall, even though it may be a somewhat different normal than pre-Covid.

The recent holiday break gave me time to relax and rejuvenate for the new year. And, although we were limited in our social gatherings there were still special moments. We were so happy that my Mom, who lives in a special care home, was allowed to come to my home for Christmas day. What a present that was!

As I look to the year ahead, I focus on positive thoughts. I believe we will come out of this experience stronger and with a new appreciation for the important things in our lives – our families, friends, and communities. Let's look forward to the day when we can be as close as we want, hug each other, and not have to avoid physical contact.

May 2021 bring you happiness and peace.

Donna



Donna Hoffman

"Don't ever underestimate the importance you can have because history has shown us that courage can be contagious and hope can take on a life of its own." ~ Michelle Obama



TESL NB BURSARIES!

TESL NB is offering members the opportunity to apply for one of **three bursaries of \$250.00 that** can be used for professional learning (PL). Virtual or face-to-face conferences, short courses (e.g., TESOL at ACE, workshops with fees, or ESL-related credit or non-credit post-secondary courses are valid options). Follow @TESLCanada and @TESL-NB on Twitter as well as other provincial affiliates @ATESLnews, @TESLSask, @TESLMB and other provincial associations like @bctel for news on upcoming PL offerings. Also, please note that TESL NB will be offering a significant discount to members to attend the TESL Atlantic Conference therefore a bursary is not necessary for this conference.

Get application details at: <https://teslnb.ca/category/bursaries/>

Take advantage of this opportunity to connect with the ESL/EAL/EFL community across the country—apply today!



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SPOTLIGHT ON THE IMMIGRANT WOMEN'S ASSOCIATION OF NEW BRUNSWICK (IWANB)

~ *Subi Adhikari, Administrative Assistant, IWANB*

The Immigrant Women's Association of New Brunswick was initially conceived from a project led by New Brunswick Multicultural Council and Muriel McQueen Fergusson Centre in August 2017. One of the outcomes of the project was formation of the Advisory Forum of immigrant women compiled from women across the province of New Brunswick. The Forum took its own course to form the New Brunswick Immigrant Women's Association in Fredericton which later was registered as Immigrant Women's Association of New Brunswick (IWANB) in September 2019. The association currently has seven board



New Brunswick Immigrant Women's Association

members and over 150 active members from the community. The Immigrant Women's Association of New Brunswick is an organization that guides women through the hardships of settling down in a foreign country by providing informative services that ease their transition.

Contact IWANB

Our facebook page link is: <https://www.facebook.com/immigrantwomenofNB>

The Association's email is: nbiwa.afinb@gmail.com

The Association's phone number is: (506) 262-8043

MAKING A DIFFERENCE FOR WOMEN

Out of all the challenges of moving into a new country, the most prominent one seems to be the lack of understanding and/or being understood by others. Effective communication is an essential part of settling down in a foreign country.

Many immigrants are met with linguistic challenges that not only impede the control of their daily life tasks but also their ability to lead successful lives.

Since its establishment in 2019, the IWANB has organized and participated in various language workshops for their members. Recently the association provided literacy classes as part of a COVID-19 Wellness program. The classes established a strong foundation for the participants' lingual growth. The classes ran for multiple weeks and the association provided other services such as wellness and domestic violence counselling, and a daycare facility.

GET TO KNOW A TESLNB MEMBER!

In this edition, the TESL NB Board is excited to profile not only a TESL NB member, but, the newest TESL NB Board Member! Yao Bian (Beryl) was born and raised in China and moved to Canada in 2016. She holds a PhD in History as well as a Bachelor of Education. Yao is a busy mom of two.

Welcome, Yao! We are so pleased that you have joined the team at TESL NB.



Name: Yao Bian

Yao Bian, Supply Teacher, Anglophone West School District

Position: Supply Teacher, Anglophone West School District; Teaching Assistant, Faculty of Education, UNB

My favourite thing about my position: I love young minds. I love the way they are so fresh and new to life. I love the feeling that I have a chance to make a difference in their lives. It feels awesome when they grow, and they do all the time. I also love watching educators work. There are so many wonderful teachers and they rock!

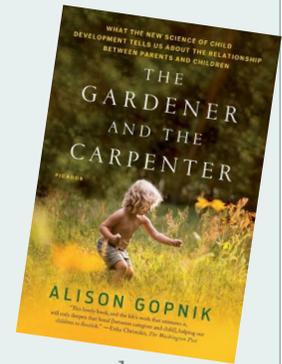
Something I recently learned: "Connection heals trauma." I learned it from the course "Inclusionary Practices" offered by the Faculty of Education at UNB. Silly as it may sound, I didn't know it's possible to heal trauma. I always worried when working with traumatized children, not knowing how to help. Now that I've learned a little about trauma, I am motivated to learn more and could see myself more confident at work.

Favourite Quote: "We saw that children recruit information and learn differently depending on who the person is and how they feel about them."

Goal over the next few months: I set my goal at having fun a few years ago and I am stilling working on it. I forgot how to have fun a long time ago and relearning it is not easy. Now that I have young people to be responsible to, I realized how awful it is to be a no-fun adult. And that's why children are so precious, they teach us how to enjoy life and be young again. And in that, they are better teachers than we are. My new slogan is "my toddler is my youngest teacher; I am my toddler's biggest toy (it sounds cooler in Chinese)". We will see how that works.

Something that inspires me: Arguing with George. I am speechless to see there are so many ways to look at things, and how nonsense make sense.

BOOK RECOMMENDATION



Yao recommends *The Gardener and the Carpenter* by Alison Gopnik:

I recommend this book for many reasons. Alison Gopnik is witty, passionate and a deep thinker. She is well trained both in philosophy and psychology, and I find her concerns meaningful and profound. Her works don't try to please her audience or grab immediate attention; rather, they convey condensed results of her years of researching.

I love this book as a parent and as a teacher. The book persuades readers, parents and teachers, to be more of a gardener than a carpenter with children; to work on providing safe, stable and rich environments for children to grow freely instead of cutting and sanding them into standardized pieces for future workplaces. I think the book calms the mama part of me down in a good way.

TESL ATLANTIC CONFERENCE

GET TO KNOW ONE OF THE KEYNOTE SPEAKERS



Patrice Palmer will share a keynote titled, **Wellness for All in Education: A Lofty Goal?** She will also facilitate a workshop titled, **Teacher self-care is a thing?**

Patrice has over 23 years' experience as an ESL teacher, trainer and writer in Canada and spent 7 amazing years in Hong Kong. She has taught students from 8 to 80 in a variety of programs.

Patrice experienced professional burnout in 2015 which prompted reflection on her lack of self-care. She now shares what she has learned with educators and school leaders locally and globally. Patrice's new book, ***The Teacher Self-Care Manual: Simple Strategies for Stressed Teachers*** is available on Amazon.

TESL ATLANTIC CONFERENCE

by Erica Thomas, TESL Atlantic Planning Committee

Greetings TESL NB Community, I hope all is well. It is time for another TESL Atlantic Conference update! For those who have not heard, there is a TESL Atlantic conference coming up **April 30 – May 1, 2021**.

With so many things to consider and the many uncertainties we are facing, the conference planning committee has decided on a virtual conference. The committee is working hard to firm up details and will be updating our website and social media with conference information as it



becomes available. We are thrilled to provide this opportunity for personal and professional growth, and we look forward to seeing you “there”.

TESL NB GIVES BACK

by Paula Kristmanson

At our post-AGM meeting in December, members of TESL NB decided unanimously to use one of the unclaimed professional learning (PL) bursaries (\$250) in order to give back to our NB communities.

After a bit of discussion, we decided that local food banks could benefit from a donation.

We took a look at the geographic locations of our current members and were able to provide a \$50.00 donation to each of the following food banks: Saint John, St. Stephen, Moncton, Miramichi and Fredericton.

We are pleased to be able to provide these small donations to support initiatives aimed at food security. Thank you for your generosity and for helping TESL NB give back to our communities.



TESL NB members at the December 2020 meeting

MCAF CHILDREN AND YOUTH

by Saa Andrew Gbongar and teammates



Dear friends,

We at the **Multicultural Association of Fredericton, Inc. (MCAF)** are pleased to share details with TESL NB members of what we have been doing over the last year (2020– onwards). Last year was a very tough and unusual time for everyone while dealing with the COVID-19 pandemic. Despite the fact that everything has changed, the children and youth department at MCAF is still putting great effort in maintaining meaningful activities that create value for newcomers in the greater Fredericton community.

French Program

The Program Liaison Francophone (PLF) in the Francophone schools is focused on learning and practicing French in a fun way through different themes online. These ongoing programs and activities help newcomer children settle well in Fredericton. Over the school year, newcomer French youth get ongoing support to practice their language online with MCAF tutors, youth staffs and volunteers.

Computer Literacy Program

We have been helping youth navigate and operate computers in school and in their personal lives. They learn how to use all of the external components of computer as well as very common computer administration tasks, e.g. manipulating files, folders, computer settings, Google Chrome, Google search functions, Gmail, Maps and more.

Music Program

Over 40 newcomer children and youth attend MCAF virtual music programs (piano and guitar). This program is offered weekly and on weekends via Zoom. No experience needed. This gives newcomers the opportunity to learn music.



Summer Outdoor Wellness

The children and youth team organized recreational activities to keep newcomers playing safe during the pandemic. Some of the activities were hiking, walking, biking, small group soccer, and Frisbee. These activities involved lots of talking—a great way for youth to practice English and French. Youth also had the opportunity to learn and play tennis and basketball. These activities, that occurred all summer long, put smiles on the faces of youth, as they made new friends and stayed active!



Children and youth also had opportunities in 2020 to take part in virtual arts and crafts sessions, as well as receive tutoring support through the ongoing program offered by the **Settlement Workers in Schools (SWIS)**. Newcomers were able to access support for English, Math, and more.

For more information on MCAF, visit www.mcaf.nb.ca.

TESL NB

TESL NB is a professional organization affiliated with [TESL Canada](#) that aims to support ESL and EAL teachers and instructors working in a variety of institutions in the province of New Brunswick.

TESL NB provides ESL/EAL educators with a venue for professional networking and professional development opportunities.

We welcome new members. Visit www.teslnb.ca/join-us/ to find out more.

LET'S CONNECT!

- www.teslnb.ca
- Facebook at TESLNB
- Twitter @TESL_NB
- teslnewbrunswick@gmail.com

Please reach out if you want to get involved or know more. We believe in the power and importance of professional connections.



YOUR TESL NB IS READY FOR 2021

Please join us at an upcoming (virtual) general meeting on **February 11th at 7 pm**. All are welcome, and you can come exactly as you are. We'd love for you to join us! Email our President, Donna, at teslnewbrunswick@gmail.com, for details.

You're Invited

A new slate (2020-2021) of TESL NB Board Members were voted in on December 10, 2020:

- President: Donna Hoffman
- Past President: Corey Harvey
- Co-Secretary/Treasurers: Paula Kristmanson and Darlene Whitehouse-Sheehan
- Social Media and Public Relations: Erica Thomas and Geoff North
- Newsletter Editor: Kathy Whynot
- TESOL International Representative: Colleen Meagher
- TESL Canada Representative: Andrea Leitch-Blake
- Member-at-Large: Chantal Lafargue
- Member-at-Large: Yao Bian (Beryl)

Thank you to all Board Members for their service! If you would like to get involved in any committees, please contact teslnewbrunswick@gmail.com.



YOUR NATIONAL ORGANIZATION



As a member of TESL NB, you are automatically a member of TESL Canada.

Remember to check www.tesl.ca and @TESLCanada for updates on **Professional Learning sessions** for members, **bursary** opportunities, events, updated standards for certification, and more.

The new slate of Board Members for 2020-2021 is also posted on www.tesl.ca. New Brunswick has reason to be proud, as we have three members from our province represented on the national board, including the President, Paula Kristmanson.



“The currency of real networking is not greed but generosity.”

~ Keith Ferrazzi

“The single greatest ‘people skill’ is a highly developed & authentic interest in the other person.”

~ Bob Burg