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LOCAL NEWS & VIEWS

Promoting Local Business & People in
Our Surrounding Communities.

April Issue, 2019

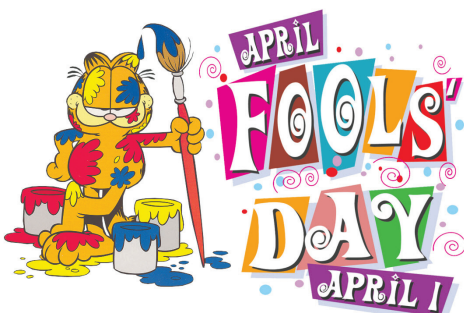
Volume 9 #12

MONTHLY BULLETIN



Good Friday April 19

Easter Sunday, April 21



GOVERNMENT OF CANADA IMPROVES ACCESSIBILITY FOR RESIDENTS IN SALISBURY

Regardless of ability, all Canadians should have access to leisure opportunities in their communities. However, the design of a facility or equipment can limit the available opportunities for Canadians with disabilities.

Today, I announced our support of two amazing community projects being funded by the Enabling Accessibility Fund (EAF). The Salisbury Public Library - New Brunswick, Canada is receiving \$16,120 for their project that will allow renovations for two accessible washrooms. As well, the Salisbury Parks & Leisure Department received \$8,253 to install an inclusive swing as part of their upgrades to Highland Park.

Councillor Bartlett shared how the availability of accessible and inclusive washroom facilities will ensure that all visitors will be able to use the library with comfort and autonomy. As well, Holly McNeil, Director of the Parks and Leisure Department, shared that the



Inclusive Swing Set Project offers a play area allowing children of all abilities a chance to have fun at the beautiful Highland Park.

Thank you to the Salisbury Public Library and the Village of Salisbury for their dedication to making our public spaces

more inclusive for all Canadians.

Read the full news release, here:
<http://fundyroyal.ca/news-nouvelles/eaf-salisbury/>

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Deadline for May Issue - April 23, 2019 - Phone 506-756-2110

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Letter to the Editor

Save Our Seed Campaign

It was a message forwarded to me by a Riverside-Albert farmer that spurred me to act on a national "Save our Seed" campaign instigated by "The National Farmers Union". Just like everybody else, until I received this email, I had no idea my rights as a farmer to harvest, store and replant my own seeds was endangered, and that the issue had reached our federal government.

THE PROBLEM

The biggest, wealthiest and most powerful agro seed and chemical corporations (Bayer, which now owns Monsanto; Syngenta, which is a subsidiary of ChemChina; DowDuPont; Cargill; Limagrain; BASF; and their subsidiaries such as Canterra and Pride) have been aggressively lobbying our federal government to pass regulations preventing Canadian farmers from saving, storing, exchanging, reusing, reselling their own seed.

This issue has been kept under wraps, but fortunately was recently made public by the National Farmers Union. If our Federal government agrees to pass this regulation for these corporations, Canadian farmers will no longer be able to save their seeds. They'll be forced to buy new seeds every year from the controlling corporations and pay royalties. Or even if they do save their own seeds, they will still be required to pay royalties to the corporation as if they had bought new seeds.

Trying to prevent farmers from saving their seeds has huge implications for the farmer and the consumer. Those who control the seeds, control the food supply, and control the world.

Seed saving has been done by every culture for thousands of years. Seeds are a common good, like water, air and soil. Seeds should never be allowed to be patented by any company or corporation for any reason.

The above story is no joke. It is very real. Our food security is at risk. The diversity of crops is at risk and so is our health due to the actions of these companies.

It has already happened with the genetically modified seeds {GMO}. GMO seeds are inserted with a gene from unrelated species. Genes are introduced into the cell of a plant using a gene gun and every GMO food has antibiotic-resistance genes. This has resulted in less diversity in crops throughout the world, as well as bankruptcies and suicides among farmers as they become indebted to these corporate seed giants. {Read Seed Sovereignty, Food Security by Vandana Shiva}

Farmers are the doctors of the land. We depend on their knowledge for our very survival. This knowledge needs to be passed on to the next generation. If farmers go bankrupt, our food supply is at risk. It's time that our government stands up for farmers and consumers.

WHAT YOU CAN DO TO HELP

Visit the National Farmers Union website for more information. Download their info sheet from the National Farmers Union. Share what you know on social media.

You can also download a petition online and get your friends, family, neighbours, fellow farmers to sign it. Once you have 25 signatures, make a copy for your records or take picture with your cellphone and send to the NFU, then mail the originals to your member of Parliament.

Write to your Member of Parliament, Alaina Lockhart. I've written a letter already, and so did our Elgin Women's Institute. I'd like to inspire all individuals and community groups to do the same. It only takes a few minutes and is the best way for us to use our voice to preserve our farming way of life.

That is the reason why I've been collecting as many signatures as I can. I take my petition wherever I go, get as many signatures as possible.

This is a nationwide action. Often, we start acting on issues when it is too late. This time we want to take preventative action to stop this bill. Nobody, can could or will be able to take away your right to save seed.

From the Editor

Looking forward to April with grass and the start of buds.

Be very careful April 1st as someone may try to fool you.

Thank you to all the volunteers that worked so hard helping with the Side-by-Side draw and dinner. Congratulations to all the winners, and to you that didn't win thank you for your participation.

The annual Radical Speedsport is a 3-day event being held from April 12th to the 14th at the Moncton Coliseum Complex. Look for the Maritime Motorsports Hall Of Fame display.

April 7 - 13 is National Volunteer Week. This year's theme is: "The Volunteer Factor - Lifting Communities." To all the volunteers for their generous time and work a huge thanks.

The Easter weekend is April 19-22. Earth Day is also April 22.

Business Meeting - The Maritime Motorsports Annual Business Meeting is to be held April 28th starting at 1:00pm for the election of officers and to plan for the up coming year. You are all invited.

Wishing everyone a Happy Easter.

Your Editor,

Winona McLean



Winner of the Side by Side Draw

Which was held Saturday, March 23 was Maureen Flanagan, the very 1st woman to win and the 1st time she bought a ticket.

We would like to thank everyone that bought tickets and attended. We would like to thank all the gift sponsors, Toys For Big Boys, Canadian Tire, Presitage Auto, Inglis Jewellers, Foodland, A & W, Salisbury, Chumleys Eatery, Alf's Sharpening, UAP Peitcodiac, Ideal Equipment.

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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 :

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Petitcodiac Community Calendar 2019

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
A p r i l		1 -Air Cadets -Pilates -Taking Time for Me -Seniors Meeting -Senior High Youth Group	2 - Afterschool Creators @ Library -Drop-in Play Group -A.K.A Dance Studio -Geri-fitness -Kiwanis -Discovery Kids -Middle School Youth Group	3 -Library Storytime -Pilates -Legion Noon Meal -Dominoes @ Legion -SJA Junior & Youth - KD Wednesday @ Baptist Church	4 -Jam Night @ Library -Legion Branch Meetings -FRC Play Group -A.K.A Dance Studio	5 -Darts @ Legion -Chase the Ace @ Legion	6 -Next Step, Kindergarten! @ Library - Sue's 2019 Spring Party @ Legion - Estate Planning Seminar @ Baptist Church
	7 -Church Services - S. S. JAM -Fired Up @ Baptist Church	8 -Air Cadets -Pilates -Taking Time for Me - Merry Makers -Senior High Youth Group	9 - Afterschool Creators @ Library -Drop-in Play Group -A.K.A Dance Studio -Women's Institute -Geri-fitness -Discovery Kids -Middle School Youth Group	10 -Library Storytime -Pilates -Legion Noon Meal -Dominoes @ Legion -SJA Junior & Youth -Village Council - KD Wednesday @ Baptist Church	11 -Book Club @ Library -FRC Play Group -A.K.A Dance Studio -Foot Clinic @ Legion	12 -Darts @ Legion -Chase the Ace @ Legion -Jam Session	13 -Next Step, Kindergarten! @ Library - Veterans Affairs Canada @ Legion - Karaoke @ Legion
	14 -Palm Sunday @ Anglican Church - Palm Sunday @ Baptist Church -Church Services -S. S. JAM -Fired Up @ Baptist Church	15 -Air Cadets -Pilates -Taking Time for Me -Senior High Youth Group	16 - Afterschool Creators @ Library -Drop-in Play Group -A.K.A Dance Studio -ATV Club -Geri-fitness -Kiwanis -Discovery Kids -Middle School Youth Group -Holy Week @ Anglican	17 -Library Storytime -Pilates -Legion Noon Meal -Dominoes @ Legion -SJA Junior & Youth - KD Wednesday @ Baptist Church	18 -Easter Egg Hunt @ Library -A.K.A Dance Studio -Petitcodiac Sportsman Club -FRC Play Group - TLC Club -J.O.Y. Club @ Baptist Church -Maundy Thursday @ Baptist Church	19 Good Friday -Good Friday Service @ Anglican -Jam Session	20 -Next Step, Kindergarten! @ Library -Holy Saturday Vigil @ Anglican Church
	21 Easter -Easter Services -Fired Up @ Baptist Church - S. S. JAM - Crib @ Legion	22 Easter Monday -Air Cadets -Pilates -Taking Time for Me - Merry Makers -Senior High Youth Group	23 - Afterschool Creators @ Library -Drop-in Play Group -A.K.A Dance Studio -Geri-fitness -Discovery Kids - Middle School Youth Group -Kiwanis	24 -Library Storytime -Pilates -Legion Noon Meal -Dominoes @ Legion -SJA Junior & Youth -Village Council - KD Wednesday @ Baptist Church	25 -A.K.A Dance Studio -FRC Play Group -Codiac Classics -Foot Clinic @ Legion	26 - Genealogy Talk & Workshop @ Library -Darts @ Legion -Chase the Ace @ Legion - Kiwanis Trivia @ Legion	27 -Next Step, Kindergarten! @ Library - Kiwanis Pancake Breakfast @ Legion
	28 -Church Services -Fired Up @ Baptist Church - Table Talk @ Baptist Church - S. S. JAM -People & Praise - Puppet Musical @ Baptist Church	29 -Air Cadets -Pilates -Taking Time for Me -Foot Care @ Legion -Senior High Youth Group	30 - Afterschool Creators @ Library -Drop-in Play Group -A.K.A Dance Studio -Geri-fitness -Kiwanis -Discovery Kids -Middle School Youth Group	<div> <div> War Museum Tours by Appointment. Please call 756-7461 or Cathy at 756-2068 for more info. Chairlift facility available. </div> <div> Maritime Motorsports Hall of Fame Open Monday-Saturday, 10am-5pm </div> </div>			

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

Air Cadets - 639 F.P.MacLaren Air Cadets, Mon. at 6 pm @ Legion. For info contact C/O Jason Forester - 850.9276

Church Services

-Petitcodiac Baptist - Morning Worship at 10:00 am.

-Petitcodiac Mennonite - Worship Service 11:00 am.

-St. Andrew's Anglican - Sunday Service/School at 9:00 am.

-St. James United - Service at 11:15 am.

Codiac Classics

- Meeting Last Thursday of the month, Legion @ 7 pm.

Discovery Kids - K-5. Tuesdays, 6:30 - 7:30 pm at Baptist.

Drop-in Play Group - Tuesdays at St. Andrew's church, 9:30 - 11:30, preschool

children & parent/caregiver. No charge. Call Becky 512-0516 for info.

Estate Planning Seminar - Sat. April 6, 9-11:30 am, Baptist Church. Lawyer Lindsay Brown will answer questions on many topics including wills, power of attorney, etc. Free seminar but please register by April 3 @ 756-2295 or pettybap@nb.aibn.com

Geri -Fitness (Fitness for All)- Tues. 10 - 11 am at Maritime Motorsports Hall of Fame. Until May 14. Half year membership \$15 Call Natalie 756-0289 for more info.

Jam Session - Second and third Friday at Motorsports Hall of Fame, 7-10 pm. Contact Elva Greer for info: 756-3926.

Kiwanis

- Tues., Apr. 2, 16, 30. New members welcome. Call Dan Pollock 756-1084 for more information.

Legion - 18 Kay St, Petitcodiac. 756-3383

- **Thurs., April 4** - Meetings. Executive, 7 pm. General, 8 pm.

- **Monday, April 1** - Seniors Meeting, 2 pm. Supper, 4:30 pm.

- **Sat., April 6** - Sue's 2019 Spring Party - Featuring music by GYPSY REESE; Time, 9 p.m.; Pay what you will; For more information, call Susan Mills - 750.1832

- **Sat., April 13** - Veterans Affairs Canada at the RCL Br 41 hosting a Town Hall. Limited amount of seats so please reserve spot. Because of seating, it is open for Veterans, Military Members, RCMP, their Escorts and Service animals. A chance to learn about the new changes VAC made on April 1, 2019. Register at the RCL Br 41 Petitcodiac. Any questions, contact Jamie Underhill - 756.8382

- **Sat., April 13** - Karaoke - Equipment by Chuck Miller. 9 pm - 1 am.

- **Fri., April 26** - Kiwanis Trivia - Doors open at 6:30 p.m.; Start at 7:30 p.m.; Max. 6 players per team; Max. 20 teams; Fee per team - \$150 ;1st place - \$1200;

2nd place - \$300; 3rd place - \$150; More info: Rick Brown - 331.0205.

- **Sat. April 27 - PANCAKE BREAKFAST** - 7 - 10 am. Adults - \$8; 5 - 12 years - \$5; Children under 4 - Free Partnering with PRS School Trip for 2020

- **Mon., April 29** - Coleman's Therapeutic Foot care, Jessica Coleman, LPN; Advanced Foot care Technician; call for an appointment 381.5422

- **Monday, April 8 & 22** - Merry Makers 2, 10 am to 2 pm; cards, bingo, etc; light lunch at noon, \$6 -

- **Wednesdays - Dominoes**. 7 pm.

- **Fridays - Darts for Meat**, 7:30 pm. Blind Doubles. \$2 per.

- **Fridays - Chase the Ace** - April 5, 12, 26. Tickets sold 6:30 to 8 pm. Draw at 8:15 p.m. 50/50 draw. Live music. Every month 10% to charity: April, May, June, is Air Cadets # 639.

- **Thurs., April 11 & 25** - DD's Foot Care Clinic. Call for Appointment, Donna Durepos at 389-1046 or Cell 733-8199.

- Legion Noon Meals. Wednesdays. \$10.00.

- April 3 - Pork Chops

- April 10 - Liver or Hamburg & Onions
 - April 17 - Turkey Dinner
 - April 24 - Cod Fish
 - FACEBOOK: Royal Canadian Legion Branch # 41."like" it.
 - Hall Rental: If you wish to rent the hall for a wedding reception, birthday or any other function, call the Legion.
 - Attention: If any Legion member knows of another member ill or in hospital, please call us at 756.3383 & leave message.

Library (756-3144)

-Hours:Open Tues,Wed,Fri, Sat. 10-1 & 2-5,Thurs.1-5 & 6-8.
 - **Next Step, Kindergarten!** - Saturdays, April 6, 13, 20, 27, & May 4. 10:30 am -12 pm. Parents who have children registered for Kindergarten this fall are invited to bring their families to a special 5 week session that will explore skills such a reading readiness, letters, numbers, shapes, colours, and concepts. Contact Danny at the library to register.
 - **Storytime (Ages 0-5)** Wednesdays from 10:30 - 11 am
 - **Afterschool Creators** - Tuesdays from 2:30 - 4:00 pm. Ages 6 - 13. Our weekly afterschool drop-in program. Circuitry, robotics, art, construction!
 - **Jam Night** - Thurs., April 4 from 6:30 - 8 pm.
 - **Adult Book Club** - Thurs., April 11 from 6:30 - 8 pm.
 - **Easter Egg Hunt (Ages 2-10)** - Thurs., April 18, 2:30-3:30 pm. A favourite event at the library! Come search the library for hidden chocolate eggs.
 - **Genealogy Talk and Workshop** - Friday, April 26, 2:00pm. NB Genealogical Society member Leslie Gogan will give a talk at the library about genealogy and genealogical research. For all levels of interest!

Petitcodiac Baptist Church

- **KD Wednesday** @ noon for PRS Senior High Students. Enjoy a free Kraft Dinner lunch every Wednesday at noon!
 - **Table Talk** - Last Sunday of month, 7 pm. Ladies 18 & up.
 - **Sunday School JAM** @ 10 am Sundays. kids pre-K - Gr. 5.
 - **Fired Up** - Ages 5-12. Sundays. 11:15 - 11:45 am. Rhythm & choreography drama using sticks. Ages 5-12.
 - **J.O.Y. Club** - 60+. Just Older Youth. 3rd Thurs. of month. Noon - 1:30 pm. Games, etc. Lunch provided.
 - **Palm Sunday** service is at 10 am. Adult choir begins "The Easter Story"
 - **Maundy Thursday Service** @ 7:00 pm. Adult choir continues "The Easter Story"
 - **Easter Sunday Service** @ 10 am. Adult choir concludes "The Easter Story"
 - **Puppet Musical** "Star Quest: Search for the Stolen Scriptures" at Petitcodiac Baptist Church on Sunday April 28 @ 10 am. Fun for the whole family as our puppeteers present this "out of this world" fun musical

Petitcodiac FRC Play Group - Thursdays - Baptist Church 9:30-11:30 am. More info contact Melanie @ 384-7874

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.

St. Andrew's Anglican Church

- **Palm Sunday** - Apr. 14th, 9am
 - **Tues. in Holy Week** - Apr 16, 7pm
 - **Good Friday service** - Sun., Apr. 19th, 9am
 - **Holy Saturday Vigil** - Apr. 20, 7pm
 - **Easter Sunday service** - Apr. 21st, 9am

St. John Ambulance

-SJA Junior/Youth group meets every Wed. at 6:30-8 pm in basement of the Petitcodiac Legion. Contact Diane at 372-5639 for more information

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.

TLC (Thursday Ladies Crafts) - Ladies craft/colouring. 3rd Thurs. night of the month, 7:00 pm, St. Andrews Anglican.

Village Council - Meetings open to public. If you wish to address council, make a formal written request to office 48 hours prior. This Month: Apr. 10 @ noon. Apr. 24 @ 7 pm.

Women's Institute - Meets second Tuesday of the month at 1:00 pm. Call Blanche at 756-2011 for more info.

Youth Group B.L.A.S.T. (Baptist Church)
 - Senior High (Gr. 9 - 12) - Mondays, 7:00-8:30 pm Church.
 - Middle School (Gr. 6 - 8) - Tuesdays, 7:45 - 9:00 pm

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Happy Easter



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Sudoku



					7			3
6		9						7
	1		9	6			8	
		5			6	2		
	6		8		9		3	
		7	1			8		
	7			2	3		4	
4						6		1
5			4					

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

Answers on page 15

ELGIN NEWS!

"Though April showers may come your way,
They bring the flowers that bloom in May" - Al Jolson
While the Elgin WI has had a busy fall and winter, we anticipate the beginning of new plans and programs that will soon be taking place. Once The Hall is open in May, we will start booking family reunions and the summer camp as well as other meetings and events that take place from May until November.

April events include:

April 18 - EWI Annual General Meeting & Soap making class

April 27 - Bring Back Home Economics Workday at Berwick, NB. The New Brunswick Women's Institute has been asked by the Department of Education and Early Childhood Development to participate along with NBCC in presenting a professional development session to teachers. The workday will be held to prepare what we think all middle school students in NB should learn regarding home economics. The workday will organize and refine ideas to prepare a brief that we can distribute and use regarding Home Economics skills that would be important to any middle school student. This workday is for all WI members and interested guests. Everyone is welcome to attend and participate - Saturday, April 27 start time is 10:00am with a pot luck lunch. Location - Millstream Region Recreation Centre, 950 Route 880, Berwick, NB

April 29 Women Walk the World event - On or around this date women in countries around the world gather in groups, small and large, in the spirit of solidarity, friendship and exercise. Talk to your friends and neighbours about going for a walk. Get organized and, HAVE FUN!

According to the Canadian Mental Health Association of NB, there are health benefits of VOLUNTEERING. "Volunteering reduces the body's stress and also releases endorphins (the brain's natural painkillers). 95% of individuals feel good after volunteering. Regular volunteers were 10 times more likely to be in good health than people who didn't volunteer."

Happy Spring and Happy Volunteering!



Havelock RCL #86
4684 Rte. 880 Havelock, 534-8285

2nd Monday of each month - Regular meeting at 8:00 pm

2nd Saturday of each month - April 13th Breakfast! Our breakfast is consisting of bacon OR sausages, 2 eggs with toast, home fries, juice, tea or coffee from 7:30 - 10 am only \$ 8 for adults and children under 10 \$5. February's BREAKFAST winner was Larry Colpitts!! We will be doing a draw for a free Breakfast for the following month.

Tuesday - House Crib 7:30 pm. Everyone is welcome!

Wednesday - Seniors Day 11:00 am - 2 pm, games & light lunch (\$5/person).

- House League Darts - 8 pm. For more information call Mary 534-2410.

Thursday - Bingo @ 7 pm all welcome!!

- 200 cards @ 7 pm only \$5 to play everyone is welcome for more information call Linda 534-2283.

Friday - Darts for meat @ 8:00 pm (\$2 a round) everyone is welcome!

Friday - April 19th @ 11 am Go Ahead Seniors - Our topic this month is ARTHRITIS

Our Legion hall is available for rent (anniversaries, birthdays, showers, reunions etc.) Call Eddie Vaughan 756-0707 or Betty Maxwell 233-1372 .

Like us on facebook at Havelock Legion Members And Friends, Branch #86



The Elgin Eco association has been busy outside since the weather allowed us. Some members and friends of the EEA have been working hard to finish the Maple Sugar Camp in the Nature Preserve in Elgin.

On March 29 a government visit will take place to inspect our sugar camp. I will give a report on that visit in a later write up.

It is exciting to see how everything is coming together. The idea is to have a sugar camp that can be visited during the summer tourist season. This allows the many people that have never heard of "tapping trees".

We are looking for some original Sugar camp paraphernalia that we can put out for display. If you are willing to part with such items, please contact us at elgineco@hotmail.com or call 756 2518.

Pictures and stories are also welcome.

We are hoping for a grant to enhance our park with a pump track. A pump track is a track where young and old can practice mountain biking skills. Our community is full of people that enjoy the outdoors, we like to help enhance the joys by adding special and different opportunities to do so.

When the snow is all gone, it is a very special time to hike the Mapleton Acadian Trail this time of year. Birds are looking for best nesting places. Every season brings its own charm. Go and enjoy. There is not much of these types of forest left.

With spring approaching we would like to remind people of the opportunities of renting Fat Bikes and kayaks.

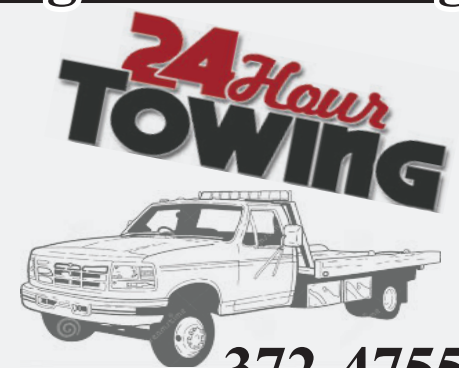
The EEA will hold its Annual general Meeting on May 9 starting 6 pm. with a potluck to start and a guest speaker. It will also be the sign-up for the Children Summer Camp.



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

Chronic Pain: A Close Cousin to Suicide

"He preaches patience that never knew pain". These sage words were published in the Handbook of Proverbs in 1855. Or, as Shakespeare wrote, "They breathe the truth that breathe their words in pain". Today, pain is the most common medical symptom that plagues mankind. But when does it kill?

The number of people suffering from pain depends on the source of data. Some reports claim 25 to 100 million have some level of pain, and over 10 million suffer from considerable pain every day.

Dr. Emiko Petrosky, at the U.S. Center for Injury Prevention and Control, analyzed data on 123,000 suicides. His report, published in the Annals of Internal Medicine, shows that one in 10 patients with sizable pain decided to end his life.

Top causes for suicide are cancer, arthritis and spinal pain. And 54 percent of victims of chronic pain used a gun, 6 percent chose opioid overdose. The underlying cause is a combination of depression and pain.

Several reports have stressed that suicide could be prevented if patients received better pain control and counselling. But some famous people treated at world-famous clinics have nevertheless ended their lives.

I've known patients who, in youth, never reached for a baby Aspirin, but later in life developed arthritis, back pain due to spinal stenosis or a malignancy. Whatever the problem, constant pain caused a huge, negative change in lifestyle. This is when patients realize that the ads on TV depicting speedy relief of pain resemble Hollywood fantasy, rather than reality.

For instance, opioid drugs may have little effect on pain and often cause severe constipation. Unfortunately, it's a well-kept secret that high doses of vitamin C, such as Medi-C Plus powder and other brands, available at Health Food Stores, easily cure constipation. If 2,000 mg (milligrams) at bedtime fail, increase the dose by 2,000 mg. at night until it works. And this natural remedy does not injure bowel.

Pain therapy is difficult for doctors who worry about increasing the dose of opioid for fear of addiction. This is when, if steroid injections and other treatments fail, patients begin to seek

acupuncture, chiropractic treatment and other remedies.

I have great empathy for patients suffering chronic pain because I've experienced many personal failures in the treatment of pain. I've had MRI's that failed to diagnose my pain, failed acupuncture, failed spinal decompression treatment, failed chiropractic Rx and failure from various types of cannabis that ease pain in some patients, etc. etc. Eventually, when all options fail, chronic pain day after day becomes soul destroying, and a close cousin to suicide.

So, what can you do before someone cries "enough is enough!"? People suffering from chronic pain show varying degrees of depression. After all, who wouldn't be upset when pain is a daily companion?

Studies show that up to 75 percent of suicides give warning signs to friends or family members. So, if someone you know is in pain, begins withdrawing from social activities, expresses a strong desire to die, starts to give away prized possessions, loses an appetite for food, starts to use alcohol more often, becomes restless, sometimes angry, or unable to sleep, think depression and make sure they seek medical help. And there is no greater flashing red light than the purchase of a gun!

I know well that patients suffering from metastatic malignancy reach a point where, knowing there is little hope for recovery, they plead for medical assisted death. They should be allowed this gentle way of leaving this planet. But for others with unrelenting, but non-fatal pain, it's easier to sympathize than predict when they will end their life. Some eventually decide it's simply not worthwhile or productive enough to get up in the morning. But that final second before they pull the trigger and leave their family must be the most agonizing moment of all.

I find it amusing and ironic that a glass of Chardonnay, or a rum and diet coke provide more relief for me than any treatment doctors have yet prescribed!!

Shakespeare was right, "They breathe the truth that breathe their words in pain".

Online docgiff.com. For comments info@docgiff.com



Pollett River Run 2019

It all happens on the last Saturday of every April and it is already on people's minds.

Each year the Elgin Fire Hall puts on a breakfast to raise money for their fire department. If you are in the area stop by and have a bite to eat the money goes to a good cause.

If you are lucky to make it to the end, after you put it. (Which usually takes a few hours with stops along the way.) The take out is where the Pollett River rushes under the Sanatorium Road Bridge. Don't worry you can't miss it, there is usually hundreds of people gathered there.

At the end of the run you will see guys mud bogging with their trucks, ATV and side by sides. The last couple years people had food like sausages, hotdogs, hamburgers for sale in case you got hungry and some time the fry truck is there..

Please be respectful and do not leave trash and garbage behind.

What you should keep in mind.

Bring Extra Clothes

It is important to note that it is cold and the water is freezing. Once you are wet it does not take long to reach hyperthermia. Taking extra clothes not only helps insure you have a comfortable day but could prevent you from making a trip to the hospital with hyperthermia. Double bagged garbage bags tied at the top with extra clothing inside is simple and will do the trick.

Fast Water Tips

The river can be fast with class two rapids. It has a few surprises like the famous Colman rock. The rock is so named because of the many Colman canoes that it claimed.

1. Never mind the canoe, raft, boat or whatever the contraption you decide to travel in gets taken by the river. It could lead to getting jammed against the rocks. Get upstream from the canoe or raft and push it to shore or pick it up down river.

2. If you tip and find yourself in fast rocky rapids don't try to stand up. Your feet might get stuck between rocks and the current will knock you over. It is best to float down river feet first until you get to water that you can stand in easily. This is easier done when wearing a life jacket.

Wear a life jacket!

If you decide to take the trip down river. It could save your life. Also it would be a good idea to have a rope it will come in handy and paddles to help steer.

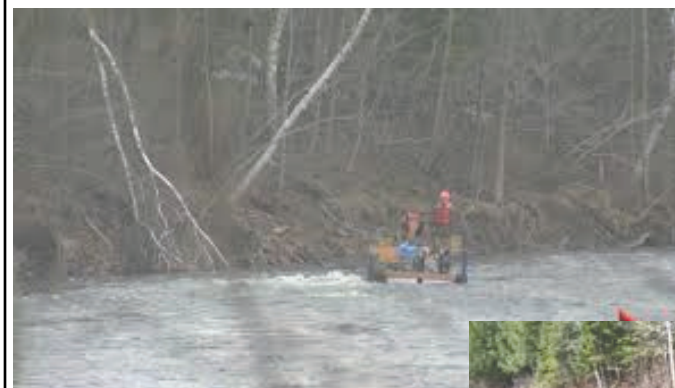
Do Not Drink and Drive

Don't drink and drive have a designated driver, arrange for someone to pick you up, or just don't drink.

And if you do decide to drink bring cans not bottles no one wants to step on broken glass or have their pets walk on broken glass.

And always clean up after yourself the whole river run started to help preserve the river not destroy it.

Have Fun & Be Safe!



Three Oak Trees

by Gloria Scribner

April and Easter tend to be synonymous to most folk, just as springtime and hope are rushing to the forefront of the times. We find ourselves tripping over our feet as we rush into the season of warmer, rainier, windier days and nights. Without scarcely a despairing glance backwards we stumble into "maybe" with "tomorrow" in our sights; and it's as it should be.

I need to look back however, before I can even think of taking another step into springtime. It's imperative to me just now to let my mind wander over the hills and years (just five) to a field already in bloom the last week of April.

It's 2014. The hillside is on the outskirts of Jerusalem. Halfway down that beautiful slope a canopy is set up and two people and their families are united forever by the words of their Rabbi. Then the music plays and the joy and feasting begins.

I stand with my friends for a moment as we take it all in and the path lies before us, through the wildflowers and past the blooming sycamores and fragrant Rose of Sharon where we pause to taste the fresh, clear water from a thousand year old well and we empty the goatskin and savour God's goodness.

We pause again beside the vast mountainside, steep, and green already with oak, cedar, pine, and oh my! What a dizzying sight; so lush a view and such

hope. You see, a few decades ago the hillside was barren as far as the eye could see.

As the Israelis undertook the creation of a protected Biblical landscape, the hills began the process of returning to their former glory that wars and neglect had all but eradicated. At Noat Kiddumen, a picturesque labour of love, I felt I stood in the midst of that "Glory".

I'd like to say that I look back to that day with complete elation, but as I bent to plant my little oak tree in the prepared turf I felt anguish and hope entwine as two others planted oaks in memory of my son.

A huge airliner crossed the hilltop on its way from Tel Aviv and seemed to scream its deafening wail above us. We sang "It is well with my soul" and at the close of our little service Reuven Solomon read "The Mourner's Kadesh" in English and in Hebrew. We solemnly left.

I know April has always honoured Christ's resurrection and in that I find peace and hope in knowing that the grave was overcome; but in my heart of hearts I shed a tear, not only for the love that put Him there, but for another new grave by a lone pine back in Canada in a little plot that holds my son. My beautiful son! And three oaks still grow in Jerusalem. I miss you Peter.



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Autism spectrum disorder (ASD) is a complex developmental disability; signs typically appear during early childhood and affect a person's ability to communicate, and interact with others. ASD is defined by a certain set of behaviors and is a "spectrum condition" that affects individuals differently and to varying degrees. There is no known single cause of autism, but increased awareness and early diagnosis/intervention and access to appropriate services/supports lead to significantly improved outcomes. Some of the behaviors associated with autism include delayed learning of language; difficulty making eye contact or holding a conversation; difficulty with executive functioning, which relates to reasoning and planning; narrow, intense interests; poor motor skills' and sensory sensitivities. Again, a person on the spectrum might follow many of these behaviors or just a few, or many others besides. The diagnosis of autism spectrum disorder is applied based on analysis of all behaviors and their severity.

In 2018, the Centers for Disease Control and Prevention issued their ADDM autism prevalence report. The report concluded that the prevalence of autism had risen to 1 in every 59 births in the United States - twice as great as the 2004 rate of 1 in 125 - and almost 1 in 54 boys. The spotlight shining on autism as a

result has opened opportunities for the nation to consider how to serve families facing a lifetime of supports for the individual with autism. In June 2014, researchers estimated the lifetime cost of caring for an individual with autism is as great as \$2.4 million. The Autism Society estimates that the United States is facing almost \$90 billion annually in costs for autism. (This figure includes research, insurance costs and non-covered expenses, Medicaid waivers for autism, educational spending, housing, transportation, employment, related therapeutic services and caregiver costs.)

Learn the signs: Early identification can change lives

Autism is treatable. Individuals with autism do not "outgrow" autism, but studies show that early diagnosis and intervention lead to significantly improved outcomes. For more information on developmental milestones, visit the CDC's "Learn the Signs. Act Early" site. Here are some signs to look for:

Lack of or delay in spoken language
Repetitive use of language and/or motor mannerisms (e.g., hand-flapping, twirling objects)
Little or no eye contact
Lack of interest in peer relationships
Lack of spontaneous or make-believe play

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Swim Ponds a Natural Alternative to Pools



By Mark and Ben Cullen

Mark Cullen is an expert gardener, author, broadcaster, tree advocate and Member of the Order of Canada. His son Ben is a fourth-generation urban gardener and graduate of University of Guelph and Dalhousie University in Halifax. Follow them at markcullen.com, @markcullengardening, on Facebook and bi-weekly on Global TV's National Morning Show.

There is nothing quite like plunging into water after a hot day of working in the garden.

Hard to imagine in April, we know, but this is "dream season" when we create a vision for our gardening experience come spring. And we are dreaming about swim-ponds.

Originating in Europe, a swim pond combines the benefits of a swimming pool and a garden pond: a clean and warm swimming area, with the soft water of a lake, and the environmental benefit of a naturalized water feature. We love swim ponds as they don't require the chlorine or salt treatment of a traditional pool. Also, they support all kinds of water life that enhances the biodiversity in your yard.

Mihal Krnac is the President of Tumber & Associates, a landscape design and build firm based in Orangeville, Ontario, where they have been receiving a growing number of requests for swim ponds. As Krnac puts it, "more people are looking to move away from the harsh chemicals required for swimming pool sanitation and towards a more natural alternative."

It is not as simple as digging a hole and filling it with water, however.

What's the difference?

-Construction. A swim pond is like a two-teared regular pond with a wall separating the deeper swimming area from the shallower vegetative area. The wall rises from the bottom of the pond to within an inch or two of the surface of the water, and a pump circulates the water between the two areas.

-The pump pulls water down through the gravel floor of the vegetative area, after it has passed through the rootzone of the plants and pushed back to the swimming area.

-Getting the right plants is essential for the health of the pond. Cattails, bulrushes, sedges, duckweed and waterlilies clean the water by consuming nutrients which would otherwise allow for unwanted algae; they also provide habitat for birds and - if desired - fish.

-Enjoy fewer mosquitoes, as the moving water makes it difficult for mosquitoes to spawn, and the chemical-free environment provides a host to various predators of mosquito larvae such as birds, frogs and fish.

-No chemicals are required, if a swim pond is properly constructed and maintained.

-Year-round enjoyment starts with the fact that a swim pond doesn't need to be closed and covered with an unsightly tarp in the winter, as does a swimming pool. Many homeowners convert their swim ponds to skating rinks during winter months.

-Every swim pond is unique, unlike the countless blue chlorinated swimming pools you see from the sky when you're landing at the airport, there is no "factory direct" method of building a swim pond. Working with a qualified landscape designer and builder is the only way to guarantee a swim pond that will work for your property.

-Expect softer skin from swimming in



Photo credit: Mihal Krnac.

con't on pg. 10



HOT CROSS BUNS

In small bowl

½ cup lukewarm water (app. 98 degrees F.)

1 teaspoon white sugar

2 teaspoons yeast

Let rise 10 minutes

In large bowl

2 cups warm milk

½ cup white sugar

1 teaspoon salt

½ cup melted butter

1 beaten egg

Mix well and add raised yeast

In another bowl mix

2 cups flour

½ teaspoon cinnamon

¼ reaspoon nutmeg

1 cup raisins

Add to batter, mix well then turn out onto well-floured surface and knead 8-10 minutes using just enough flour to prevent sticking to your hands.

Transfer dough to a large buttered bowl, turning it to bring the buttered side-up.

Cover with a tea towel and let rise in a warm, draft-free place 1 1/2 hours or until doubled in volume. Turn dough out onto a lightly floured surface cut into rolls, place in pan and brush the tops with egg wash.

Cover with a tea towel and let them sit in a warm place 30 min to rise.

Bake at 375 F for 15-17 minutes or until tops are golden brown.

Remove from oven and let cool.

Make cross on the tops with frosting.

They were originally a Saxon tradition, which became an Easter tradition to celebrate Good Friday.



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Two amazing projects in Salisbury recently received more than \$24,000 under the Enabling Accessibility Fund.

The Salisbury Public Library will be upgrading their washrooms to be fully accessible, and the Village of Salisbury has installed a new accessible swing at Highland Park!

Alaina Lockhart
Member of Parliament for Fundy Royal

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Swim Ponds

If you have ever had the experience of swimming in a clear lake, then you know what to expect.

Like swimming pools, there are basic and “deluxe” options when it comes to swim ponds. For smaller suburban lots, it is possible to build a basic “plunge pond” starting around \$45,000, and at the high end of the market we have seen swim ponds resembling small lakes which incorporate rivers, waterfalls and even islands. The sky really is the limit. Krnac describes some of his higher end

projects, where the trend has started, “typically a connecting water feature (stream, waterfall, river, etc.), in any shape and size to meet a wide variety of functions or client wishes. Ultimately the swim pond ends up becoming more than just a place to swim. A swim-pond provides the attraction humans have to water in a natural environment. You just don’t get that from a swimming pool.” Something to think about as you ponder your dream garden.



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Let's Eat Out

at All Seasons Inn & Restaurant

Everything I should say about the All Seasons Restaurant has already been written on their website at www.allseasonsinn.ca where you can see their full menu. But not everything



that I could say is written there.

Charlie and I enjoyed our lunch very much. He had the Special--Haddock PoBoy and for \$2.25 more he had apple crisp (warm) and whipped cream sprinkled with cinnamon. Charlie didn't know what he was ordering and was pleasantly surprised at what was on his plate--haddock on a very fresh sub bun with lettuce, tomatoes and sauce. This came with seasoned fries and crisp coleslaw. He gave it all a High Five! I had the turkey rice soup (I can't make it as good) and a grilled cheese sandwich. I like when a sandwich is cut on the diagonal--the best part of the crust is on both pieces! Our grandson always orders Grilled Cheese Sandwich. No wonder, it was delicious! Our meal came to \$25.63 plus tax. The menu was quite varied and offered good prices. Our server, Tracy, was friendly and pleasant. They should be proud of their lovely log building, very bright and comfortable.

There are two ways to 1015 Main Street,

Sussex: you can come through Sussex one way and through Sussex Corner the other way. Such a nice drive when you're coming from Petitcodiac.

This business was first established by John Jenkins and was called The Maples (some of you may remember this) and it was the building in the corner across from the parking lot. Burke Long is the current owner. They are open from 7 in the morning to 10 at night every day all year. You can reach them by phone at 506-433-2220. I know people who make it a weekly meeting/eating place. And there are others who are so familiar that they don't need a menu!

There are times when I wish I liked the favour of tea and coffee. Drinking those give one permission to slow down for at least ten extra minutes. I thought of that at the end of our meal at the All Seasons Restaurant. It's just not the same with a glass of water. With tea you can hold the cup and just gaze at nothing and an onlooker would think "now there is someone in deep thought, solving problems, contemplating solutions to critical situations" when in reality I would be thinking about the fit of that woman's hat, or wondering what to cook for supper, or whether to get groceries first and then go to the dry cleaner or the other way around. It is a huge compliment when one is in no hurry to leave the dinner table.

"Seize the moment. Remember all those women on the 'Titanic' who waved off the dessert cart."

— Erma Bombeck



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 Monday, April 22 - 9am - 8pm



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Easter Celebration

Easter... chocolate bunnies, chocolate eggs, chocolate Stanley Cups?!? Yes, you can get just about anything made in a chocolate form around Easter time, but everyone knows that's not what Easter is all about. Some folks will say, in quiet tones, that Easter is really about "uhhh... Spring coming, and, uhh... new life... vitality... or something like that." Th's a partial truth. Easter, the celebration that we know today, comes from Christianity... and is kept by the Christian Church today. BUT PLEASE DON'T STOP READING JUST 'CAUSE I SAID CHURCH!!!!!! PLEASE?!?!

Allow me to explain a little further. The Church makes a big deal out of Easter. In terms of what the Christian Church believes, Easter is the most important celebration of the year. But, truth be told, we don't have a whole lot of Easter Carols (not like Christmas!). And more people come out to Christmas worship services than at Easter. And yes, the Church likes chocolate too! We share (EAT) chocolate eggs too, noting their importance as a symbol of new life (and their deliciousness).

New life is important to the church, for one very important reason - Jesus Christ. The founder of the Christian faith, who got the governments around him mad at him for what he taught, was arrested late at night, and endured a "fake news" trial that resulted in his being condemned to death. During that time he was severely beaten (twice), and then nailed to a huge, ugly, wooden cross, on which he died on the day known as Good Friday. But then, he came back from the dead, and rose to NEW LIFE on Easter Sunday. These are the events we mark each year, now almost 2,000 years later. But Easter is not just an-ongoing

nniversary, like a person's birthday. Jesus had taught his followers at the time, and by extension, those who came afterwards (people today!) that whoever chose to believe in him, and follow his teachings as best they can, would also eventually rise from the dead, and enjoy eternal life in heaven (but not three days later, as Jesus had!). So, to a Christian person, Easter is a cause for celebration, for it is indeed a festival of new life. That is the common ground on which many people can enjoy the holiday together, whether you are Christian, a follower of another faith, or of no faith - new life springs up around us right now, and after a long winter (especially this year), that is well worth celebrating!

So Easter has deep roots in Christianity, and our entire cultural way of marking Easter today comes from that. There is evidence of other ancient festivals taking place in the springtime among other peoples in Europe, Asia, and northern Africa, whose traditions combined with Christian beliefs to become something new (particularly some pagan groups - they have festivals for everything!). You can find our more by googling such a term as "eostre".

All of this is a VERY basic description of what Easter is to the Christian Church. If you want to learn more, speak to someone who goes to a church, or to a leader in a church. Such people are not hard to find! Thank you for the time taken to read this article, and have a Happy Easter!!!

the Rev. Chris Hayes is the Priest and Rector of the Anglican Parish of Salisbury & Havelock (churches in Petitcodiac, Salisbury, and Elgin).

HAPPY EASTER!

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Good Friday, April 19 and

Easter Monday, April 22, 2019

Good Friday is the Friday before Easter Sunday and it is a federal statutory holiday across Canada. Easter is the most important Christian religious holiday and widely regarded as the second most popular holiday in general after Christmas. It's a complicated but precise formula that determines the day Easter Sunday is celebrated: It is the first Sunday after the first full moon in spring which can occur as early March 22 and as late as April 25. Good Friday marks the death of Jesus Christ according to the Christian religion. It is a fundamental part of Christianity along with the resurrection of Jesus on Easter Sunday. Many agree that this is a more important holiday than Christmas since it is the ultimate proof that Jesus is the Son of God because he came back from death. In provinces where Family Day, Islander Day and Louis Riel Day are not observed Good Friday is the first stat holiday after New Years Day.

Bunnies & Eggs

Easter is a highly commercialized holiday when tons of chocolate is sold in the form of Easter eggs and Easter bunnies. The Easter Bunny brings a basket full of goodies to children for Easter. Sometimes the gifts are hidden so children have to look for them - this is called an egg hunt.

Rabbits and eggs are symbols of fertility and were first mentioned in German literature as early as the 1600s.

There are several traditions for this time of the year. Egg painting is very popular and easy to do. Egg paint kits can be purchased in stores but you can also dye hard boiled eggs using a jar of beet juice! To give eggs extra shine you can rub them with fat - bacon is perfect for this. You laugh now but once you try it you'll see how well this works!

Petting zoos are popular around Easter, too, where kids get a chance to pet and feed bunnies and other animals. Some people even buy pet bunnies but you should only do this if you are ready to truly commit to having a pet - no impulse shopping please.

Family get-togethers are also part of the Easter weekend. After Christmas and Thanksgiving the Easter weekend meal is the third largest meal nationwide.

Lent

In the Catholic religion there are 40 days of fasting preceding Easter. Lent starts on Ash Wednesday and ends on Holy Saturday. It is observed to imitate the 40-day fast of Jesus before his death. Meals shouldn't include meat or fish. The day after the lent period ends people eat a rich breakfast - break the fast - which consists of eggs, ham, bread and fish.

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Hon. Ross Wetmore

Minister of Agriculture,
Aquaculture and Fisheries

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*May your Easter basket be full of
Joy, Happiness & Peace
Today & Always!
Happy Easter*

**Come join me Monday - 1, 8, 15 & 29 - 10am - 12pm
at the Maritime Motorsports Hall of Fame
5 Hooper Lane, Petitcodiac, NB**

"Our People Make a Difference"

Earth Day - Monday, April 22

What one can do when there are many!

Earth Day seeks to highlight and promote efforts dedicated to the protection of the environment. As we enter the 21st century, we face many environmental crises, including global warming, deforestation, endangered wildlife, shortages of potable water and widespread pollution, all which negatively affect our planet's resources and can have adverse effects on our long-term lifestyle and health. In 1970, a US Senator named Gaylord Nelson was inspired to bring about mass public awareness of environment problems. He heavily promoted the day across the nation in an effort to gather the largest amount of public support possible and ultimately, in the hopes of elevating environmental protection onto the national political agenda. This day in 1970 marked the creation of United States Environmental Protection Agency and the passage of the Clean Air, Clean Water and Endangered Species Acts. Today, Earth Day is celebrated by billions of people around the world and is observed in over 190 countries. Worldwide, Earth Day celebrations utilize educational programs to inform people of ways that can help protect the environment and its natural resources. It is observed annually on April 22nd and is celebrated as International Earth Day.

About Earth Day Canada...

Founded in 1990, Earth Day Canada (EDC) is a national charity that inspires and supports people across the country to connect with nature and build resilient communities. They lead an annual Earth Day campaign in conjunction with free, year-round, award-winning programs that get people of all ages outside, interacting with the natural environment – this, in turn, fosters an essentially motivated, enduring commitment to stewardship and conservation. EDC works closely with school-aged children and youth through their renowned EcoKids program and new EarthPLAY initiative, and recognizes via the Hometown Heroes Awards those who are leading the way in making our planet healthier. In 1990, Earth Day went global, mobilizing 200 million people in 141 countries and lifting environmental issues onto the world stage. Earth Day 1990 gave a huge boost to recycling efforts worldwide and helped pave the way for the 1992 United Nations Earth Summit in Rio de Janeiro. Now, Earth Day is the largest secular observance in the world, celebrated by more than a billion people every year. Our planet is currently losing over 15 billion trees each year—that's 56 acres of forest every minute. Earth Day Network is working hard to reverse that trend by supporting global reforestation projects. The projects aim to benefit local communities, increase habitat for species, and combat climate change. Endangered Species are going extinct at a faster rate than ever before. We have entered a sixth mass extinction brought on by global human activity. You are needed to help protect hundreds of species while we still can.



Win a \$1,000 VIA Rail Gift Voucher

Rural Rides, Rural Rides Tantramar, The Volunteer Center of Southeastern NB, and Tele-drive Albert County have been collaborating under the umbrella of WA Transpo to provide affordable transportation to residents living in Westmorland and Albert Counties. To support the ongoing service to the area, a fundraising draw for a \$1,000 VIA Rail voucher will take place on April 23, 2019.

To keep transportation rates as affordable as possible, clients are billed for mileage from their door to their destination and back, regardless of how far the driver travels to get to them. Subsidized rates are also available for low-income families and individuals. Drivers are reimbursed for the total mileage they travel from the time they leave their home to the completion of a ride and back home again. The difference in what clients pay and what drivers are reimbursed creates a shortfall in income. This shortfall is covered by donations from individuals, community groups, and municipalities to the benevolent fund—as well as through fundraisers.

Rural Rides has been providing transportation in the Salisbury-Petitcodiac area since 2014 and in Tantramar as Rural Rides Tantramar since 2017. These volunteer driving

programs have seen explosive growth in the need for transportation. As the demand for service increases, the need for funds to subsidize rides increases as well. Rural Rides is a registered charity and issues income tax receipts for donations made to the organization. You can also support the service by purchasing tickets on the draw. All proceeds from ticket sales go back into the community to help provide affordable transportation to those who need it most.

Tickets for the draw are \$10 each
or 3 for \$25

and are available by contacting
Kelly at Rural Rides at 215-2100 or via
email at r.r.ruralrides@gmail.com
Volunteer Centre 869-6905
Tele-Drive 875-1190

If you would like to volunteer as a driver, please call Kelly at 215-2100. You can volunteer as little as a few hours a month—or more—depending on your schedule of availability. If you or someone you know is struggling to find transportation, they can register for free as a client by calling 215-2100 or by visiting our website at ruralridesnb.com.

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April Fools Day

Although April Fools' Day, also called All Fools' Day, has been celebrated for several centuries by different cultures, its exact origins remain a mystery.

Some historians speculate that April Fools' Day dates back to 1582, when France switched from the Julian calendar to the Gregorian calendar, as called for by the Council of Trent in 1563.

People who were slow to get the news or failed to recognize that the start of the new year had moved to January 1 and continued to celebrate it during the last week of March through April 1 became the butt of jokes and hoaxes.

These pranks included having paper fish placed on their backs and being referred to as "poisson d'avril" (April fish), said to symbolize a young, easily caught fish and a gullible person.

Historians have also linked April Fools' Day to festivals such as Hilaria, which was celebrated in ancient Rome at the end of March and involved people dressing up in disguises.

There's also speculation that April Fools' Day was tied to the vernal equinox, or first day of spring in the Northern Hemisphere, when Mother Nature fooled people with changing, unpredictable weather.

April Fools' Day spread throughout Britain during the 18th century. In Scotland, the tradition became a two-

day event, starting with "hunting the gowk," in which people were sent on phony errands (gowk is a word for cuckoo bird, a symbol for fool) and followed by Tailie Day, which involved pranks played on people's derrieres, such as pinning fake tails or "kick me" signs on them.

In modern times, people have gone to great lengths to create elaborate April Fools' Day hoaxes. Newspapers, radio and TV stations and Web sites have participated in the April 1 tradition of reporting outrageous fictional claims that have fooled their audiences.

In 1957, the BBC reported that Swiss farmers were experiencing a record spaghetti crop and showed footage of people harvesting noodles from trees; numerous viewers were fooled. In 1985, Sports Illustrated tricked many of its readers when it ran a made-up article about a rookie pitcher named Sidd Finch who could throw a fastball over 168 miles per hour.

In 1996, Taco Bell, the fast-food restaurant chain, duped people when it announced it had agreed to purchase Philadelphia's Liberty Bell and intended to rename it the Taco Liberty Bell. In 1998, after Burger King advertised a "Left-Handed Whopper," scores of clueless customers requested the fake sandwich. A&E Television Networks

Comedy at Large

by Laurie Blanchard Salisbury, NB

Designer of Artistic mailing envelopes 372-5353

For all you golfers out there....2 men are out for a round of golf and are riding in their electric cart. On the roof, is a playpen with 2 toddlers in it. The driver says to his chum...will you please relax! Our wives told us to look after the kids while they went out shopping. So, we're looking after the kids, right ??

The apprentice mechanic was nearing the end of his probationary period and the shop foreman reporting to the boss says...He's a steady worker. If he gets any steadier, he'll be completely motionless!

A man and his wife out for a Sunday cruise were sitting at a red light when a car pulled up alongside of them, windows rolled down and music blasting! He'll be deaf before he's 25. His wife replied, that won't help us, he'll only crank up the volume.

Last year, complaints about airlines increased by 22 %. There were probably more, but the airlines lost them.

A traveler who recently visited New York city said that crime was so high in the Big Apple that he saw the Statue of Liberty with both hands up!

Million dollar invention idea - A smoke alarm that shuts off when you yell....I'M JUST COOKING !

What do you give an elephant with diarrhea? Lots of room !!

Thought for the day - When you're up to your ears in trouble, use the part that's not submerged.



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Sudoku (page5) Answers

8	5	4	2	1	7	9	6	3
6	2	9	3	8	4	1	5	7
7	1	3	9	6	5	4	8	2
9	8	5	7	3	6	2	1	4
2	6	1	8	4	9	7	3	5
3	4	7	1	5	2	8	9	6
1	7	8	6	2	3	5	4	9
4	3	2	5	9	8	6	7	1
5	9	6	4	7	1	3	2	8

From the Desk of Your MLA

Hon. Ross Wetmore, Gagetown - Petitcodiac

On March 19th another step forward was taken on the path to a better tomorrow for New Brunswickers.

Our PC government delivered a balanced budget and a reduction in our overall debt.

You must travel back in time 13 years to arrive at the last point in New Brunswick history since this balanced and debt reduction has occurred.

To put this in a timeline perspective, 13 years ago nobody had an I-phone because they were not on the market yet.

Cole Harbour's Sidney Crosby had just finished his rookie NHL season and Facebook was just starting to become a thing.

Graduates of the Class of 2019 were around 3 years old the last time our debt went down rather than up.

The last time we paid down the debt, the provincial debt was \$7 billion.

Thirteen years later the provincial debt is over \$14 billion. This is what happens when governments run deficits for 13 consecutive years; our debt has more than doubled.

It is our good luck that interest rates are at all-time lows, because we are already paying \$700 million a year in interest.

The further one examines the possible negative impacts of growing deficit and debt, the scarier it gets.

The good news is that we have put an end to the out-of-control taxing and spending of the previous Liberal government. The way forward will be one of responsible, realistic budgets and better results from our tax dollars. The title of our first budget expresses the issue clearly. 'Acting with urgency. We can't do it alone.'

Our success will depend upon the willingness of the other partners in our four-party minority government and the approval and participation of the people of our province.

I believe there was general agreement among New Brunswickers about what

had to be done, namely eliminating the deficit and paying down the debt.

I also believe we were near consensus on when this had to occur, namely right away.

I further believe most people shared the reason why this had to happen.

We must be able to support essential services and our next generations have already been saddled with more provincial debt than they should have to carry.

The point of debate, as is usually the case, surrounds the issue of HOW this balanced budget and debt reduction is to be done.

While this budget is examined in terms of dollars and cents I hope our government will be examined in terms of results.

Our unwavering commitment to the people of New Brunswick was to make do with what we have for money, and to do better with the money we have.

Our Premier has often repeated the fact that continuing to spend more and more money while just hoping for better results has failed our province in the past and will fail our province in the future.

Over the month of April, the various governmental departments will appear before a legislative committee to examine their budgets and question how tax dollars are spent and ask how we can get better results from the tax dollars at our disposal.

I will close by reminding you that we are anticipating an active flood season, given the overall snow accumulation in the north. As a result, the security and emergency division budget increased nearly four times in our 2019-20 budget to \$44.2 million. I hope this particular line item comes in way under budget, but we must be prepared. Please stay informed and safe during flood season and watch over your family, friends and neighbours.

I hope you will stay engaged in the ongoing budget process.



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UP COMING EVENTS

Five Points Baptist Church
5597 Route 895 Colpitts Settlement, NB E4J 3A2

Gospel Jam Session

Join us on the 3rd Sunday each month at 6:30pm
for an evening of uplifting Gospel Music from
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Contact Ross 534-2461 for more information

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Remember your number and play it
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"Saturday, APRIL 27th

First North River Baptist Church Monthly
Pancake Supper from 4:00-6:00pm at
the Christian Education Centre (374
Wheaton Settlement Road, Wheaton
Settlement). Suggested \$10 per adult,
\$5 for children under 12. For more
information 756-3755."

Kiwanis Breakfast
Petitcodiac Legion

Saturday, May 4, 2019
Pancakes, Eggs, Sausage, Maple Syrup
Adults - \$10.00
Children (under 12) \$5.00

The Sussex Farmers Co-op Market
will be holding a vendors meeting on April 4th at 7pm at the Department of
Agriculture, Sussex.
There will be an AGM shareholders meeting on April 10th at 7pm also at the
Department of Agriculture, Sussex.

The Salisbury Golden Age Club meets the 1st and 3rd Thursday of every month
at the Lions Club. Starting at 12:00 noon with a delicious pot luck meal, we then
have a brief meeting followed by special speakers, music and games.
On April 4, Keith Lewis will be our guest; and members will bring in antiques, and
old items for him to offer comments and history about each item. The meeting
on April 18 will be an Easter theme, with a guest to be announced at a later date.
This seniors club has been active for 48 years in the community, and continues to
offer socializing, information, food and entertainment to it's members. Everyone
55+ is welcome."

UP COMING EVENTS

The annual business meeting of the
Lewis Mountain Cemetery will be held
on April 25, 2019 at the Lewis Mountain
Church at 7pm.
Join us to make important decisions
concerning our cemetery.
Ruth Lewis
Secretary



For Jean Steeves
Come celebrate her 90th Birthday
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Obituaries \$35.00

MEMORIAL

Douglas Bruch Crossman
April 1, 2005



We All miss you
The Crossman Family

OBITUARIES

Florence "Bertha" Babcock



Florence "Bertha"
Babcock
October 29, 1924 -
February 27, 2019

With great sadness
we announce the
passing of F. Bertha
Babcock, 94, of Elgin, at the Jordan Life
Care Centre on Wednesday, February
27, 2019.

Born on October 29, 1924 in Mapleton,
she was the daughter of the late Weldon
and Dorothy (Smith) Stiles and widow of
Claude Babcock (1995).

Bertha married Claude in 1944 and
enjoyed her life as a farmer's wife on
the century old Babcock farm where
she raised her 3 sons. Very hospitable
to all who came to their door.

Also creative, she knit, did needlework
and made beautiful quilts. Another
love was nurturing either her vegetable
garden or her flowers, especially red
geraniums.

In later years, she travelled with her
beloved sister, Laura, to England, the
Yukon and to Churchill to see the polar
bears.

Bertha had a deep spiritual faith and
loved her Goshen/Elgin church family.
Bertha will be lovingly remembered by
her sons, Robert (Linda) of Petitcodiac
and Winston (Bev) of SteevesMtn;
grandchildren, Alicia Toft-Hansen
(Henrik) of Denmark, Susan Allain
(Mike) of Dieppe, and Steven Babcock
of SteevesMtn; great-grandchildren,
Markus, Hannah and Justin Toft-Hansen
and Brayden Allain; brother-in-law,
Loyal Brace; and many nieces and
nephews.

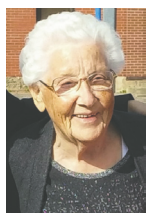
Bertha was the last surviving member
of her immediate family. In addition to
her parents and husband, Bertha was
predeceased by her eldest son, Walter
(2016); grandson, Ryan (1991); sisters,
Louise Brace, Laura Hoar (Gerald); and
brother, Ralph (Elsbeth) Stiles.

Resting at Armstrong's Funeral Chapel,
33 Russell Street (756-3361) visiting
is Friday, March 1st from 3:30 to 6:30
pm. Funeral Service will be held at the
First Elgin United Baptist Church on
Saturday, March 2nd at 2:30pm with
Pastor James Hammond and Pastor Rick
Mitton officiating. Interment at Goshen
Cemetery in the spring.

Donations to Goshen Cemetery, Heart
and Stroke Foundation or a charity of
donor's choice would be appreciated by
the family.

www.keirsteads.ca

OBITUARIES

Dorothy "Dot" Black

Dorothy "Dot" Jean Black, 85, of River Glade, passed away unexpectedly on Wednesday, March 13, 2019 at the Moncton Hospital with family by her side. Born in River Glade, she was the daughter of the late William and Tina (Harrison) Smith and beloved wife of the late Chester "Chet" Black.

Dot was a homemaker, who first and foremost loved her family. She enjoyed her flowers and going for walks. Everybody felt like family when they went to visit Dot. She would always have home-cooked meals and baked sweets ready for anyone who stopped by.

Survived and sadly missed by her daughters, Nancy (Alfie), Diana (Robert), Gail and Terry (Richard); son, Peter (Darlene); 19 grandchildren; 35 great-grandchildren; sister, Peechy Marr; sister-in-law, Elaine; and many nieces and nephews.

In addition to her parents and husband, Dot was predeceased by her son, Lewis Black; son-in-law, Larry McMackin; and 16 brothers and sisters.

Resting at Salisbury Funeral Home, 3350 Route 106 (372-4800) with visiting Friday, March 15, from 6 - 9 pm and from where the funeral will be held Saturday, March 16 at 11 am with Pastor Dennis Smith officiating. Interment at Fair Haven Memorial Gardens.

If desired, memorials to Friends of the Moncton Hospital, Canadian Diabetes Association, or charity of donor's choice would be appreciated by the family.

www.keirsteads.ca

Richard Bleakney

Richard Darrell Bleakney, 78 of Salisbury passed away Thursday, March 7, 2019 at the Moncton Hospital.

Born in Salisbury, he was the son of the late Lloyd and Dorothy (O'Brien) Bleakney. Richard was a residential and commercial painter and he retired from the Department of Transportation Salisbury. He enjoyed gardening and building furniture.

He is survived by his wife Dianne (Wilson); son Terrance; step-son Timothy Rolfe (Trinda), Lutes Mountain and step-daughter Crystal Boudreau (Rob), Kingston, ON; sister June Wilson (late Harvey), Salisbury; four grandchildren; six great grandchildren and several nieces and nephews. Predeceased by his brother Charles.

OBITUARIES

Thank you to Dr. Searle, Dr. Nayak and the staff of the palliative unit for the care that Richard received.

There will a graveside service at a later date at Fair Haven Memorial Gardens. Arrangements are in the care of Salisbury Funeral Home (372-4800).

If desired, donations to the Canadian Cancer Society or a charity of choice would be appreciated by the family.

www.keirsteads.ca

Delbert Fowler

Delbert Sherwood Fowler, 92, of Moncton, formerly of Salisbury, passed away on Thursday, February 28, 2019 at the Moncton Hospital. Born in Upham, he was the son

of Job and Jennie (Barnes) Fowler, and beloved husband of Shirley Fowler.

Delbert was a former member of Mason Lodge No. 10 Saint John, and member of St. Peters Anglican Church, Upham, NB. He enjoyed playing cards, and had a passion for driving truck. After retiring from truck driving, he continued to enjoy life on the road with his wife Shirley, and their camper trailer in tow. Together they visited Alaska, Florida, and many places in between.

In addition to his wife, Delbert is survived and sadly missed by his daughter, Deborah Jones (Brian); step-daughters, Karen Steeves-Simmons (Ellis), Katherine Cameron (Michael); step-sons, Kimberley (Beverly), Lewis (Cindy) and Jeffrey (Hectorine) Steeves; 16 grandchildren, 15 great-grandchildren; and many nieces and nephews.

Delbert was the last surviving member of his family. Besides his parents, he was predeceased by two step-daughters; sister Marguerite Allaby; brothers, James, Lloyd, Marshall and twin, Donald.

Special thank you to Dr. Hudson and the Moncton Hospital for the good care Delbert received.

Resting at Salisbury Funeral Home, 3350 Route 106 (372-4800) with visiting Wednesday, March 6, from 2 - 4 and 6 - 8 pm and from where the funeral will be held Thursday, March 7 at 11 am with Rev. Blair Holden officiating. Interment at Fairhaven Memorial Gardens.

In lieu of flowers, memorials to Friends of the Moncton Hospital would be appreciated by the family.

www.keirsteads.ca



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Vernon Hall

H. Vernon Hall, 77, of Petitcodiac passed away on Tuesday, March 19, 2019 at the Saint John Regional Hospital. Born in Petitcodiac, he was the son of the late

Murray and Muriel (Nicholson) Hall.

Vernon spent his early working life on the family farm, and spent many years after as a long haul trucker and later years as a local trucker and helping on the farm. He enjoyed being outdoors on the four wheeler. Vernon was a member of the Petty Trailblazers and enjoyed their outings.

Survived and sadly missed by his wife of 58 years, Esther (Orr); children, Karen Hall Middleton (Dennis), Todd (Sharon), Mark; Grandchildren, Austin, Izik, Dakota, Jordan and Brooklyn; sister, Marion Collette (Gerry); brother, Cyril (Marilyn); several cousins, nieces and nephews. Vernon will also be missed by the many who benefitted from the kindness and hospitality of their home.

Family and friends are invited to a Celebration of Vernon's Life at Salisbury Funeral Home, 3350 Route 106 (372-4800) on Saturday, March 23, 2019 from 2 - 4 pm. Interment will be held in River Glade Baptist Cemetery at a later date.

If desired, memorials to the Friends of the Moncton Hospital or charity of choice would be appreciated.

www.keirsteads.ca

Real (Rheal) Joseph Henri

Réal (Rhéal) Joseph Henri, 79 of Moncton, NB passed away at the Moncton City Hospital on Wednesday, February 27, 2019.

Born in Rogersville, NB he was the son of the late Remi and Rita Henri. Work and accomplishments....After completing high school, Rhéal joined the AirForces.

Rhéal leaves to mourn, the love of his life, for the past 25 years, Elsie Constantine. Devoted father of two sons Paul (Lynda) and Michael (Denise) and grandson Jordan. Survived by sisters Fernande (Robert) MacDonald, Marielle (late Gerald) Gallant and adopted brother Louis Dupuis. He was predeceased by sisters Yvette Gallant and Therese Hebert. Also survived by his extended family Brian (Darlene) Constantine and Brent (Kelly) Constantine and families. Rhéal loved to talk to and about, his many extended

grandchildren and great grandchildren who often brought a smile to his face. His loyal feline companion Jackson is already feeling the loss.

The family would like to thank Dr. Li and

OBITUARIES

the staff of the ICU, as well as a special thank you to Pastor Brock Symonds... he was grateful for you all.

In Memory of Rhéal, donations can be made to the SPCA... a society that was very dear to his heart.

Arrangements have been entrusted to Salisbury Funeral Home, Salisbury, NB. At Rheal's request, there will be no visitation or funeral. A celebration of his life will follow at a later date.

Death?

There is no death; only a change of worlds.

www.keirsteads.ca

Randy Howatt

Randy Michael Howatt, 56 of Petitcodiac passed away Thursday, February 28, 2019 at the Moncton Hospital. Born April 6, 1962 in Moncton, he was the son of Sylvia (Greening) Howatt and the late

Douglas Howatt.

Randy was a manager at the Sussex Superstore but spent the majority of his life as an independent business owner, known by all as "Howatt's". He was a past member of CFGI, representing all of the Maritimes, and a past member of Kiwanis.

Randy enjoyed many sports. He was a member, past club captain, two-time club champion and past president of the Petitcodiac Golf and Country Club. He worked tirelessly to receive the funding to finish all 18 holes. He enjoyed fishing and would take anyone along, but really loved the times spent with his twin brother Rick, cousins Terry and Steve, and his children. He and Alan Constantine won several fishing tournaments. Randy played hockey for years, winning many awards and tournaments, and coached Petitcodiac/Salisbury Minor Hockey and Moncton AAA. He also enjoyed baseball, bowling, darts, basketball, and especially being outdoors, either to tend his garden, go for a walk, take pictures of wildlife, or hunt/trap.

Randy would be the first to admit he wouldn't have accomplished a lot of what he had without his loving wife Terri behind him every step, with encouraging words and love. "Separate we were pretty good, together we were extraordinary".

Beloved father, husband, brother, grandfather, son and friend to all. He was talented in so many ways, a person you could count on, a trusted confidant, someone who would give the shirt off his own back even if it would mean he went without. Randy was a proud Dad and Poppy, you could see the love in his eyes when he saw his Hummingbird, Honeybee, Bo and Wyatt.

He will be sadly missed by his wife Terri (Young); daughter Angel Howatt

OBITUARIES

(Kyle Edgar), Petitcodiac; sons Tavden, Petitcodiac and Logan (Jen), Intervale; grandchildren Bo, Wyatt, Arya and Emersynn; sister Susan Wood (Jeff), Dartmouth, NS; brothers Douglas Jr. (Angela) and Rick both of Petitcodiac; sisters-in-law Linda Belding (Paul), Tracy Young both of Sussex, Beth Horsman (Loris), Petitcodiac; brothers-in-law Danny Teed (Claire) of Moncton, Lennie Young and Darren Young (Dawn) both of Sussex and several aunts, uncles, nieces and nephews. He is predeceased by his father Doug Sr. and father and mother-in-law Fred and Louise Young.

A special thank you to Dr. Nayak (a very good friend) and the Moncton Hospital Palliative Care for the compassionate care extended to both Randy and his family.

Resting at Salisbury Funeral Home, 3350 Route 106 (372-4800) visiting will be Friday, March 8 from 2 - 4 and 7 - 9 pm. The funeral will take place in the chapel Saturday, March 9 at 11 am with Rev. Dr. Rick Thomas officiating.

If desired, donations to the Petitcodiac/Salisbury Minor Hockey Association would be appreciated by the family.
www.keirsteads.ca

"Success is not final, failure is not fatal; it is the courage to continue that counts."

-Winston Churchill

Darlene (Carter) Ogilvie

Darlene Dallice (Carter) Ogilvie, 60, of Petitcodiac passed away at The Moncton Hospital on Friday, March 15, 2019. Born in Fredericton, she was the daughter of

Margaret Parker and the late Lawrence Carter, and beloved wife of David Ogilvie.

Darlene was a homemaker who loved being with her family. She enjoyed watching her children and grandchildren in their sports, and liked to play bingo. She was a traveller, joining in several cruise destinations with her girlfriends. Darlene's door was always open to friends and family alike.

In addition to her husband, she is survived and sadly missed by her daughter, Kimberly Ogilvie (Al Dowling); sons, Rodney Ogilvie and Jamie (Krista) Ogilvie; grandchildren, Shania, Shaun, Carter, Daytona, Kyra, Haylee, Emerson, Beau; great-grandchild, Levitt, all of Petitcodiac; sister, Gayle (Rodney) Tingley of Middlesex; brother, Lawrence (Lucille) Carter or Turtle Creek; many nieces and nephews.

Besides her father, Darlene was predeceased by her mother and father-in-law, Fleming and Evelyn Ogilvie.

Resting at Salisbury Funeral Home, 3350 Route 106 (372-4800) from where visiting

OBITUARIES

will be held on Tuesday, March 19, 2019 from 6 - 8 pm. There will be no Funeral Service as per Darlene's request. Interment in Maplewood Cemetery in the spring.

If desired, memorials to the Heart and Stroke Foundation or Juvenile Arthritis Foundation would be appreciated.

www.keirsteads.ca

Allan Saunders (Big Al)

Allan L. Saunders (Big Al), 62, of Petitcodiac, passed away at home on Friday, March 15, 2019. Born in Moncton, he was the son of Bertha (Cain) and the late Robert Saunders (2010).

Allan graduated from Petitcodiac Regional High School in 1976 and worked at New Brunswick Liquor Corporation for 27 years. He coached numerous ball and hockey teams and was instrumental in getting the lights in the ball field. He was past president and executive member of the Royal Canadian Legion Branch #41 and organizer of the Westmoreland County Agricultural Fair Bonanza Night. He was a member of the Petitcodiac Baptist Church and enjoyed playing 200, crib and darts.

In addition to his mother, he is survived and sadly missed by his beloved wife, Susan (Drury); sons, Colby and Colin; canine companion, Molly; Godchildren, Rebecca and Liam; siblings, David (Lorie), Debbie, Michael (Marlene) Susan (Mark), Peter (June), and Brian; several aunts, uncles, cousins, nieces, nephews and many good friends.

Besides his father, he was predeceased by uncles, Allan Saunders, and Buddy Renton; aunt and uncle, Lois (Joe) Nugent; mother and father-in-law, Les and Ethel Drury; brothers-in-law, Peter Drury and Greg Ogilvie.

Resting at Salisbury Funeral Home, 3350 Route 106 (372-4800) from where visitation was held Sunday, March 17, 2019 from 2 - 4 and 7 - 9 pm. Funeral Service will be held at the Petitcodiac Baptist Church on Monday, March 18, 2019 at 11 am with Rev. Robert MacDonald officiating. Interment in Maplewood Cemetery in the spring.

If desired, memorials to the Petitcodiac Fire Department, Petitcodiac Baptist Church, or Friends of the Moncton Hospital **would be appreciated by the family.**

www.keirsteads.ca



OBITUARIES

Truman (TT) Wilson

Trueman Townsend (TT) Wilson passed away peacefully with his children by his side on February 25, 2019.

He was born August 23, 1934 to the late James Townsend Wilson and

Eleanor (Morton) Wilson Graham in West Branch, NB. In July of 1958, he married Elizabeth (Betty) Beckwith.

After receiving his teaching certificate, he moved to Salisbury where he taught Industrial Arts. During his teaching career he continued his education with his family in tow, earning his Bachelor of Science in Education from completing much coursework at Bradley University in Peoria, Illinois and his Masters Degree with a specialty in Metallurgy from the University of Wisconsin, Stout. Trueman was an Officer with the Salisbury Air Cadet Squadron taking him and his family to Greenwood for enjoyable summers.

In 1967, with the incorporation of the Village of Salisbury, Trueman served as the first Mayor and he also led the organization of Salisbury's first Fire Department in 1973 and served as the Fire Chief until 1976. His strong commitment to community was extensive and enduring as was exemplified in being the longest standing member of the Salisbury Lions Club and serving as the Club President from 1983-84.

Trueman was a man of knowledge and skills and he shared both of these assets generously with his children, grandchildren, students, and friends. He was the go-to for fix it, build it, and general opinions about just about anything. His hobbies and interests were vast. He was an avid reader from the time he was a boy until he passed. In his youth he enjoyed fishing, hunting, trapping, building and racing stock cars. Following retirement, he built a Maine lobster fishing boat that he and Betty enjoyed on the waters of the Northumberland Strait. In winter, he and Betty spent time on the beach in Florida. In recent years he enjoyed his morning coffee, pool and cards at the Press Club, tapping trees in spring time for his maple syrup, cutting wood for the winter, doing his crossword puzzles, and visits with his family.

He was predeceased by his mother, father, sister Betty, son-in-law Rick, brother-in-law Lee, niece Nora, and stepfather Harrison.

Trueman will be missed greatly and fondly remembered by his wife Betty, his children Shane (Debbie), Shelley (the late Rick Murphy), Stacy (Josette), his brother Freddie (Winnie) and his sister Carol, his grandchildren Regan, Colin, Hayley, Daniel and Timothy along with his sister and brother-in-laws, nieces

OBITUARIES

and nephews and many friends.

A Celebration of Trueman's Life will be held on Saturday March 2, 2019 at 11:00am at the Salisbury Funeral Home, 3350 Route 106 (506-372-4800). A reception will follow.

www.keirsteads.ca

CHURCH SERVICES

Steeves Settlement Baptist Church, Independent

250 Steeves Settlement Rd.

Pastor Paul Fosmark

Services every Sunday

Sunday School for all ages - 9:45am

Morning Worship Service - 11:00am

Washroom facilities available

All Welcome!

For more information call 534-2714

Havelock Baptist Church

2046 Route 885

Church and Sunday School

each Sunday at 11am

Mondays - Bible Study at 10am

Wednesday evenings - Prayer meeting at 7:30pm

ALL WELCOME!

St. Andrew's Anglican - Sunday Service at 9:00 am. Sunday School at 9:00am

Petitcodiac Baptist - Morning Worship at 10:00am. "SS JAM" (preschool - Grade 5) at 10:00 am. Nursery available for infants

Check website

www.petitcodiacbaptist.ca or our Facebook page for storm cancellations.

St. John's Anglican Church, Salisbury,

each Sunday at 11 am with

Sunday School also at 11 am

Petitcodiac-Salisbury Pastoral

Charge United Church of Canada

Salisbury United - 9:30am

Saint James United (Petitcodiac)

11:15am

Petitcodiac Lighthouse Assembly

Services: Worship Sundays - 10:30am

Location: Maritime Motorsports Hall of Fame, 5 Hooper Lane, Petitcodiac, NB

Pastor C.G. Fenwick

Ph: 506-433-6972

Petitcodiac Mennonite - Worship

Service 11:00 am.

First North River Baptist Church

573 Blakney Road, Fawcett Hill, NB

Sunday Morning Worship - 11:00am

Sunday School - 9:45am

For more information 756-8580



Atlantic Farm Focus - Why Local? Why Not?

As this interminable winter wanes and spring becomes a possibility, a new season is beginning for the agriculture industry in New Brunswick. It's a rebirth of sorts: a return to the recognition of farming as the basic element of survival and sustainability. No farms, no food. In the midst of climate change and political turbulence, the old adage rings truer than ever. Access to locally-produced food is becoming critical; the growth of local and regional agricultural sectors must be promoted and supported.

With this reality in mind, the NB Agricultural Alliance recently launched a multi-faceted campaign called WHY LOCAL? WHY NOT?, funded by AANB, the Province of New Brunswick and the Government of Canada. This initiative was developed through engagement with the industry; it highlights the fact that the connection between consumers and the sources of their food has been greatly weakened, if not lost altogether. This campaign has been designed to link people who eat food with those who produce it. It has three goals.

The first goal is to raise public awareness of the benefits of local products. This involves informing them about what is grown here, how fresh, safe and nutritious it is, and why consumers should buy it whenever it makes sense to do so. It's sensible from the perspective of health, as the hazards of processed food become more obvious. And it's sensible from an economic perspective; it keeps money in the community and increases employment and entrepreneurial opportunities, especially in rural areas. Take, for example, the purchase of a bunch of carrots. An import, at \$1.80, returns just 20 cents locally; \$1.60 leaves New Brunswick for the product's corporate office, transportation and grower. Local economic return on investment is minimal. The local product, at \$3.00, returns all of that to the farmer for an economic return on investment of 100%. This means that the consumer paying the extra for the local carrots is not only supporting the farmer, but is also investing in the development of strong communities and economies as the money circulates locally.

The second goal of the new strategy is to increase demand for local products. Over 60 different foods are grown in New Brunswick, with variable availability from season to season. With the advent of new technology and innovative farming methods, there is virtually no limit to the variety and amount of food which can be produced

here. While local markets may be enough to sustain some farmers, there is also potential for the development of export markets for larger commercial ventures. There is always a demand for food; the global reach is boundless. With solid local markets, farmers can be encouraged to increase production, becoming even more sustainable in the long term.

The third goal is perhaps the most encouraging; it will highlight the many opportunities for employment and entrepreneurial development in the agriculture sector. Agriculture is on the cusp of a major boom as it extends in new directions. There is potential for growth through innovation and high-tech applications which can revolutionize large-scale farm management. But there is also an expanding movement back to the land for small farm operators. This is especially evident in young people who wish to reconnect with the natural world and provide their families with safe and healthy lifestyles. Others are being drawn to farming, including active retirees and immigrants, with or without agricultural backgrounds and experience. Agricultural horizons are broadening to include a wider range of farm products, sizes, operators and consumers. Farming is not what it used to be, confined to its own silo. Now it is becoming integrated with initiatives in health, education, community development and revitalization, thereby playing an increasingly important role in social and economic sustainability. A career in agriculture is no longer available primarily to the sons and daughters of farmers.

An interesting development in the promotion of agriculture as a career is an initiative of the NB Department of Education and Early Childhood Development; it is developing a potential high school diploma in agriculture as a component of its Essential Skills Achievement Program. This experiential learning curriculum is designed to enable graduates to enter the workforce or to pursue further education.

Excitement is building in the agriculture sector. We see opportunities to raise awareness, increase demand, and change the perception of farming through our buy-local campaign. With spring in the air, we want to get growing.

Submitted by: Christian Michaud, President, Agricultural Alliance of NB

WINTER TOURISM IN NEW BRUNSWICK GETS A BOOST

Improved snowmobile trails in southeastern NB will increase visitors and support the region's economy



Helping Atlantic Canada's communities develop their tourism potential is a priority for the Government of Canada and is key to raising incomes, generating growth and strengthening the middle class and those seeking to join it. With upgrades to its grooming equipment, the South Eastern New Brunswick Snowmobilers Association Inc. (SENBSA) will be able to provide improved snowmobile trails in the region, increasing winter tourism and supporting the region's economy.

The Government of Canada, through the Atlantic Canada Opportunities Agency (ACOA), is contributing \$100,000 to this initiative, while the Province of New Brunswick is also providing \$100,000. The funding was announced today by Alaina Lockhart, Parliamentary Secretary to the Minister of Tourism, Official Languages and La Francophonie and Member of Parliament for Fundy Royal, on behalf of the Honourable Navdeep Bains, Minister of Innovation, Science and Economic Development and Minister responsible for the ACOA, as well as the Honourable Mike Holland, provincial Minister of Energy and Resource Development and MLA for Albert.

These investments build on commitments made by the Government of Canada and the four Atlantic Provinces to drive economic growth in the region through the Atlantic Growth Strategy by helping the region's tourism industry attract more visitors and create new jobs across the region. This bold new approach is in line with Canada's Tourism Vision, which seeks to make Canada a top-ten global tourism destination by 2025.

Quotes

"The Government of Canada is investing in Atlantic Canada's tourism industry to attract more visitors and create new jobs across the region, to strengthen and grow the middle class, and to build stronger communities for future generations. This project reflects our government's commitment to create the right framework for economic growth in rural communities throughout Atlantic Canada."

THE HONOURABLE NAVDEEP BAINS
Minister of Innovation, Science and Economic Development and Minister responsible for ACOA

"Tourism is vital to building strong, healthy communities. It is a critical part of our economy, providing many jobs to hard-working New Brunswickers, including over 2,600 here in Fundy Royal. Supporting improved snowmobile trails will drive growth in our winter tourism sector and increase economic development throughout this region. Thank you to groups such as the South Eastern NB Snowmobilers Association and New Brunswick Federation of Snowmobile Clubs for your dedication to the winter tourism experience here in Fundy Royal."

ALAINA LOCKHART
Parliamentary Secretary to the Minister of Tourism, Official Languages and La Francophonie and Member of Parliament for Fundy Royal

"With its four distinct seasons, New Brunswick is a premier destination for outdoor enthusiasts. Snowmobiling is a core winter economic generator in our province. Our snow-dusted forests, wind-swept coastlines and winding rivers offer unique snowmobiling experience to visitors and residents alike."

THE HONOURABLE MIKE HOLLAND
Provincial Minister of Energy and Resource Development and MLA for Albert

"The South Eastern NB Snowmobile Association Club is very grateful for the support received from the federal and provincial governments as well as our leadership at the New Brunswick Federation of Snowmobile Clubs. This funding will increase the experience and recognition of the "Fundy Highlands" snow belt attracting more people to the area. Our volunteers at Southern New Brunswick Snowmobilers Association are very motivated by this announcement."

WAYNE CARTER
President of South Eastern NB Snowmobilers Association

Salisbury Happenings



Village of Salisbury News

MUNICIPAL BY-ELECTION

Salisbury is one of 12 communities in New Brunswick that will be having a municipal byelection on May 6, 2019. For the Village of Salisbury, the by-election will be for the position of councillor. Nominations will close on April 12 at 2:00 PM. For more information, please go online to www.electionsnb.ca.

STUDENTS

The Village of Salisbury is accepting resumes for its 2019 Summer student positions with the Works Department, Parks & Leisure Department, and Village Office. Please submit your resume to the Village, either in person from 8:30am to 4:30pm, Monday to Friday at the Village Office at 56 Douglas Street; by email at vilsalisbury@nb.aibn.com; by fax at (506) 372-3225, or by regular mail to: Village of Salisbury, 56 Douglas Street, Salisbury, NB, E4J 3E3.

SPRING SPECIAL PICK-UP

Spring Special Pick-Up Day is scheduled for Monday, May 6, 2019.

Any items residents wish to have picked up must be placed at roadside. Please be sure to have items at the curb early, as pick-up can commence anytime after 5:00am.

- * Appliances/Furniture,
- * Lumber and yard waste must be bundled and tied in 4ft. lengths,
- * Tires (Limit of 2 per household),

X NOT ACCEPTED - Batteries, paint products, chemicals, propane tanks, and other hazardous materials.

MOBILE ECO-DEPOT (HOUSEHOLD HAZARDOUS WASTE)

Southeast ECO360's "Mobile Eco-Depot" will be at the Salisbury Baptist Church, 3128 Main Street on:

Wednesday, May 29 & Thursday, May 30 from noon-8:00pm both days.

Bring your household hazardous waste for safe disposal. These are products such as solvents, pesticides, and chemicals. Along with hazardous waste, the Mobile Eco-Depot will also accept some bulk items that are brought to their mobile units. For more information, visit them online at www.eco360.ca.

SALISBURY PUBLIC LIBRARY APRIL 2019 EVENTS

Pyjama Story Time in French - Wednesday April 3rd at 6:30 pm. Stories, songs, fingerplays and a craft. Children are invited to wear their pyjamas and bring their favorite stuffed toy with them. This program is presented in French. The whole family is welcome.

Family Movie - Saturday April 6th at 2:00pm. Free popcorn! Contact the library for the movie title.

The Booklovers Reading Club for adults will discuss Angular Unconformity by Don McKay on April 10th at 6:15pm. New members welcome!

Block Builders - Tuesday April 16th from 2:00 - 4:00 pm. Bring your friends and family to the library and build with LEGO®.

Adult Craft Night: Acrylic Pouring Wednesday April 17th at 6:30 pm. Create an original painting by pouring acrylic paints on canvas and letting gravity do the work. There is a \$5 fee for materials, or participants may bring their own canvas and paints. Contact the library at 372-3240 to register. Space is limited.

Nature Craft: Clay Imprints - Tuesday April 23rd from 3:00-4:00 pm. Use bits of plants and flowers to make imprints in clay. Ages 6-12.

Crafting Circle - Friday April 26 from 10:30 - 12:00 pm. Bring your current craft project and join fellow knitters and crafters for inspiration and tips. All skill levels are welcome.

Volunteer Tax Preparation Clinics - Saturday April 27 from 10am-12pm. Volunteers can help you prepare your income tax and benefit return if you have low income and a simple tax situation. Remember to bring all your tax slips and forms with you. First come, first served.

Story Time - Thursdays at 10:30 am. Stories, songs, and literacy-building activities aimed at ages 2-5. Younger and older children are welcome to join in.

For more information, call the library at 372-3240. The library is located at 3215 Main Street in Salisbury.

Library Open Hours: Tuesdays, Thursdays, Fridays, Saturdays 10am-12pm & 1-5pm, and Wednesdays 1-5pm & 6-8pm. Closed April 19th.



Salisbury Naturalists
April 7th meeting
7pm
Parks & Leisure Office
Everyone Welcome
Membership NOT required

Joe Kennedy, Deer Biologist with the Department of Natural Resources will be the guest speaker at the APRIL 9th, Salisbury Naturalist Club meeting.

A current research study on how forestry practices affect deer survival is based out of UNB. There are approximately 100 deer with radio collars that have been tracked these past 3 years. He will report on the findings to date and what they have learned from these deer. He will also speak a bit on how winter feeding affects deer and how it is becoming a concern in many communities.



SUMMER SPORT PROGRAM REGISTRATION

@ Salisbury Parks & Leisure, 62 Douglas St

Sign up for Salisbury Flyers Minor Baseball-Timbits to Bantam, Salisbury Minor Soccer ages 2 & up and Maddi Pond's Summer Dance. Baseball players ages 8 and up should sign up by the first weekend registration.

Friday, April 5 from 6:30-8 & Saturday, April 6 from 10-noon

Friday, April 26 from 6:30-8 & Saturday, April 27 from 10-noon

More details will follow on pricing. Any parents interested in helping to coach baseball or soccer please get in touch by emailing parks.leisure@salisburynb.ca. Check our facebook page for updates.



SPL Activities

Fitness Classed - Mondays * Fridays 10am - 11am at SBC \$4.00 drop in fee.

Pickleball - Mondays at JMA 6pm - 9:30pm - Tuesdays & Thursdays at SBC 3pm - 4:30pm - Wednesdays & Fridays at SBC 10am - 12:30pm - \$2.00 drop in fee

Salisbury Lions Bingo is held every Tuesday in the Lions Building on Peter St., Salisbury at 7:00 pm sharp. Please be advised we will no longer be selling hotdogs as there were not many being sold.

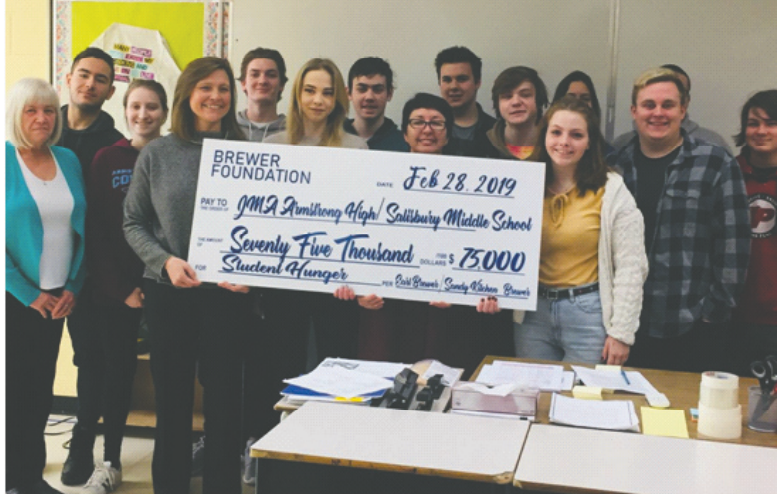
Salisbury Lions Club holds its regular meetings the Second and Fourth Thursday of each month. The Lions club is always open to new members please contact any Lion for information. We do not load up new members with big responsibilities but instead the new member chooses projects of interest to them to volunteer. Young adults are encouraged.

The monthly pancake breakfast is held the 3rd Saturday of each month from 7am to 10 am. Your community support is greatly appreciated.

There will be a beef supper at the Lions Building April 27, so mark this date down on your calendar. Tickets will go on sale soon.

JMA Armstrong High

On February 28, 2019, Mrs. Tammy Constantine, Principal of JMA Armstrong High School in Salisbury proudly accepted a \$75,000 cheque (\$25,000/year for 3 years) from the Brewer Foundation to help continue and expand to meet the needs of students and SES and JMA to provide a daily breakfast and lunch program to students in need.



Mrs. Constantine (middle) with Mrs. Brewer and Ms. Moreton's first period class.



EA's and students who help with the program daily.

Salisbury Middle School News

We are very proud of our middle school boys and middle school girls basketball teams who won banners in their respective divisions from Anglophone East on the same day! Go Sharks Go!

**Salisbury Legion****Business Hours**

Sunday & Monday- Closed

Tuesday - Thursday- 5pm-10pm

Friday & Saturday- 12 noon - 10pm

Friday Night Suppers at the Legion

5pm - 6pm

Eat in or take out

Adults - \$12, ages 6 - 12 \$6, 0 - 5 Free

All suppers come with Tea or Coffee

Need a Venue for your Wedding. We have back drops, linen table clothes, satin chair covers and an arch that we rent. Book your Wedding, Anniversary, Birthday and Retirement Party with us. You will be surprised at our reasonable prices are. Also have one of our cooks cater to you party. For more information call 372-4730. Tell your friends.

Going to have a small meeting and don't need much room? Call us. Our Memorial Room can be rented!! Holds up to 20 people. For more information call 372-4730.

We have "FREE" Shuffle Board and Pool during Business Hours. Grab some of your Friends and come and have a great time.

We have Darts for Meats every Saturday Night. Starts at 8pm. So bring your friends and come and join us for an evening of fun.

Merry Makers is back If you are 50+ come and join us on the 1st and the 3rd Monday of every month for a morning of fun and laughter. It is from 9am- 2pm. Play cards, games, crib and Bingo. We serve a hot bowl of soup with a roll and dessert all for the low price of \$6. You just can't beat that. All Seniors are WELCOME! So grab your friends, come and meet friends and have a great time.

Anyone who is interested in Volunteering, your help would be appreciated! You can help out at all the events that go on, Friday night suppers, & Merry Makers. For more information call 372-4730

Heads Up - 4th Annual Diamond Ring Dinner

The tickets for Our 4TH Annual Diamond Ring Dinner are now on sale to the Public. Get them now because they are going fast. The cost is \$50 and the Dinner is on May 11th. Meet and Greet is from 5pm-6pm. Meal is served at 6pm. Each lady gets a free glass of wine and also EVERY LADY gets a gift. 1st ticket drawn wins a Ruby Pendant and the last ticket drawn wins the Diamond Ring. There is also a Fashion Show. Don't wait too long. Only 100 tickets being sold. Hope to see you all there.

**HAPPY BIRTHDAY!!!! HAPPY BIRTHDAY!!!!**

There is going to be an 80th Birthday Party for Margaret Sutherland, on April 6th from 2 - 4pm at the Salisbury Legion. EVERY ONE IS WELCOME!!! Come out and help her celebrate her Birthday !!! Happy Birthday Margaret!! May all your wishes come true ▢ Enjoy your day

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News From The Maritime Motorsports Hall Of Fame

2nd Annual Golf Tournament Maritime Motorsports Hall of Fame

May 25 - 12:30 Shotgun start
Registration starts 11:30am
at the Petitediac Golf & Country Club
86 Golf Course Rd., Petitediac, NB

**Teams of 4 - \$350.00 per team - (deadline: May 24, 2019)
(includes round of golf, cart and meal)**

Hole in one prize

**PLUS
more prizes**



2019 Jeep Compass
sponsored by
Norrad Chrysler Dodge Jeep
Sussex, NB

For more information call 756-2110

Petty AutoFest

Maritime Motorsports Hall of Fame
5 Hooper Lane, Petitediac, Nb



June 2, 2019
SPECTATORS FREE
All Types of motor vehicles WELCOME!!
Setup starts at 9am
Deep Fried Turkey for lunch
Watch Local News & Views for more details



The Maritime Motorsports Hall of Fame Inductee Corner

DEBORAH MILLER

Inducted November 19, 2016
Competitor Sportscar/Builder
Home Town Bedford, NS



1972 started competing in auto slalom events; became a member of the Atlantic Sports Car Club. She served as President and has been race director since 1986.
1974 she took her first race school in Pennfield Ridge, NB. In the '80's & '90's she was instructor at many race, high performance and BMW driving schools. In 1995 she qualified for the AAA driver Improvement Instructor Course. In the annual Canadian Automobile Sport Club National slalom events she won First Lady overall in 1976, 1981 and came in second in Class nationally. She was consistently a Top 5 Driver. Competed in Moosehead Grand Prix in Halifax & Shearwater, placed 3rd in Class in the 1992 GP. 1993 she was recruited by makers of the Canadian movie, Cadillac Girls. They wanted a female her size to throw a car around. The ASCC Club produced a weekly TV show "Motorsport Atlantic" back in the 1980's for over 10 years and Deborah was the regular host of the show.

Kenny Wallace Returning to Riverside Speedway



Happy Easter



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