

# WE Believe conference a success says attendee, presenter

By Robert Fisher

ST. STEPHEN – Isaac Groom believes the WE Believe conference he and his sister recently attended was a success.

Groom and his sister, Laura, presented at the event about their volunteer work with We've Got Your Back, a local charity that provides food to school-age children on weekends. Groom said their presentation went "really well."

"It seemed like the kids were really into it, very responsive, which is really nice," said the St. Stephen native.

He said there was a significant concentration on mental health at this year's event.

"They definitely had some pretty impactful messages either about perseverance or definitely a large mental health focus, too."

He said the point was to instill the idea in people that they're not alone if they're struggling and that asking for help is a positive.

The speaker who may have had the biggest impact on Groom was national team hurdler Sarah Wells. He said Wells had qualified for the Olympic team despite having been injured for a long period the year prior. After the Olympics, she had a recurrence of the same injury yet still qualified for the 2015 Pan Am Games in Toronto. What Groom took away from Wells's speech was the idea of perseverance and looking for new opportunities in the face of disappointment.

Groom said a talk by an ex-convict who had turned his life around was also impactful. The speaker concentrated on drugs and drug-use prevention. The speaker related his own story of how drugs had impacted his life negatively and that of his family. Members of the speaker's gang killed his mother when he wasn't home.

"Afterward, he kind of emphasized the point that drugs, you might think that they're the solution, but they really just cause the problem."

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Brian McMillan photo

Speakers, presenters and performers gather on stage at the conclusion of the WE Believe conference in Saint John.

# Food bank seeing increase in need, changing of the guard

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to know that there is a need.

She said the shelves were full when she started working on Monday and by Wednesday stock levels were down significantly. She wants to communicate the ongoing need to people to try to find a way to make sure they always have what they need.

Muir would also like to get to a point where youth are starting to come to the centre to volunteer again. They did that prior to COVID and she would like to see them come back to the centre.

"I want volunteers to benefit, to see

that they make a difference."

Muir said one of the first things she has noticed is the need for specialty food, such as food for diabetics and gluten-free options for people with celiac disease. Some seniors, she said, may need a different diet as well.

Muir is excited about the new role and the opportunity to help the larger community.

"I feel like I'm where I'm meant to be because I'm helping," she said. "I consider everyone who leaves with food in their hand a success."

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## Cooking with DAIRY is udderly delicious!

JUNE IS DAIRY MONTH  
Celebrate with these legend-dairy recipes!



### Yogurt bark with nuts and dried fruit

Do you need a tasty, energy-packed snack? These yogurt delights will hit the spot.

**INGREDIENTS**

Servings: 8

- 3/4 cup assorted nuts and seeds (almonds, pecans, cashews, sunflower seeds, pumpkin seeds, etc.), coarsely chopped
- 2 cups vanilla yogurt
- 1/4 cup honey
- A pinch of salt
- 1/2 cup dried fruit of your choice (cranberries, apricots, etc.), coarsely chopped

**DIRECTIONS**

1. Roast the nuts and seeds for several minutes in a dry skillet to bring out



2. In a small bowl, combine the yogurt, honey and salt. Pour the mixture onto a parchment-lined baking sheet and spread it into an even layer. Sprinkle the fruit, nuts and seeds over the yogurt mixture. Place the baking sheet in the freezer for at least two hours.
3. Cut the bark with a knife or break it up with your fingers. Store in the refrigerator.

### Creamy spaghetti with chanterelles

This creamy and cheesy pasta tastes divine. It's sure to wow your guests!

**INGREDIENTS**

Servings: 4

- 400 grams spaghetti
- 2 tablespoons butter
- 2 shallots, finely chopped
- 2 cloves garlic, finely chopped
- 200 grams chanterelles
- 1/2 cup vegetable broth
- 1 cup 35% whipping cream
- 1 cup fresh parmesan, grated
- 1/2 cup fresh basil
- Salt and pepper, to taste



**DIRECTIONS**

1. In a large pot of salted boiling water, cook the pasta al dente. Drain and set aside.
2. Melt the butter and brown the shallots in a large, deep skillet. Add the mushrooms and garlic. Continue cooking for about 4 minutes or until all the water is released from the mushrooms. Season with salt and pepper.
3. Pour in the vegetable stock and simmer until the liquid has almost completely evaporated. Add the cream, parmesan cheese, and a little more salt and pepper. Bring the sauce to a boil, then reduce the heat and simmer gently for a few minutes.
4. Add the spaghetti to the pan and sprinkle with a few coarsely torn basil leaves. Mix well and season further if desired.
5. Spoon the pasta into a large serving bowl and garnish it with fresh basil leaves.

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