



5 Hooper Ln, Petitcodiac



LOCAL NEWS & VIEWS

Promoting Local Business & People in Our Surrounding Communities.



March Issue, 2016
Volume 6 #11
MONTHLY BULLETIN



CHASE THE ACE OF SPADES LOTTERY



A fundraising campaign for the Petitcodiac Royal Canadian Legion #41 & the Maritime Motorsports Hall Of Fame Inc.

Where: Being held every Friday evening at the Royal Canadian Legion # 41, 18 Kay Street, Petitcodiac, NB.

When: Starting April 1, 2016 at 6:00pm until 8:00pm, ticket drawn at 8:15 sharp, every Friday evening until ace of spades is drawn.

Cost: Roll Tickets will be sold for \$2.00 for one, three for \$5.00 and ten for \$10.00.

Rules: You must be 19 years of age. You must be here to win. Tickets will only be sold at the above address. Staff working the event will not be allowed to participate in the event.

How: Come to the event; buy tickets (as many as you want), lucky ticket will be drawn at 8.15 sharp (you must be there); holder of ticket will receive 20% of evening's take and a chance to turn up a playing card (if it is the Ace of Spades the ticket holder will then receive another 20% (Jack Pot) and the game is over, however if not the Ace of Spades the money will be held over until next week and added to that Jack Pot. 30% goes to the Legion #41 and 30% goes to the Maritime Motorsports Hall Of Fame Inc.



LN&V Now Online at our website : www.maritimemotorsporthalloffame.com Ph:756-2110
Also like our page on facebook [Maritime Motorsports Hall of Fame](#)



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GET YOUR TICKETS NOW !

Maritime Motorsports Hall Of Fame
Honda 500 Pioneer Side by Side
March 26 at the Petitcodiac Legion.
Tickets on sale Now at the
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Tickets are 1 for \$100 and 3 for \$200
Call the Hall for more details
(506) 756-2110

Meet and Greet 5:30pm to 6:30pm Dinner served at 6:45pm

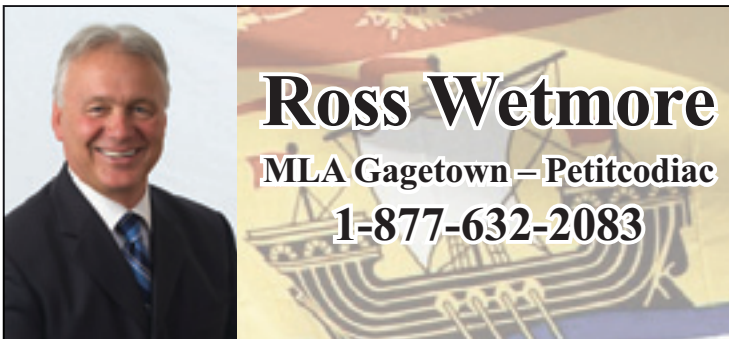
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“Happy Easter”
from David Keirstead
and Staff

From the Editor



Can you believe it is March already? March is Red Cross Month.

We have had such a good winter for getting around, however, I do feel bad for all you folk that do winter activities. What a surprise when I saw my daffodils peeking through the ground in the middle of February, but then, there was the down side because I could see all the yard work I need to do.

We were sad that Jennifer Hebert had to leave us in February; Betty Reynolds has joined us to fill in Jennifer's place with the Local News & Views.

March is a very busy month here at the Maritime Motorsports Hall Of Fame, what with birthday party's baby showers, etc.

Lounsbury's have their car sales here March 8th to 12th.

We have the Side-by-Side draw and dinner March 26 at the Petitcodiac Legion; pick up your tickets at the Hall of Fame office.

Have some fun on Saint Patrick's Day (March 17) wearing your green.

The clocks go forward on Sunday, March 27 at 1am, Easter Sunday morning.

Easter is early this year; hope that means spring is early.

April 1st we start Chase the Ace of Spades, looking forward to the fun, so come to the Petitcodiac Legion to see how it is done, and a chance to win some money.

Wishing you all a Happy Easter!
From your Editor
Winona McLean



NOT EVERYONE LIVES
LIFE BY THE BOOK

MONEY FOR LIFE

Sun Life's Money for Life approach adapts to you—I can help you build a plan to get protection, guarantees and the freedom to live your way, now and through retirement.



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Life's brighter under the sun

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Before the Leaves Turn
Tantramar and the Great War
A Play by Jamie Bradley
Sunday, March 12, 2016 @ 2pm
Petitcodiac Legion
Donation at the Door



DOLLAR STORE

27 Main St. Petitcodiac

The Easter Bunny is on its way!!



Pepsi Products
\$2.50 per 6-pack
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2/\$1.00



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Yard Signs**
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**Easter
Napkins and Plates**
\$1.50




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Store Hours

Mon-Fri 9am-8pm, Sat 9am-6pm, Sun 12-5pm.



Petitcodiac Community Calendar 2016

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
M a r c h	War Museum Tours by Appointment. Please call Cathy at 756-2068 for more info. Chairlift facility available.		1 -Geri-fitness -Kickboxing -A.K.A Dance Studio -Kiwanis -Youth Group -Children's Choir -Discovery Kids	2 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Dominoes @ Legion -Walking Club -Open Skate -Fit Camp @ PRS -Baby Talk With Me Program	3 -Drop-in Play Group -Legion Branch Meetings -A.K.A Dance Studio -Open Skate -Adult Skate	4 -Walking Club -Parent-Child Mother Goose Program @ Kiwanis -FUN-damental Play Group -World Day of Prayer Service @ St. Andrew's Anglican	5 
	6 -Church Services -Open Skate -Firemen's Bingo @ Legion -Mothering Sunday @ St. Andrew's Anglican	7 -Air Cadets -Senior's Club -Pilates -Taking Time for Me -Merry Makers 2 -Walking Club -Open Skate	8 -March Break Craft-ernoon @ Library -Geri-fitness -Kickboxing -Women's Institute -A.K.A Dance Studio	9 -Library Storytime -Magnet Maker Craft @ Library -Pilates -SJA Junior & Youth -Legion Noon Meal -Dominoes @ Legion -Walking Club -Open Skate -Village Council	10 -Board Game Drop-In @ Library -Book Club @ Library -Drop-in Play Group -A.K.A Dance Studio -Open Skate -Adult Skate	11 -March Break Movie Afternoon @ Library -Jam Session -Walking Club	12 -March Break LEGO @ Library Tantramar Heritage Trust, WWI presentation Legion
	13 -Church Services -Open Skate -Firemen's Bingo @ Legion	14 -Air Cadets -Pilates -Taking Time for Me -Walking Club -Open Skate -Fit Camp @ Arena -Footcare @ Legion	15 -Geri-fitness -Kickboxing -A.K.A Dance Studio -Kiwanis -Youth Group -Children's Choir -Discovery Kids -ATV Club	16 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Dominoes @ Legion -Walking Club -Open Skate -Fit Camp @ PRS -Talk With Me, Babies and Books	17 St. Patrick's Day -Adult Colouring Night @ Library -Drop-in Play Group -Petitcodiac Sportsman Club -A.K.A Dance Studio -Open Skate -Adult Skate -Foot Clinic @ Legion	18 -Jam Session -Walking Club -Parent-Child Mother Goose Program @ Kiwanis -FUN-damental Play Group	19 -19th Hole Sliding Party @ Petitcodiac Golf Course
	20 -Church Services -Open Skate -Firemen's Bingo @ Legion -Palm Sunday Services @ St. Andrew's Anglican & Baptist Church	21 -Air Cadets -Pilates -Taking Time for Me -Merry Makers 2 -Walking Club -Open Skate -Fit Camp @ Arena	22 -Geri-fitness -Kickboxing -A.K.A Dance Studio -Youth Group -Children's Choir -Discovery Kids -Tuesday in Holy Week @ Anglican Church	23 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Dominoes @ Legion -Walking Club -Open Skate -Fit Camp @ PRS	24 -Easter Egg Hunt @ Library -Drop-in Play Group -A.K.A Dance Studio -Open Skate -Adult Skate -Seder/Potluck Supper @ Anglican Church -Maundy Thursday Service @ Baptist Church	25 Good Friday -Good Friday Service @ Anglican Church -Walking Club	26 -LEGO Club @ Library -MMHOF Dinner and 4-wheeler Draw @ Legion
	27 Easter -Easter Services -Open Skate -Firemen's Bingo @ Legion	28 Easter Monday -Air Cadets -Pilates -Taking Time for Me -Codiac Classics -Walking Club -Open Skate -Fit Camp @ Arena	29 -Geri-fitness -Kickboxing -A.K.A Dance Studio -Kiwanis -Youth Group -Children's Choir -Discovery Kids	30 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Dominoes @ Legion -Walking Club -Open Skate -Fit Camp @ PRS -Village Council	31 -Creative Writing Corner @ Library -Drop-in Play Group -A.K.A Dance Studio -Open Skate -Adult Skate	Maritime Motorsports Hall of Fame Open Monday-Saturday 10am-5pm	

19th Hole Sliding Party - Petitcodiac Golf Course - March 19th 1-3 pm (pending snow!!) BBQ and Hot Chocolate

A.K.A. Dance Studio -Kodiac Room. Tues. and Thurs. from 6 - 8 pm. Contact Alanna for info: 233-3052

Air Cadets - 639 F.P.MacLaren Squadron Air Cadets meet Mon. at 6 pm @ Legion. New members welcome.

Arena
Mon. Wed., Sun., 1:00-2:30 pm open skate
Thursday 12:30 - 1:30 pm adult skate
Thursday 1:30 - 2:30 pm open skate

Children's Choir - Ages. 5-12. Tues, 7:15 pm @ Baptist Church.

Church Services
-Petitcodiac Baptist - Morning worship 10:50 am. Sunday School 9:30 am. Classes all ages.
-Petitcodiac Mennonite - Sunday School 9:45 am and Worship Service 11:00 am.
-St. Andrew's Anglican - Sunday Service at

9:00 am, Sunday school at 9:00 am.
-St. James United - Sunday School & service at 11 am.

Codiac Classics - Last Mon. of the month, Kiwanis @7 pm.
Discovery Kids - K-5. Tuesdays, 6:15 pm at Baptist Church.

Drop-in Play Group - Thurs. at St. Andrew's Anglican church from 9:30 - 11:30, preschool children & parent/caregiver. No charge. Call Christine 756-2296 for info.

Easter Services/ Church Events
Petitcodiac Baptist Church - No Youth activities
March Break
March 20: Palm Sunday Service - 10:50 am
March 24: Maundy Thursday Service - 7:00 pm
March 27: Easter Service, 10:50 am

St. Andrew's Anglican
March 4 - World Day of Prayer service, 7pm
March 6 - Mothering Sunday - service at 9am
March 20 - Palm Sunday service, 9am

March 22 - Tuesday in Holy Week - service at 7pm
March 24 - Seder/Potluck Supper, with Communion—6pm
March 25 - Good Friday service at 9am
March 27 - Easter Sunday - service at 9am

Fit Camp - Jan. 6 - Mar. 30. 13 weeks. 2 nights. 2 locations. Mondays 7 - 8 pm @ Kodiac Room, Petitcodiac Arena. Cost \$25. Weds., 7 - 8 pm @ PRS Gym. Cost \$30 . No classes March Break. More info/register call Natalie @ 756-0289 or Peticodiac. rec@gmail.com.

Geri-Fitness - (50+) Tuesday mornings from 10:00 - 11:00 am at the Kiwanis building. All welcome. Please call Tanya at 756-2198 for details.

Jam Session - 2nd and 3rd Fri. night each month at Kiwanis from 7 - 10 pm. Contact Elva Greer for more info: 756-3926.

Kick Boxing - Boys & Girls Club on Tues at 7:30 pm. \$2/evening. More info at 534-2250.

Kiwanis

- Tues., Mar. 1, 15, & 29. 6:30pm. New members welcome. Call Clinton at 372-4144 for more information.
- Kiwanis Club requesting donation of \$80.00 per day for use of room in centre. \$20.00 extra for use of kitchen. Call Donna at 756-9085 for details.

Legion - 18 Kay St, Petitcodiac. 756-3383

- Sun., Mar. 6, 13, 20, 27 - Petitcodiac Firemen's Bingo - Fundraiser for Off Road Equipment; doors at 6 pm; starts 7 p.m. For more info, contact Chairman, Gary Jones - 871.0620
- Thurs., Mar. 3 - Meetings. Executive, 7 & General, 8 pm.
- Walking Club - Monday, Wednesday, and Friday, 9 - 10 am.
- Wednesdays - Dominoes - 7 pm.
- Merry Makers 2 - May.7 & 21. 10 am - 2 pm. Cards, bingo, etc. with a light lunch at noon for \$6.
- Sun., Mar. 12 - Tantramar Heritage Trust,

RICK'S RANT

Well now that we have had a few "stom days", and people are getting excited about outdoor cruising in the winter wonderland, I felt that a few comments on that subject were in order..... The world of winter cruising the snowmobile and atv trails has just begun, and already the Maritimes have seen a few fatalities and serious injuries associated with these machines. The laws on the books in NB, NS, PEI, and NFLD regarding sleds, utvs, and atvs are fairly decent.....its just up to drivers and riders to heed them.... our trails would be a safer place for all users. But the "stupid" operators are not the thrust of my rant today....they are stupid and will remain irresponsible no matter what I, or others might tell them.... it's their right and don't infringe on their territory!!!!!!!!!!!!

I want to talk to the majority of operators who are responsible "users" of their machines and the trails. This may be the year you have decided to "upgrade" your snowmobile or utv/atv, or buy one for the first time. I'd like to give you a few hints for that major purchase. The new machine will, no doubt, be a more advanced unit than the one you are replacing..... so you should consider a few things that maybe weren't available when you bought or drove the last one. And do you really need all the extra "do-dads" that are available. I realize that often these are standard equipment, but if they are not, maybe less is better....certainly for the pocketbook! And for sure fewer things to break!!! Many of the options are great....for added reliability, comfortable riding, and most important, safety. From this point on, I'll just refer to snowmobiles, utvs, and atvs as "machines".....

Before buying any machine, take it (or one similar) for a test ride. Better yet, rent one for a day and really get to know it's features. Is it too big?, too powerful?, too small for 2 riders?, too heavy or awkward to maneuver?. What about warranty, repair costs, reliability and availability of parts? Is a new riding suit or helmet due with this purchase. A wind resistant and waterproof snowsuit and face shield

or goggles are in order, and remember there should be no bare skin when you are riding as frostbite can happen quickly. Its certainly better to have extra layers to remove than wishing you had more to put on!!! And always have spare gloves, and even socks in case the originals get wet....

Your machine should have storage for a sealed container to hold the extra gloves and socks; a few basic tools are in order, as well as a set of "new" spark-plugs and the tool to remove them; spare headlight bulb and an LED flashlight; a working cigarette lighter; a good, sharp knife; a spare drive belt; some gas and oil; simple first aid kit; a couple of energy bars; and a tow rope are all things that with a little forethought can be incorporated into storage areas on your machine. It is better to have things with you that you may never need, than wish you had them in the event of a breakdown, or changing weather conditions.

Lastly, obtain copies of the laws for your province....they may have changed since you bought your last machine. Join a local club, purchase the proper trail pass, insure your machine, and get a proper provincial license. By knowing the "rules of the road", being legal, and being prepared for many situations, you and your family will have hours of outdoor fun, exploring those parts of our province only available to responsible snowmobile, utv, and atv riders.....

Rodder-Rick



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The Salisbury Lions Club continues to support the youth of our community with a donation to Anne Keating, a Grade 11 student at JMA Armstrong High. Anne will be leaving for Ottawa soon to attend the Forum for Young Canadians. During her week there, she will have the opportunity to interact with other young people from across our country, and to gain a better understanding of the national decision-making process. From left to right are King Lion Ross Alexander, Lion Ivan Foster, Lion Sherm DeMille, Lion Royce Girvan, and Anne Keating.



The Salisbury Lions Club made a donation to the Jordon LifeCare Centre Foundation at a recent fundraiser, the annual Valentines Dinner and Auction. Left to right are Lions Stirling Constantine, Ivan Foster, Bob Hopper, Foundation chairman, Wayne Chambers, and King Lion Ross Alexander.

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LOCAL NEWS & VIEWS

MONTHLY BULLETIN

- Local News & Views Monthly Bulletin is published once a month by the Maritime Motorsports Hall of Fame Inc.
 - The purpose of the Local News & Views is to inform the general public what is happening in the Hall of Fame, as well as what is coming up with in each community.
 - It is also a venue for business to advertise their products and services each month.
 - It is intended to assist all the local Service Clubs in their endeavor to support their communities.
 - Local News & Views will tell the stories of Local people as they go about their day to day activities making a positive difference in their communities.
- The office is in the Maritime Motorsports Hall of Fame located at :
5 Hooper Lane, Petitcodiac, NB E4Z 0B4
Phone: 756-2110, Fax 756-2094
Email: maritimemotorsports@gmail.com

April Deadlines:

Editorial.....March 22
Advertising.....March 22

ELGIN NEWS!

Elgin Women's Institute Celebrates Friendship at Annual Potluck Supper

It was a sweetheart of a supper with thirteen members and their five guests enjoying a balmy winter's evening out on Thursday, February 18th. From delicious entrees, salads and desserts to lively conversation and laughter, a fine time was further enhanced by the Battle for the Golden Squash, a trivia game dreamed up by entertainment mavens, Moranda van Geest and Bonny Price. Take two teams -- the Hubbards and the Buttercups -- ask them first-to-the-bell trivia questions, give them a gourd for each right answer, tally the gourds and you have a free-for-all that the Hubbards won, by the way. Final question: how many progeny did Queen Victoria and her consort, Albert bestow on the Empire? Answer: Nine.

At a shortened version of our regular meeting, President Hazelanna Carter offered a warm welcome to new member, Denise Hopper.

Plans were finalized for the Institute's contribution to the upcoming International Women's Day event on Saturday, March 5th. Members will provide lunch and refreshments.

Discussion was held on a recent letter from the provincial N.B.W.I. Many members offered suggestions for positive changes in the administration of Women's Institutes throughout New Brunswick. A list of cost-cutting ideas along with a branch donation will be forwarded to Fredericton.

Elgin Women's Institute next meeting will be Thursday, March 17th at the Seniors' Hall, 7 p.m. To learn more, phone 756-2531 or 756-8453.

Spread Your Wings! Elgin IWD Event is Saturday, March 5th

In honour of International Women's Day, the Elgin IWD committee will host an afternoon of inspiring presentations, games, music and a chance to visit with other women in the area. This all happens at the Elgin Firehall/Community Centre from 1 to 4 p.m. The local theme is Spread Your Wings! encouraging new learning for self and community. Lunch will be provided by members of the Elgin W.I. No admission fee. Donations are gratefully accepted.

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The Elgin Eco Association

Upcoming Events 2016

WINTER FEST March 12 (snow day 13th) 11am -3pm

Free registration @ Elgin Senior's Hall
Snowshoe trails, winter fun @ EEA park
Chili, doughnuts, coffee & hot chocolate for sale.
A draw following the snowshoeing event
Bring the whole family

ANNUAL MEETING May 5th
Everyone welcome.

COMMUNITY DAY in August to follow.

SUMMER KIDS CAMP coming again this summer starting in July.
Dates to be announced. Registration at annual meeting

ANNUAL BIKE RACE 20K - 120k
October 1st

Something for everyone
Check us out www.elgineco.com or elgineco@hotmail.com
We welcome new members and your valuable input

WE LOVE OUR COMMUNITY

Local Boy Kyler Lively in World's Largest Pee-Wee Tournament

Québec International Pee-Wee Hockey Tournament. The biggest minor league hockey event in the world, this annual Pee-Wee tournament attracts teams from Canada, the United States, Europe and elsewhere. Over 1,100 previous tournament participants have played or are playing in the National Hockey League. Over a 120 teams were there, over 300,000 people watched the tournament live.

The Moncton AAA Hawks played 6 tournament games

Game 1, lost 3 to 2 in a shootout to Team Doritos (team from Connecticut)
Game 2, won 6 to 2 against Team Northwest Territories
Game 3, Won 2 to 1 against Terrebonne Seurs (Team from Montreal)
Game 4, won 4 to 0 against the Edmonton Oilers
Game 5 (Semi Finals) won 2 to 1 against the Acadie Bathurst Titans
Game 6 (finals) lost 6 to 2 against Team Austria

Kyler Lively personally had 6 points in 6 tournament games, 3 goals, 3 assist.

Other points were they got to play against a team from NY that was coached by former NHLer's Mark Messier and Mike Richter and also played a game against team Australia which was cool to play against a team from literally from across the world.



Petitcodiac Continued from pg 4

Sackville, NB are putting on a presentation called, "BEFORE THE LEAVES TURN" about a Maritime town and the experience of World War I. Beginning at 2 p.m. Donation at the door.

- Mon., Mar. 14 - Coleman's Therapeutic Footcare; call for an appointment 381.5422
 - Thurs., Mar. 17 - Foot Care Clinic 9 a.m. to 5 p.m. For an Appointment call 433.5252 Press "0"

- Sat., Mar. 26 - Maritime Motorsports Hall of Fame Dinner and 4-wheeler draw. For more information, call 756.2110

- Legion Noon Meals. \$10.00.
- Mar. 2 - Chicken Breasts
- Mar. 9 - Roast Pork
- Mar. 16 - Corn Beef and Cabbage
- Mar. 23 - Roast Beef
- Mar. 30 - Cod Fish

- Hall Rental: If you wish to rent the hall for a wedding reception, birthday or any other function, call the Legion 756.3383.

Library (756-3144)

-Hours: Open Tues, Wed, Fri, Sat. 10-1 & 2-5, Thurs. 1-5 & 6-8. Closed Sun and Mon.

-Storytime (Ages 2-5) Wednesdays from 10:30-11 am.

March Break Fun @ the Library (Mar. 8 - 12)

-March Break Craft-ernoon (Ages 5-12) - Tues., Mar. 8. 3-4 pm

-Magnet Maker Craft (Ages 6-12) - Weds., Mar. 9. 2:30-3:00 pm.

-Board Game Drop-In (Ages 6-12) - Thurs., Mar. 10, 2-4.

- March Break Movie Afternoon (Ages 5-12) - Fri., Mar. 11. 2:30-4:30 pm. Movie TBA

- March Break LEGO - Sat., Mar. 12, 2-4 pm.

-Adult Book Club - Thurs., Mar. 10 from 6:30-8 pm.

- Easter Egg Hunt (Ages 2 - 10) - Thurs., Mar. 24. 2:30-3:30 pm

-LEGO Construction Club (Ages 6+) - Sat. Mar. 26 2-4 pm.

-Creative Writing Corner (18+) - Thurs., Mar. 31. 6:30-8 pm.

Parent-Child Mother Goose Program

Learning and sharing rhymes, songs, and stories. Ages 3-5. Friday at 9:30 am at Kiwanis. Feb. 19 - Apr. 22. Free of charge. More info/register call Natalie Griffin @ 756-0289 or Petitcodiac.rec@gmail.com. No classes March Break & Good Friday.

Petitcodiac Sportsman Club - Meets on 3rd Thurs. of the month at 7:30 pm. New members welcome. Club house is located at 1030 Sanatorium Road. www.sportsmanclub.ca

Petty Trailblazers ATV Club

-Meets 3rd Tuesday @ the Legion building at 7:00 pm.

Pilates - Mon. at 5:30 pm, Wed. at 6 pm at 800 Route 885 (Havelock Rd.). Private consultations available Mon. Wed. and Fri. Call Lee at 756-9008 for details.

Saint John Ambulance (at Kiwanis)

-SJA Junior/Youth group meets every Wed. at 6:30-8 pm. Contact Diane at 372-5639 for more information

Seniors Club - 2 pm. 1st Monday of the month @ Kiwanis.

Taking Time for Me Weight Group meets every Monday night at Baptist Church with weigh in at 6:00 and meeting 6:30. For more info call Shirley Murphy at 756-2894.

Talk With Me. "Babies and Books" Program

— Mar. 16, 10 am @ Village Office. Songs, stories, info on selecting age-appropriate books, building your baby's emerging literacy.

Talk With Me. "Baby Talk" Program

— Mar. 2, 10 am @ Village Office. Learn about language development and how to make communicating with your baby easy and fun. Birth - 10 months.

Village Council - Meetings open to public.

If you wish to address council, you must make a formal written request to office 48 hours prior. This Month: Mar. 9 @ noon & Mar. 30 @ 7:00 pm.

Women's Institute - Meets second Tuesday of the month at 1:00 pm. Call Jean at 756-2985 for more info.

Youth Group - Tuesdays, 7:30 pm @

Baptist Church. Middle School and High School.



**What's Cooking?
In Winona's
Kitchen**

**DATE SQUARES
(Old Fashion)**

Mix together
2 cups oatmeal
2 cups flour
1 cup shortening
1 cup sugar
½ teaspoon salt

Dissolve
1 teaspoon soda in
½ cup sour milk and stir in
first 5 ingredients.
Beat 1 egg and add to mixture.
Put half dough in a greased pan,
spread with filling, cover with
remaining dough.

Bake 25 minutes at 350 degrees F.

Date Filling
Cut 1 pound of dates in pieces
Cover with water
Cook until soft and has thickened



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Plan For the Best Birding Year Ever



Credit line: "Mark Cullen appears on Canada AM every Wednesday morning at 8:40. He is the Lawn and Garden expert for Home Hardware. Sign up for his free monthly newsletter at www.markcullen.com."

Looking out my office window right now I would never have guessed that some species of birds are in steep decline. I have 12 feeders and every one of them is well populated on this cold winter morning. My supply of quality seed is depleting quickly but it is a good thing that I stocked up with a bulk purchase of the stuff early in the season.

This time of year, the greatest activity in our gardens occurs around the bird feeder. More accurately, it is the ONLY action out there! It is the perfect time of year to make a plan to attract insectivores when they 'fly past' come April. The more tree swallows and blue birds that I can attract to my property the better for the mosquito population and many of the flying insects that enjoy munching on my fruit trees. These birds have an appetite for flying insects that borders on legendary.

This past summer, I had the pleasure of hosting Susan Poizner to my 10 acre garden. We have a lot in common, including our mutual interest in orchard fruits and birding. As we strolled through my small orchard of apples she told me the story of Joe Krall, a fascinating person.

It seems that Joe developed a fascination with insectivore birds several years ago. In

1992 he created a 'nest box trail' which grew to over 500 birdhouses near Guelph Lake in Wellington County, Ontario. His goal was to attract nesting blue birds and tree swallows (members of the 'swift' family). He had no problem building the bird boxes: with his technical skills as a tool and dye maker he created boxes that would easily stand for a lifetime, complete with metal roofs and a side hatch for easy cleaning.

The hard part was cataloguing all of the activity in the nesting boxes over 23 years. Whenever he could, he would hike the trail with his notebook in hand and record what he found. The results?

- over 32,000 birds were born in his 500 boxes

- these included over 2,000 Eastern Blue Birds and close to 30,000 Tree Swallows

- many of the houses attracted House Wrens and Black Capped Chickadees (hey, they need habitat too!)

He would often open the side of a nesting box to inspect the contents, even during the nesting period of April through July. It is important that you do not disturb or touch young hatchlings but it is ok to have a peek, he explains.

Why would you want to attract insectivore birds to your yard? According to Susan Poizner (author of 'Growing Urban Orchards' www.orchardpeople.com), there are lots of reasons:

1. they eat huge numbers of flying insects
2. many organic orchardists mount nesting boxes to help protect their fruiting trees from

damaging insects.

3. insectivore birds are an important part of the web of biodiversity in the natural world

4. many are declining in population: they need all of the help that they can get.

Observing bird-activity around nesting boxes is fascinating. Here are some facts:

- a. the female usually lays between 3 and 6 eggs at one time.

- b. they use grasses, feathers, plant stems, pine needles and other natural materials build their nests

- c. they arrive in mid to late April every spring, mate and build their nests in the first few weeks and lay their eggs in May/June or early July. Occasionally they will hatch a second brood.

- d. It is important to clean out your nesting boxes twice a year: after the first brood has 'fledged' (pushed out of the nest) and after the second brood, which can involve a different bird species.

- e. The best location for insectivore nesting boxes is 5 to 6 feet above ground, out of prevailing winds and in an open meadow or grassed area. We see a lot of these birds on golf courses with nesting boxes for this reason.

While Joe is very passionate about his bird-box project he is moving away from the Guelph area and trees have grown up in the meadows where the boxes once stood in the open. He has pulled most of them up and is moving a few of them to his new home.

As you gawk at the population of feeding birds on your bird feeders this winter, plan

to attract some migratory birds to your yard this spring.



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Will a Tax On Sugar Cure Obesity?

The Doctor Game W. Gifford-Jones M.D.

did the number of people suffering from heart disease.

35 years ago I warned readers about the dangers of excessive sugar consumption and labelled sugar the "white devil". The sugar industry was not amused, and complained to the College of Physicians and Surgeons that I should be disciplined. I won, after a trying, difficult battle. How things change!

In another experiment, prisoners in a locked ward were given different diets with and without sucrose. This proved that whenever sucrose was added, it increased the level of blood cholesterol. Can you imagine the hue and cry of libertarians if this experiment were tried today!!!

Five countries currently have a sugar tax. Now the British are debating the merits of a 20 % tax on high sugar products to help fight the epidemic of obesity and Type 2 diabetes.

The sugar bowl is not the main problem. It's the hidden sugar in so many products. For instance, the publication Consumer Reports on Health says, "Who would think that one slice of whole wheat bread would contain almost one teaspoon of sugar." It adds that food companies toss added sugar into almost 75 percent of packaged foods, including nutritious sounding names such as instant oatmeal.

Why this change of heart? Dr Simon Capewell, UK vice-president of health policy, says, "public opinion on a sugar tax is shifting. The majority of parents are angry that their children are being made fat". He adds, "It's a matter of when, not if it's going to happen."

So can you lose weight by decreasing the amount of dietary sugar? In one study, 43 obese children ate the same amount of calories, but decreased added sugars from 28 percent of their daily calories to 10 percent for nine days. There was no change in weight, but their cholesterol, triglyceride, fasting blood sugar and insulin

Dr. John Yudkin, professor of physiology at London University, reported in 1972 that sugar (sucrose) is dangerous as well as sweet. He showed that as the intake of sugar increased worldwide, so

The Doctor Game continued on pg 16.

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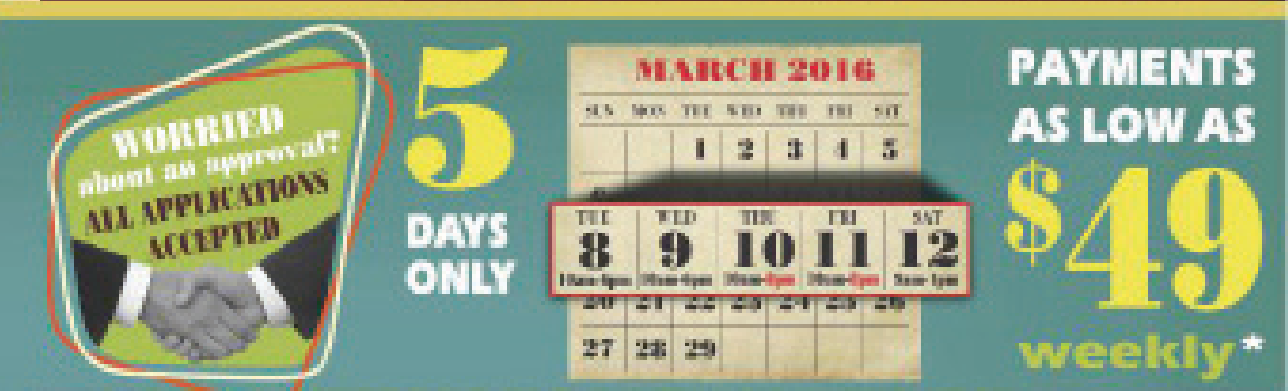


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Petitcodiac and District Figure Skating Club News

It's hard to believe that the the 2015-2016 skating season is winding down. But, here it is, the middle of February and it is time for our skaters to work on our 41st annual ice show "A Splash of Colour".

The skaters have been working hard all season and their hard work has been very evident in the number of badges and ribbons passed out to our Pre-Canskaters and Canskaters and the number of skaters that have moved from Canskate to Jumpstart and from Jumpstart to Junior this year. And the older girls have been working hard too, passing more Skate Canada tests, learning new spins and jumps and competing around the province.

So please, come out to the Petitcodiac Arena on Saturday, March 26th, 2016 to watch our skaters show off what they have learned performing in "A Splash of Colour". Show times are at 2:00pm and 7:00 pm. See you there!



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Everyday People

Submitted by Sheila Boissonneault

You may have been thinking, as you read these articles each month, just who is this Sheila Boissonneault, so I thought for those who don't know me this is a good time to introduce myself. I was born Sheila Mary Jones and lived my young life in Weymouth north Nova Scotia. At the age of sixteen I wanted to quit school and go to work; which my father agreed with. My first job was at a Motel a couple miles from home and I walked to work and back. Then I decided I wanted to go to Digby and soon obtained a job at the Telephone Company as an operator. After a year I was tiring of the repetition. One day as I walked home to my apartment I noticed an advertisement in a shop window which read "Join the Airforce and see the world." I stopped and read it, I wondered if I could do that. Why not, I told myself. So I entered and talked with them, after which they told me that I would be called when the next squad would be leaving. Sure, I said to myself, that was interesting but it's not likely that I'll hear from them. That was a Friday afternoon; the following Friday I received a phone call telling me to report to the Recruiting Office for eight Monday morning. It was a spring ice storm that welcomed me to St. Jean Quebec, the Airforce Training Station., and ice covered everything. There were other girls on the bus and one suggested we take our belongings to the Barracks and then go over to the Snack Bar and have something to eat. We all agreed. I ordered a cheese burger and Pepsi and then followed them into a room with chairs against the walls, at the end wall was a large Juke Box. I found a chair and sat to eat and watch the people dancing. Upon finishing my meal I saw a handsome blond fellow walking over towards me, he asked me to dance; I got up and joined him on the dance floor. The most interesting thing about this encounter was that he couldn't speak much English and I didn't know any French beyond what I learned in school; but we have been together ever since that day, 53 years now. There's a love story for Valentines. Of course there were times we had to part because of duties. A year later we were married and started the life of travelling from place to place. The only Provinces we didn't live in were Newfoundland, British Columbia and Ontario. We enjoyed a four year tour in Germany and saw quite a bit of Europe while there; our two children are glad to have had that opportunity. My husband retired in 1992 mainly because my



mother needed us and we moved to Nova Scotia, there he went to work as a civilian at Shearwater. We took up motorcycling and joined CMA, Christian motorcycling Association. Our first motorcycle was a Honda Goldwing, after nearly three years riding two up I decided I wanted my own, so I bought a Honda 500. A year or so later the CMA was to have their 25th anniversary in Iron Mountain Arkansas. I wanted to go but thought it would be impossible on a 500cc. Well Christmas that year my husband surprised me with a Honda Shadow American Classic 750cc and we went on that ride to Arkansas. In 2001 we decided to move to New Brunswick because our son and his family lived near Moncton.

It was then we began taking trips to South Carolina to visit our daughter and her husband for Christmas each year, and then my husband suggested we buy a trailer and spend the

winters in Florida; this year is the first year in 15 that we stayed home. My husband Pierre and I have seen and experienced most of what life is all about. The search for happiness sometimes leads people down the road to addictions and despair, but we are thankful that during those times we met people who guided us to the true road of happiness, faith in Jesus
 Page 2 of 2 Christ as our Savior and Lord and it is our desire to help any who are struggling in their lives; to help as we were helped. Our church home is River Glade Baptist. Church is always the best beginning when we decide to open our hearts to the God who loves us. During my life as a military wife I took several courses in writing, but I never took the time to doing anything with them. One day during a visit with our neighbours, Jean and Ernest Gourley, while listening to them tell us of life in River Glade when they were young, I decided writing Senior's stories is what I want to do. During my youth I spent much of my time with my three aunts, I loved hearing the life stories they shared with me, so it seems fitting that I now write stories of our local seniors; by the way I am a senior myself. The stories are theirs, I just put it together and then they read it over before I submit it to the paper. I thank "The Local News & Views" for giving me the space in their paper so I can fulfil a dream. "The great thing about getting older is that you don't lose all the other ages you've been."
Madeleine L'Engle



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Thank You

I would like to thank everyone for coming to my 70th Birthday Party.
It was a wonderful day.
Elsie Steeves

UP COMING EVENTS

GAMES DAY

Being held every Wednesday at the Maritime Motorsports Hall Of Fame, Last day for Christmas break is Dec 16th and will resume January 6, 2016

UP COMING EVENTS

Every Sunday
Second Elgin United Baptist Church
986 Prosser Brook Road
Sunday Service 11:00 am

Steeves Settlement Baptist Church
March 6 & 20
Sunday Afternoon Service
at 3:00pm All welcome!

Looking for someone
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Petitedcodiac and Salisbury **#**
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Havelock Events

Royal Canadian Legion - Havelock
Monday 2nd Monday of each month- 7pm
executive meeting 8pm regular meeting
Tuesday - Crib League
Wednesday - Dart League
Thursday - Bingo - 7pm
cards "200" 7pm everyone welcome - note
a league

Birthdays



Robert Sterling MacLeod

"Wishing you a very Happy 94th Birthday
with love from family and friends"

Birthdays



Minnie Rouse 90th Birthday Celebration
March 5th, 2016
Saturday 1-3pm
Maritime Motorsports Hall of Fame
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**Robert Sterling MacLeod,
WWII Veteran**
Celebrating 94 Years Young
March 11th 2-4pm
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Fundraiser



"The Petitedcodiac Volunteer Fire Department
host Bingo Nights every Sunday at the
Petitedcodiac Legion.
Min. amount to play is \$10, we also have
50/50, Toonie ball and winner take all.
Doors open at 6, game starts at 7pm. All
funds raised go to help our off road rescue
campaign."

A Sleigh Ride FUNdraiser for the Havelock
Fire Department will be held on Saturday,
March 12th from 2-7pm at the Memorial
Hall in Havelock. Community groups have
come together to create this fun and worth-
while occasion. Come for a sleigh ride with
Claude Thorne and his beautiful Belgians,
then stop in the Hall for a warming bowl
of soup, chili, hotdogs and refreshments.
Cash donations will be accepted at the door
for the Havelock Fire Department. You
may sign up for your sleigh ride time if you
wish, on the day of the event. Please come
and support this FUNdraiser.



Thank You

The family of the late Frank Keith would like to thank Dr. Butler, the nurses and staff of the Sussex Health Centre for the wonderful care given to Frank; also to the Ambulance attendants, especially Sue Berry; his favourite one was on the last trip to the hospital.

Thank-you to the pallbearers, and thanks to Michael Bourque for the wonderful singing. Thank-you to everyone for the memorials, the cards, the food, the phone calls.

To the Royal Canadian Legion, thank you for the great tribute service and the honour-guard, it was more than expected.

To Armstrong's Funeral Home, we can't thank you enough for your professional care, and to Pastor David Woodworth and my brother Ralph Irving for all the wonderful words for Frank.

In lieu of giving individual Thank-you Cards, a donation is being made to the Petitedcodiac Fireman's Association.

God Bless you all,
Lavilla Keith and family



The family of the late **LYLE GORDON HICKS** of Havelock would like to express their deepest gratitude for support received since his passing on January 7th.

We thank you for the many visits to our homes, for e-mails and cards of condolence, for contributions of food and for the abundance of flowers and memorials.

Your kindnesses in Lyle's memory are greatly appreciated.

Angus McKnight, 1927 - 2016

The family of Angus McKnight would like to thank relatives and friends who sent cards, emails, donations, food and support during this difficult time.

A special Thank You to the New Brunswick Ambulance Service and the Petitedcodiac and Havelock Fire Departments for their professional assistance, the Doctors, Nurses and staff in the NICU on the 4th floor of the Moncton City Hospital, the amazing folks at Armstrong's Funeral Home in Petitedcodiac for their professionalism and guidance, Pastor James Hammond for the lovely Service, Allen McKnight for providing the music, the Havelock Legion 86, the Havelock Flying Club and members of Tri-County and Moncton Area Amateur Radio Clubs for their attendance and kind words.

The McKnight Family

The family of the late Judith "Judith" Stiles wish to thank all of those that have supported us through this difficult time: the visits, the phone calls, the food that was brought to the house, the online condolences & various memorials; and your thoughts and prayers have sustained us. Special thanks to Rev. James Hammond, Carolyn and Juanita for their music, the pallbearers, the Church social committee, and Armstrong's Funeral Home for their compassionate support and assistance provided.

In appreciation, Gerald and Families

Thank You

The family of the late Dennis Steeves wishes to extend our sincere thanks for the e-mails, cards, food, donations and attendance at the funeral home and funeral. Special thanks to the Palliative Care Team, Rev. David Woodworth, pianist Joan Keith, the pallbearers, piper Kevin MacLeod, the Saint John Ambulance members for the honor guard, and to Armstrong's Funeral Home for their guidance and care. "Whatever you did to console our hearts, we thank you so very much"
Carla & Family

OBITUARIES

The-family of the late Pauline Plume would like to thank all who prayed for Mom and us, for the cooking brought to our houses during her sickness and death. If you attended the funeral home or the funeral, sent a card, an email, flowers or gave a memorial, we appreciated it so much. A special thanks to her caregivers, who gave her such wonderful care. Words cannot express our appreciation to the staff of Armstrong's Funeral Home for their compassion to us and all the details they took care of. Thank you to pianists Lynn Steeves and Vesta Goddard, music Ron & Gary Goddard, Elva Greer and pastor Rick Mitton for the service. The eulogy given by Jeremy Plume (great grandson) fitting for a queen. The pall bearers who carried Mom to her final resting spot was: Tim Plume & David Goddard (grandsons) nephews Darrell Colpitts, Rick Crandall, Clinton Constantine & Philip Thorne. Honorary pall bearer was nephew Delbert McLean and Flower Bearers Jahnaya Goddard and Bradley Goddard (great grandchildren). Thank you to those who brought food for the reception and Florence Goddard for looking after it. I hope I have not forgotten anyone. She will be missed by all but we have the assurance that she is in heaven. Gary & Susan, Les & Sandra and Che & Diane.



Diane Rosemary Damery, 65, of the Jordan Lifecare Centre and formerly Boundary Creek and Toronto passed away peacefully Monday, February 15, 2016 at her residence. Born in Toronto, she was a daughter of the

late June (Taylor) Richardson. A homemaker she was a devoted mother and proud grandmother who enjoyed working in her flower beds, mowing lawns and her beloved Yorkie, J.D.. Survived and sadly missed by her husband of 49 years Robert; children Gary (Shelley) of Boundary Creek, Denise Solomon (Gary) of Salisbury; cherished grandchildren Matthew, Nicole, Jordan, Anthony and Emma. Survived also by sisters Gail Irvine (Jimmy), Janice Locke (Mike), Karen Patterson (Greg), Margie Camplin (Roy) and Cheryl Balzia (Dave); brothers Robert and Johnny (Leslie) Richardson all of Ontario and by nieces, nephews and cousins. Predeceased by her grandson Joshua Damery and infant sister Angela. Resting at the Salisbury Funeral Home, 3350 Salisbury Road (372-4800) with visiting Wednesday, February 17, 6 to 9 p.m. and from where the Celebration of Life Service will be held Thursday at 11 a.m. with the Rev. Chris Hayes officiating. Interment at Pine Hill Cemetery at a later date. If desired, memorials to the Alzheimers Society, Friends of the Jordan Lifecare Foundation or a charity of choice would be appreciated by the family.

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OBITUARIES



It is with heavy hearts the family of **Frank Keith** announce his passing on February 1, 2016 at the Sussex Health Center at the age of 88. Born in Petitediac, Frank was the son of the late Douglas and Vera (nee Colpitts) Keith. For more than 35 years,

Frank worked in auto body repair and as an insurance appraiser. He served 2 terms as councillor for the Village of Petitediac, he was a member of the Petitediac Baptist Church, the Royal Canadian Legion branch #41, past president of the Petitediac Golf & Country Club, a Past Master of the Masonic Lodge and also a member of the Seniors Club. Frank is survived by his loving wife Lavilla Keith (nee Irving) of Petitediac; his daughters: Brenda Keith (Glen Carr), Dianne Patterson and Tracey Coleman (Brad); his son Daniel Keith (Cheryl); his 6 grandchildren: Kristopher Keith (Erin), Amanda Steeves, Keith Steeves (Tiffany), Cameron Coleman, Derek Patterson (Sara) & Julian Patterson; 3 great-grandchildren: Chloe Steeves, Madyson Duncan & Kaleigh Keith; his sister Myrtle Geldart; as well as many nieces, nephews, extended family members and friends. Besides his parents, Frank was predeceased by his daughter Sandra; his son Richard; son-in-law Bob Patterson; and by his sisters: Helen, Ella and Irene. Arrangements were entrusted to the professional care of Armstrong's Funeral Home, 33 Russell St., Petitediac, (506)756-3361, from where visitation was held on Thursday, February 4, 2016 from 2-4 & 6-8 pm. The Royal Canadian Legion held a tribute service at the funeral home on Thursday at 5:45 pm. The funeral service was held on Friday, February 5, 2016 at 2:00 pm at the Petitediac Baptist Church with David Woodworth presiding. Donations to the Petitediac Fire Department would be appreciated by the family. On-line condolences are available at www.armstrongsfh.com.

Gerald Joseph McBride, 79, of the Kenneth E. Spencer Memorial Home and formerly of Killams Mills, passed away at his residence on January 31, 2016. Born on February 9, 1936, in Halifax, NS, he was a son of the late Gerald and Marie Ange (nee Frechette) McBride. Gerald worked at several trades over the years, he was in the Navy, CN Police Force, and was employed at the Veteran's Hospital. Gerald is survived by his two children, Mona Lisa McBride of Killams Mills NB, and Gerald McBride of Toronto, ON; brothers: Ken (Ellen) McBride of Sussex Corner, and David McBride of West Palm Beach, FL. Arrangements were entrusted to the professional care of Armstrong's Funeral Home, 33 Russell St., Petitediac (506-756-3361). As per Gerald's request there was no visitation or funeral service. A private family interment will be held at a later date. Donations to the Alzheimer's Society would be appreciated by the family. Online condolences are available at: www.armstrongsfh.com



OBITUARIES



Angus Lloyd McKnight, 88, of Mannhurst, NB, passed away at the Moncton City Hospital on January 30, 2016. Born in Corn Hill, NB, he was a son of the late Robert and Maude (nee McCully) McKnight. Angus worked at several trades

over the years as a carpenter, a blacksmith, an electrician, and with the Merchant Marines during the Second World War. He was a lifetime member of the Royal Canadian Legion Branch # 86 in Havelock, NB; he was also a member of the Experimental Aircraft Association and the Canadian Owners and Pilots Association. Angus is survived by his wife Eileen M. E. (nee Morton) McKnight; his son Larry McKnight (Charline) of Moncton; his grandchildren: Robert, Christopher and Jennifer; his great grandson Max; his sister Sadie Reader of Riverview; as well as by many nieces, nephews and extended family members. Besides his parents, Angus was predeceased by his first wife Theresa McKnight (nee Arsenault); his brothers: Calvin, Shepherd, and Elmer. Arrangements were entrusted to the professional care of Armstrong's Funeral Home, 33 Russell St., Petitediac (506-756-3361). Visitation was held on Tuesday February 2, 2016 from 1:00 pm - 2:00 pm; the funeral service was held on Tuesday February 2, 2016 at 2:00 pm with Rev. James Hammond presiding, all in Armstrong's Funeral Home. Interment will be held in Pine Grove Cemetery at a later date. Donations to the Pine Grove Cemetery would be appreciated by the family. Online condolences are available at: www.armstrongsfh.com



William Gerald (Billy) Cochran, 57, of Boundary Creek passed away Saturday, February 6 at the Moncton Hospital following a sudden illness. Born in Moncton, he was a son of the late

Gerald and Glenna (Constantine) Cochran. Billy will be greatly missed by all who knew him. He was a loving husband, father, grandfather, a loyal friend, and a helpful neighbour. He will be remembered for his infectious smile, his love of football, golfing, UNB hockey, and anything to do with the great outdoors-snowmobiling, four-wheeling and fishing. He enjoyed spending time at his camp in Elgin socializing with friends and family.

Survived by his beloved wife Joan (Reilly); sons Matt of Boundary Creek and Mike (Ashley) of Salisbury; cherished grandchildren Jacob and Audrey; brother Stephen (Cindy) of Second North River; sisters Susan Eagles (Tony) of Goose Bay, Labrador and Lori Leaman (Kevin) of Dieppe; sisters-in-law Cathy, Jeannie and Brenda and several aunts, uncles, nieces and nephews.

Resting at Salisbury Funeral Home, 3350 Salisbury Road (372-4800) visiting will be Tuesday, February 9 from 2 to 4 and 7 to 9 pm and from where the funeral will be held in the Chapel Wednesday, February 10 at 11 am with Rev. Danny Compton officiating. Interment at Lewis Mountain Cemetery at a later date.

In memory of Billy, donations to the War Amps New Brunswick or a charity of choice would be appreciated by the family. www.keirsteads.ca

OBITUARIES



It is with saddened hearts that the family of **Judith W. (nee Steeves) Stiles** of Elgin, announce her passing at the Moncton City Hospital on January 25, 2016 at the age of

58. Born in Saint John, Judi was the chosen daughter of Alma (nee Marshall) Steeves of Elgin and the late A. Vernon Steeves. Besides her mother, Judi is survived by her loving husband of 40 years, Gerald Stiles; her children: Stefanie Stiles (Geoff Potter) of Lethbridge, AB, Robyn Stiles (Joseph Ross) of Fredericton, and Kyra Stiles of Charlottetown, PE; grandchild Louie Ross; brother-in-law Wally Stiles (Joan) of Moncton; sister-in-law Melanie Lutes (Ron) of Petitediac; mother-in-law Elsbeth Stiles of The Glades; as well as her nieces, nephews, extended family and friends. Arrangements were entrusted to Armstrong's Funeral Home, 33 Russell Street, Petitediac, (506)756-3361, from where visitation was held on Thursday, January 28, 2016 from 2-4 & 6-8 pm. The funeral service was held on Friday, January 29, 2016, at 11:00 in the First Elgin Baptist Church with James Hammond presiding. Donations to Friends of the Moncton Hospital, the Heart & Stroke Foundation, or a charity of your choice would be appreciated by the family. On-line condolences are available at www.armstrongsfh.com.

Many will remember Judi as a familiar face from her many years working at Fawcett's (and later Kent Building Supplies) in Petitediac. Judi's favourite pastime was gardening and tending to her flowers. She was a talented artist who enjoyed crafts and painting. A member of the First Elgin Baptist Church, she was a member of the choir, the Women's Trio, the Christmas Cantata and the Flower Committee. Judi was also a member of the New Elgin Cemetery Committee and the Kodiak Car Club. Noted for her multi-tasking, Judi was also well known as an amazing cook. She looked forward to joining Gerald to help with maple syrup production each spring. Besides her loving family, friends and neighbours, she will surely be missed by her canine companion Orrie.

The family would like to thank the Oncology Staff at the Saint John Regional Hospital and the Staff of Unit 4600 at the Moncton City Hospital.

*The kiss of the sun for pardon,
the song of the birds for mirth;
One is closer to God in a garden,
than anywhere else on earth.*



Thank You

We want to express our heartfelt thank you to everyone who organized fundraisers and those who so generously donated to help with expenses during Ashley's illness. Please continue to keep us in your thoughts and prayers as Ashley continues treatments. It means so much to us.

Rob, Beth and Ashley Upshall

Maritime Motorsports Hall Of Fame Inductee Corner

GREGORY ALLAN NICKERSON

Inducted November 17, 2012
Drag Racing



"A true racer, through and through".

Greg got his first taste of drag racing at about age 8 with his older brother Don.

Greg made his first run in 1972 at Oyster Bed Bridge in the T-bucket roadster.

Greg is most renowned for his 1969 big block Camaro,

A full bodied car that would do wheel stands at the starting line.

- 1985 he took the Camaro to SanAir Quebec and was the first Maritimer to win an NHRA event. Also finished 2nd at Reading Pennsylvania.
- 1986 Greg led a project team to re-open Maitland Dragway.
- 2008 won Stock/Superstock Maritime Drag Racing Championship.
- 2009 was runner-up at Epping New Hampshire.
- 2011 went 14 rounds undefeated and clinched the Stock/Superstock Championship



Greg Nickerson accepts his award, presented by Eugene Pettipas

The Lorna Hicks Youth Culture Center

Open House

March 18, 2016 • 6pm-9pm

We will be opening the youth house to the village and any community members wanting to know how to get free training on a program from the Boys and Girls Club of Canada called

Flex your Head. #bgccflex

Interested in how your organization can promote mental health and wellness through recreation, mentor-ship and social engagement? Good news! @BGCCAN has made Flex your head available. If you would like more information please come see us on Friday March 18, between 6-9 and we can help you get set up for online training.

We will also have local vendors in the building talking and selling their products. If you would like to be a vendor please let me know

Comedy at Large

by Laurie Blanchard Salisbury, NB

The TV Quiz Show host said to the final contestant....now, for \$ 100,000 and the championship, your next question is in three parts on Physics.

Part A - Name the first man who succeeded in splitting the atom.

Part B - What was his Nationality.

Part C - To the nearest tenth of a millimeter, give the lung capacity of his maternal grandmother's pet budgie bird and in centimeters, what was it's wingspan?

The teacher in class said to the students ... you all have 15 minutes left to finish drawing a map of the world. One student raised his hand and said to the teacher... I'll need more time and paper! The teacher inquired ... how far have you gotten so far Brian? The student replied er, ah, I'm up to the fish and chip take-out on Maple Street!

A man in his pajamas is stretched out on a couch in the living room smoking a cigar and sipping away a pint of beer while talking to his buddy on the phone. Oh, I can't complain Fred, he says Both my sister and her husband are working!

The cardiologist says to his patientyou need a bypass! Tomorrow morning, bypass the fridge and go out for a brisk walk!

What did Godzilla say after eating a 4 cylinder Toyota? Dam, I should've had a V8!

Thought for the day --- Never eat asparagus in a restaurant so you don't have to leave any tips.



People Who Laugh a lot Live Longer

The Doctor Game continued from pg 9.

levels all dropped. Their weight remained the same, as the amount of calories did not change. No one should ever forget the word "calorie".

But does a tax on sugary drinks guarantee less obesity and Type 2 diabetes? According to a Mexican study, a tax had no effect. Why? It helped to decrease consumption of sugary drinks, but you may have guessed it, Mexicans simply switched to other products, ending up with the same number of calories. A lose/ lose experiment.

I'm no friend of the sugar industry. Soft drinks are really liquid candy. But in all fairness to it, obesity results from too many calories in all types of food. I see this when I travel to the U.S. and see restaurants with signs advertising "All you can eat."

My patients must have become tired of me saying, "Buy a bathroom scale and step on it every day." Of course this is not the be-all-and-end-all solution to obesity. But you never have to face the surprise that you've gained 40 pounds!

One thing is certain. You need to be a nutritionist to understand the sugar labels on food products. But it would help if labels showed what we all understand, what a teaspoon of sugar looks like.

Maybe some people would then think twice about consuming too much sugar when a cola can contains a picture of 9 teaspoons of sugar, a chocolate bar

6, a bowl of raisin bran or frosty flakes 9, sponge cake 8, and even a banana 4.

The fact is that, unless you have been living on Mars, you don't have to be a nutritionist to know that rich desserts, cookies and other goodies like ice cream contain large amounts of sugar. And unless you learn to say "no" more often than you say "yes", you will never beat obesity and Type 2 diabetes.

The sad news is that calories do count. In case you believe that by exercising, you can say "yes" more often than "no", you'll find calories always win. It will happen whether there is a sugar tax or not.

Remember I'm not your doctor so this column is not meant to diagnose, treat, prevent or cure disease, and is only for informational purposes. So always consult with your doctor.

See the web site www.docgiff.com. For comments, info@docgiff.com.



OBITUARIES



E. Jane Duncan, 62, of Moncton, passed away after a courageous, hard fought battle with cancer on Wednesday, February 3, 2016 with her family by her side, at the Moncton Hospital.

Born in Boston, at age 5, together with her family, Jane moved to the South Side of Harbour Grace, Newfoundland. In 1970 she graduated from St. Paul's High School and then moved to New Brunswick.

She worked at Co-Op Insurance and a number of local banks while living in Killams Mills until she decided to pursue her dream of becoming a nurse at A.J. MacMaster School of Nursing, graduating in 1984. She later continued her education, while working fulltime as a nurse, receiving her Bachelor of Nursing in 1996. This was not the end of her education as she continually found ways to learn and teach others. She worked at the Moncton Hospital for several years as a surgical nurse on 5600, later as a staff educator for Maternal/Child health care and the surgical areas until she retired in 2014. After retiring, she worked at Cumberland County Regional in Amherst and finally at WeCare. She also enjoyed building her Independent Business with Amway over the last several years.

As a social butterfly, Jane enjoyed volunteering at various events, hosting backyard family gatherings and neighbourhood block parties. She loved to have Friday night sleepovers with her girls preparing for busy Saturdays of swimming and dancing. She enjoyed getting the girls dressed up for Sunday School and having many adventures.

She is remembered by her two children (whom she loved dearly), Stacey (Neil) and Ronnie (Danielle), two precious granddaughters (who were the apples of her eye), Arabella and Natalya; sisters Florence Goddard (Sterling) and Norma Demont (Dana); several cousins, nieces, nephews and many, many friends.

Resting at Salisbury Funeral Home, 3350 Salisbury Road (372-4800) visiting will be Sunday, February 7, 2 to 5 pm. A Celebration of Life Service will be held Monday,

OBITUARIES



Rachel Alice Lewis, 96, of the Jordan Life Care Centre and formerly of Monteagle passed away at her residence Monday, February 8, 2016.

Born in Monteagle, she was a daughter of the late Thomas and Alice (Neal) Lewis.

Rachel was a member of the Second North River Baptist Church and Women's Missionary Society, the Second North River Women's Institute and past member of the Golden Oldies Bowling League. Her family was always a priority and she spent her life providing for them, supporting them and giving to them. She loved family visits, especially seeing and spoiling each new grandchild. She enjoyed gardening and spending time outdoors including many camping trips with friends.

Survived and missed by daughter Gloria Sherwood (Allison), Salisbury; sons Max (Elaine), Fredericton and Duaine (Kathy), Monteagle; daughters-in-law Ruth Lewis and Donna Lewis both of Lewis Mountain; grandchildren Kim, Krista, Karla, Kelly and Kenda, Lana and Matthew, Stephanie and Jamey, Tammy, Melissa and Cara, Jeremy and Joshua and several great grandchildren; brother Freeman (Stella); sister-in-law Joyce Lewis and many nieces and nephews. Predeceased by husband Abel; sons John and Douglas; infant sister Rachel; sisters Hazel Dobson, Sadie Lutes, Vera Lewis, Leola Smith and Flora Lewis and brothers Harold, John, Alfred, George, Donald, Oliver and Ray.

Resting at Salisbury Funeral Home, 3350 Salisbury Road (372-4800) visiting will be Wednesday, February 10 from 6 - 9 pm and from where the funeral will be held Thursday, February 11 at 1 pm with Pastor Robb Hunt officiating. Interment at Monteagle Cemetery at a later date.

In memory of Rachel, donations to the Monteagle Cemetery, Friends of the Jordan Life Care Centre Foundation or a charity of choice would be appreciated by the family. www.keirsteads.ca

OBITUARIES



The family of the late **Pauline Bernice Plume (nee Colpitts), 94**, of Kinnear Settlement, sadly announce her passing at her daughter's home, surrounded by her family, on February 17, 2016. Born in Mont

Eagle, she was a daughter of the late Hartley and Hazel (nee McCully) Colpitts. She was predeceased by her husband Chesley "Hap" Plume in 1973. Pauline took care of seniors and farmed for many years. She was a member of the Kinnear Settlement United Baptist Church, and a church clerk for a number of years. Pauline also volunteered for the Saint John Ambulance. In her spare time, she enjoyed quilting, sewing and knitting.

She is survived by her daughter Susan Goddard (Gary) of Kinnear Settlement; her sons: Chesley Colpitts (Diane) and Lesley Colpitts (Sandra) of Ontario; 7 grandchildren; 14 great-grandchildren; 2 great-great grandchildren; her special nephew Delbert McLean; her sisters: Alice Crandall of Mapleton and Ena Thorne (Donald) of Kinnear Settlement; her brother Floyd Colpitts of Moncton; as well as many other extended family members and friends.

Besides her parents and husband, Pauline was predeceased by her son Harold Plume, her daughter-in-law Josephine Plume; her sisters: Evelyn Constantine and Jessie McLean; and by her brothers Walter Colpitts, Eddie Colpitts and Evans Colpitts.

Arrangements were entrusted to the professional care of Armstrong's Funeral Home, 33 Russell Street, Petitcodiac, NB, from where visitation was held on Friday, February 19, 2016 from 2-4 and 6-8 pm and the funeral service was held on Saturday, February 20, 2016 at 1:00pm with Richard Mitton presiding. Interment was held in the Kinnear Settlement Cemetery. Donations to the Kinnear Settlement Cemetery or to the donor's choice would be appreciated by the family. Online condolences are available at: www.armstrongsfh.com

BROCCOLI ON THE BRAIN

You can learn to crave healthy foods

Here is some good news for those that are choosing to eat healthier in 2016. People tend to assume that they were born with a yen for high-calorie junk food, because it's so much easier to turn down a serving of broccoli than a batch of french fries. But a small study done at Tufts University last fall showed that our appetites are formed in response to learned behavior. "We don't start out in life loving french fries and hating, for example, whole-wheat pasta," says Professor Susan Roberts, Ph.D., director of the Energy Metabolism Laboratory at the Human Nutrition Research Center on Aging (HNRCA). "This conditioning happens over time in response to eating—repeatedly!—what is out there in the toxic food environment." Once established, these patterns can last a lifetime. To determine if the same process of conditioning can train our brains to select healthy food, Roberts' team studied 13 overweight and obese men and women, eight of whom were already enrolled in a weight-loss program at Tufts and five of whom were in a control group. Participants in the weight-loss program were put on healthier diets while also being educated about better food choices. The idea was to build up an association in their minds between healthful foods like broccoli and living a better life. Results after six months were impressive. MRI brain scans of the test subjects revealed changes in the area of the brain reward center associated with learning and addiction, showing an increased sensitivity to healthy choices and decreased sensitivity to the high-calorie options the study subjects formerly craved. Roberts is cautious about the findings: "There is much more research to be done here involving many more participants, long-term follow-up and investigating more areas of the brain." The study was published in the September Journal of Nutrition and Diabetes.

Reprinted with permission from the Magazine of the Gerald J. and Dorothy R. Friedman School of Nutrition Science and Policy and the Jean Mayer USDA Human Nutrition Research Center on Aging Winter 2015. https://www.nutrition.tufts.edu/sites/default/files/magazine/Tufts%20Nutrition_Winter%202015.pdf



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Salisbury IS Happening



On Saturday February 20th, 20 students took part in the Coldest Night of the Year fundraiser for Moncton Youth Impact Jeunesse (formerly Moncton Youth Residences). The students have been fundraising at school and independently outside of school.

The Students staged a demonstration on Thursday February 11th as the busses arrived with hopes that it would create awareness of what circumstances youth in our community are dealing with.

For more information about this event and how the funds raised will be used please check out the following website. Our students are doing great work to support youth in our community. Way to go Cougars!!
<https://coldestnightoftheyear.org/>



The support of the community was Phenomenal, the Stands were filled for all of our games, the cheering and screaming by our fans contributed to our win.... We were awarded the Tournament 2 weeks in advance after BNB accepted our Bid and the Business Community and Volunteers banded together to pull off an amazing tournament. I have received several emails from visiting teams saying it was one of the best tournaments they have attended, what a great community !!!

**Days off school in
March 7, 8, 9, 10, 11, 25 & 27**

Salisbury Library March Break Events

Tuesday, March 4.

LEGO and Board Games Drop-In 2-4pm

Wednesday, March 5.

Movie:

Minions 2:00pm (also Booklovers' Reading Club at 6:15)

Thursday, March 6.

BINGO

palooza for Kids 2-3pm

Friday, March 7.

Special Event:

Little Ray's Reptile Zoo!

12:30pm

Salisbury Golden Age Club

meets every 1st and 3rd Thursday at Salisbury Lions Club, beginning with a pot luck meal and followed by a meeting, speakers, guests, activities and games. Guests for our March 17 meeting, will be Bill and Eleanor Goggin, with a presentation on their trip to Ireland. Everyone 55 years and older are welcome to join us. For further information please call 215-0212.

Salisbury Lions Club will be

holding an "all-you-can-eat" pancake breakfast

Date: Saturday 19 Mar 2016

Time: 7 am to 10 am

Location: Salisbury Lions Club, 63 Peter St, Salisbury

Menu consist of pancakes, sausages, pure maple syrup (ED Smith syrup avail), donuts, muffins, coffee, tea and juice.

Cost: Adults - \$7; Ages 6 - 10 - \$3; Pre-school - Free

All proceeds for community work

Salisbury Parks and Leisure

*Salisbury Co-Ed Basketball Spring League will begin on February 29 Schedules will be emailed to parents.

Please let us know if you didn't receive the email.

Ongoing programs:

Adult fitness Mondays & Fridays-10 am SBC gym \$3 drop in

Tuesdays & Thursdays-6:30 pm JMA gym \$2 drop in

*Walking to Wellness Tuesdays 10 am at Parks & Leisure office

*Walking to Wellness Thursdays 10 am at Salisbury Wetland Trail

*Active Seniors Tuesdays & Fridays 2 pm at Lions Complex

*Baseball season is just around the corner. Players from Pettitcodiac,

Havelock, and Elgin areas are welcome to join. Rally Cap 4-7 years, Rookie 8-9, Mosquito 10-11, Pee Wee 12-13 and Bantam 14-16. If anyone is interested in coaching this season please get in touch.

For more info on events and activities please contact Holly at 372-3280 or email parks.leisure@salisburynb.ca



Winter Carnival 2016 will be one to remember! Lots of fun

was to be had despite the fact that Mother Nature had a very unpredictable week! We held the second annual Salisbury Winter Classic Pond Hockey Tournament raising money for the outdoor rink. More than 20 people braved the frigid temperatures for the Valentine's Day walk on the wetland trail lit by Swedish Lanterns. Many people enjoyed a spaghetti supper! Thanks to everyone who supported our fundraiser for the Highland Park Revitalization Plan! There were a few changes made to our Family Day schedule but we were able to include some outdoor activities including skating, maple candy on snow, roasting marshmallow, snow art, some games! Congratulations to Shelli Geldart and her dad, Dale Geldart who had the best cards to win a 25lb! If we get a couple more snow storms, we will be rescheduling the sleigh rides that had to be postponed.



Salisbury P & L make it possible to experience outdoor classes on the rink



Atom Flyers Capture Dieppe Atom AA Championship

On January 31 the Petitediac Salisbury Atom Flyers captured the 43rd Annual Dieppe Atom AA Championship by defeating the host Dieppe- Memramcook AA Eagles by a score of 7-2. .



Members of the Flyers pictured here include: Heath Mann, Bryten Ring, Tyler Paterson, Preston Lounsbury, Riley Johnston, Cole Kidney, Jacob Wilson, Cole MacPhee, Jacob Gallant, James Keenan, Ryan Chambers, Chase Burgess, Logan Taylor, Bowen Lewis, Jack O’Blenis. Head Coach Scott Burgess, Assistant Coaches Chris MacPhee, Adam Rourke. Missing from photo - assistant coach Braedan Burgess & Team Manager Corey Lounsbury



Cole Kidney (A)
Preston Lounsbury (C)
and Bowen Lewis (A)
accepting the banner



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Sat 9am to 6pm & Sunday 12pm to 5pm



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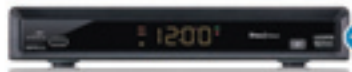
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