



5 Hooper Ln, Petitediac

LOCAL NEWS & VIEWS

Promoting Local Business & People in
Our Surrounding Communities.

May Issue, 2013

Volume 4 #1.

MONTHLY BULLETIN

On April 12th, Rob was in Salisbury and Petitediac to announce funding for two local infrastructure projects.

While in Salisbury, Rob announced funding in the amount of \$15,000 for upgrades to the ball fields which will include improvements to the washrooms, fencing, umpire hut, canteen and dugouts.

In Petitediac, Rob announced \$20,000 to help the Village purchase new playground equipment to replace aging equipment at the Village's local playground.

On April 12th, Rob was joined by MLA Sherry Wilson to announce funding for the Annabelle Gay Women's Institute and Seniors Hall in Wheaton Settlement. The \$25,000 grant, provided through the New Horizons for Seniors Program, will be used to replace windows and doors and renovate the ceiling and floors to support social participation and inclusion of seniors.

Later in the day, Rob travelled to Elgin to announce a \$25,000 grant for the Elgin Women's Institute. The funding will replace windows, doors and siding that will allow the Institute to continue engaging community seniors that lead mentoring workshops for younger Canadians.

MP Moore was joined by MLA Wayne Steeves for the announcement.



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God Bless. Sherry

Sherry Wilson MLA, Riding of Petitcodiac
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HAPPY MOTHER'S DAY

From Our Family
*To Yours*David Keirstead
Funeral Director**From the Editor**

To all the Mothers, Grand-Mothers, Great-Grand-Mothers have a wonderful Mother's Day, you deserve it.

The first long weekend of the warm weather months, Queen Victoria's Birthday. The racing gets underway, cottages cleaned and ready for the summer, gardening get started and just a weekend to relax, so have fun.

We say Happy Birthday to the Local News & Views as we set out on its forth year. In celebration of that we have added another postal code area. That now gives us three postal codes for delivery. We also put it in some businesses in Sussex, Minto and Moncton. We have subscriptions going to U.S and out West. You may also view it online at our website www.maritimemotorsporthalloffame.com

Thank you to all of the advertisers, be-

cause without you the paper could not exist.

It was great to see so many at the Radical Speedsport show. Thank you to all who purchased tickets. The 50/50 win went to Wayne MacLaughlin, congratulations. Thanks to Greg Turner and all his officials for putting on the show.

We are looking forward to the Petty AutoFest on June 1st at the Hall Of Fame.

For anyone interested in attending the Annual Meeting, May 5th at 1:30pm, of the Maritime Motorsports Hall Of Fame Inc., all are welcome. All paid up Members have voting rights.

Your Editor,
Winona McLean**New Brunswick Pee wee AA Provincial Champions**
the Petitcodiac/Salisbury Flyers**LOCAL NEWS & VIEWS****MONTHLY BULLETIN**

Local News & Views Monthly Bulletin is published once a month by the Maritime Motorsports Hall of Fame Inc.

The purpose of the Local News & Views is to inform the general public what is happening in the Hall of Fame, as well as what is coming up with in each community.

It is also a venue for business to advertise their products and services each month. It is intended to assist all the local Service Clubs in their endeavor to support their communities.

Local News & Views will tell the stories of Local people as they go about their day to day activities making a positive difference in their communities.

The office is in the Maritime Motorsports Hall of Fame located at :

5 Hooper Lane, Petitcodiac, NB E4Z 0B4

Phone: 756-2110, Fax 756-2094

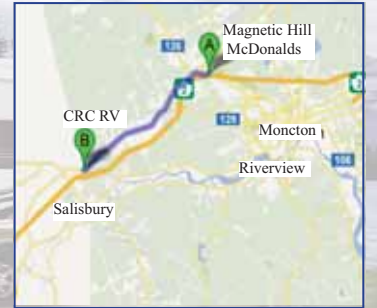
Email: maritimemotorsports@gmail.comEditor.....Winona McLean
Layout/Ad Design.....Jennifer Hebert
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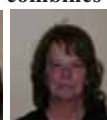
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Service Technician

Petitcodiac Community Calendar 2013

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
M a y	War Museum - Open by appointment. Please call Cathy at 756-2068. Free admission. Maritime Motorsports Hall of Fame Open Monday-Saturday 10am-5pm.			1 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Cubs & Scouts -Walking Club	2 -Kickboxing -Drop-in Play Group -Legion Branch Meeting	3 -Walking Club 	4 -Pruning Seminar @ Cornhill Nursery -Free Comic Book Day @ Library -Kiwanis Pancake Breakfast
	5 -Church Services	6 -Seniors Club -Pilates -Taking Time for Me -Air Cadets -Walking Club -Merry Makers 2	7 -Geri-fitness -Kids Cove -Kickboxing -Foot Clinic -Kiwanis	8 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Cubs & Scouts -Walking Club -Village Council	9 -Book Club @ Library -Kickboxing -Legion Ladies Aux. -Drop-in Play Group -Foot Clinic	10 -Walking Club -Jam Session -Texas Hold 'em @ Legion	11 -Tea and Fashion Show @ Havelock Memorial Hall -Mother's Day Card Craft @ Library -Spring District Rally -Auction and Dinner for Jayden
	12 Mother's Day -Church Services 	13 -Pilates -Taking Time for Me -Air Cadets -Walking Club -Community Prayer	14 -Geri-fitness -Kids Cove -Kickboxing -Women's Institute	15 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Cubs & Scouts -Walking Club -ATV Club -W.C.A.F. Monthly Meeting	16 -Kickboxing -Drop-in Play Group -Petitcodiac Sportsman Club -Spring Clean Up -Washer Toss	17 -Walking Club -Jam Session 	18 -Garden Design @ Cornhill Nursery 
	19 -Church Services -SJA Adult Meeting	20 Victoria Day -Pilates -Walking Club -Air Cadets -Taking Time for Me	21 -Kickboxing -Geri-fitness -Kids Cove -Kiwanis	22 -Library Storytime -Pilates -Legion Noon Meal -SJA Junior & Youth -Cubs & Scouts -Walking Club	23 -Kickboxing -Drop-in Play Group -Hazardous Waste Drop Off	24 -Walking Club -Sportsman Roast Beef Dinner @ Legion	25 -Lego Club @ Library -Air Cadets Annual Inspection -Spring Horse Pull
	26 -Church Services	27 -Pilates -Walking Club -Air Cadets -Taking Time for Me -Codiac Classics	28 -Kickboxing -Geri-fitness -Kids Cove	29 -Library Storytime -Pilates -Legion Noon Meal -SJA Junior & Youth -Cubs & Scouts -Walking Club -Village Council	30 -Kickboxing -Drop-in Play Group -Creative Writing Corner @ Library	31 -Movie @ Library -Walking Club	

Air Cadets

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

Annual Inspection on May 25 at 2:00 pm.

Church Services

Petitcodiac Baptist - Sunday School 9:30 am and Morning Worship 10:50 am.

Petitcodiac Mennonite - Sunday School 9:45 am and Worship Service 11:00 am.

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

St. James United - Sunday School & service at 11 am.

Codiac Classics - Car enthusiasts meet last Monday of the month at Kiwanis building @ 7 pm. New members welcome.

Community Garden - Plots available. Please call Village Office 756-3140 for more information and to reserve a plot.

Community Prayer - May 13 @ The Elgin Baptist Church, noon - 6 pm.

Cornhill Nursery and Cedar Café
Pruning Seminar, May 4th

Garden Design Seminar, May 18th.

Both 10 am - 12 pm. Free but call 756-3635 to register.

Cubs & Scouts - Wed. evenings 6:30-8. Anglican Church.

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

Foot Clinic: Petitcodiac Drugmart from 9:00 to 4:15. May 7th and 9th. By appt. (756-3391). \$35. At the Legion.

Geri-Fitness - (50+) Tuesday mornings from 10-11 am at the Kiwanis building. Call Tanya at 756-2198 for details.

Jam Session - Fri., May 10 & 17 @ Kiwanis from 7 - 10 pm.

Kick Boxing - Boys & Girls Club on Tues & Thurs at 7:30 pm. \$10/month or \$2/evening. More info at 534-2250.

Kids Cove - Baptist Church. Tuesdays, 6:15 pm. Children K-5. Games, crafts, and drama.

Kiwanis

Tues., May 7th and 21st at 6:30pm.. New members welcome. For information call Neil at 756-3347.

Legion - 18 Kay St, Petitcodiac. 756-3383
Legion Branch Meeting, May 2. 8 pm.

Kiwanis Pancake Breakfast, May 4. 7-10 am.

Walking Club - Mon., Weds. & Fri. from 9 - 10 am.

Merry Makers 2, May 6. 10 am - 2 pm.

Ladies Auxiliary Meeting, May 9. 8 pm.

Texas Hold 'em, Fri., May 10. 8 pm

Spring District Rally, May 11. 9 am.

Live Auction Benefit & Turkey Dinner for Jayden, May 11. 4 pm.

Sportsman Roast Beef Dinner, May 24. Doors open at 5 pm.

Legion noon meals - All welcome. Price \$7. Local takeout available upon request. 50/50 draw during dinners.

May 1 - Pork Chops

May 8 - Ham and Potato Scallops

May 15 - Chicken Legs

May 22 - Roast Beef

May 29 - Cod Fish

Hall Rental: No charge for a fundraiser. Wedding Reception, Birthday Celebration, or other function: \$141.50.

Library (756-3144) Hours: Tues, Wed, Fri, Sat 10-1 & 2-5, Thurs. 1-5 & 6-8
Storytime (Ages 2-5) Wednesdays from 10:30-11 am

Free Comic Book Day - Sat., May 4

Adult Book Club - Thurs., May 9 from 6:30-8 pm

Mother's Day Card Craft (Ages 3+) - Sat., May 11, 10:30 am

LEGO Club (Ages 6+) Sat. May 25 from 2:30-4 pm

Creative Writing Corner - Thurs., May 30. 6:30-8 pm

Movie Afternoon (Ages 5-12) - Fri., May 31 from 3:15-5:00 pm. Movie TBA

Petitcodiac continued on page 5

Petitcodiac Continued from pg 4

Monday Morning Merry-Makers 2 - May 6 at Legion. 10-2. Soup & Salad lunch \$6. Games/Bingo.

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.sportsman-club.ca

Petty Trailblazers ATV Club
Meets 3rd Wednesday @ the Legion building at 7:00 pm.

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

Saint John Ambulance (at Kiwanis)
SJA Junior group meets every Wed. at 6:30-7:30
SJA Youth group meets every Wed. at 6:30-8:30 pm
Adult meetings 3rd Sunday of the month at 1:30 pm

Seniors Club - 2 pm. 1st Monday of the month @ Kiwanis. Pot Luck.
Spring Clean Up - Thurs., May 16h. Have your garbage at the curb early. Hazardous waste can be dropped off on May 23rd at the parking lot across from Howatt's from 3-7 pm.

Spring Horse Pull - Sat. May 25 at outside ring of the W.C.A. Fair grounds. Team pull at 12 noon and 3 horse pull at 6 pm. Admis-

sion \$6. (fundraiser for fair). Canteen on grounds.

Taking Time for Me Weight Group meets every Monday night at the Petitcodiac Baptist Church with weigh in at 6:00 and meeting at 6:30. Please use side door off parking lot. For more info call Shirley Murphy at 756-2894.

Tea and Fashion Show - Fundraiser for Relay for Life team "Step-n-Up". Sat., May 11 from 2-4 pm @ Havelock Memorial Hall. Fashions by Jockey Person to Person. Tickets \$10. Call Kathy 756-3940 for more info

Village Council - Meetings are open to the public. If you wish to address council, you must make a formal written request to the office 48 hours prior. This month, meetings are May 8th at noon and May 29th at 7:00 pm.

War Museum - Open by appointment. Call Cathy @ 756-2068. Free admission.

Washer Toss - Maple Street League. Registration @ 10 Maple St. Thurs., May 16th at 6:30 pm. All welcome. Call 756-8551 for more info.

Westmorland County Agricultural Fair (W.C.A.F.) Monthly meeting at fair office, May 15 from 7-9 pm. Any one wishing to help is welcome to attend.

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



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Comedy at Large

by Laurie Blanchard
Salisbury, NB

- Back in the mid 60's, a lady came home one day and told her hubby that the Pontiac GTO was not running very good. She said that there was likely water in the carburetor. Looking out the kitchen window overlooking the driveway, her husband asked, where's the car? She took about 4 or 5 steps backwards and said..... at the bottom of the Saint John Harbour!
- We all remember the nursery rhyme of Humpty Dumpty, well here's the rest of the storyapparently Humpty Dumpty went to visit the career counselor . The counselor said to him, listen Mr. Dumpty, I know you've got your mind set on a wall sitting career, but be advised that someday, you'll need something to fall back on!
- Definitions -
- De-fer : What flies when your cat gets into a fight with the neighbour's feline.
- Offshore drilling : The dentist who has his office on his yacht!
- Thought for the day ... By the time you get both ends to meet, someone moves one end.
- Never go to bed angry. Lay there and plot your revenge.
- If it doesn't fit If it doesn't fit , get a bigger hammer.
- I used to be indecisive but now I'm not so sure.
- A truly happy person is one who enjoys the scenery on a detour.



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

Non-Toxic Ways To Lower Blood Cholesterol

"Is a natural remedy as effective as cholesterol-lowering drugs (CLDs)?" Or "Is it possible to lower cholesterol by just dietary changes?" These and other questions routinely arrive in my e-mail. What everyone should be asking is, "What is the safest way to lower blood cholesterol?"

Moliere, the French actor and playwright, once remarked that, "Nearly all men die of their medicines, not their diseases." This was a realistic statement nearly four hundred years ago. But, even today, in this enlightened age, many people suffer serious, and sometimes lethal ends, due to medication. So I always suggest taking drugs the way porcupines make love, very, very carefully. So can you as cautiously lower blood cholesterol?

First, the good news, but only if you're a moderate drinker. An alcoholic pre-dinner drink increases good cholesterol. It also lubricates the blood so there's a decreased chance of a blood clot. Moreover, the relaxing effect of a small amount of alcohol does no harm.

There is also good news for the almond industry. Dr. David Jenkins, Director of Clinical Nutrition at St. Michael's Hospital in Toronto, placed 27 men and women with high cholesterol levels on two handfuls of almonds (75 grams every day) for the first month. The next month they received half the amount.

Jenkins reported the full dose of almonds reduced bad blood cholesterol by 9.4 percent and half the dose by 4.4 percent. These daily snacks of almonds also resulted in improvements in total blood cholesterol and good cholesterol. Jenkins concluded that two handfuls of almonds could reduce the risk of cardiovascular illness by 20 percent and one handful by 18 percent.

Jenkins also concluded that a change in dietary habits played a role. For instance, the risk of cardiovascular disease was decreased 25 percent when the diet contained cholesterol-lowering foods such as oat bran, barley, psyllium and soy products.

Other studies show that omega3 fatty acids in fish can help to decrease bad cholesterol and increase good cholesterol.

Few people know that vitamin C decreases blood cholesterol. The best routine is to take up to 5,000 milligrams of ascorbic acid powder (vitamin C) with breakfast and dinner. This converts cholesterol into bile acids that are then excreted in the bile to intestines. Since vitamin C is a natural laxative it often causes a bowel movement in the morning that removes bile acids before they can be absorbed and converted back to cholesterol. If this high concentration of

vitamin C results in diarrhea, the amount should be decreased.

For several years many of my patients have been taking Sytrinol, a safe, natural, and inexpensive remedy. Sytrinol consists of citrus and palm fruit extract that contains polymethoxylated flavones (PMFs) and tocotrienols.

Sytrinol works on cholesterol in a number of different ways. For instance, it blocks enzymes in the liver responsible for the manufacture of cholesterol and triglycerides. It also decreases the absorption of dietary cholesterol.

The polymethoxylated flavones and tocotrienols in Sytrinol also decrease the oxidation of bad cholesterol. This reduces the risk of plaque formation in arteries and narrowing of coronary arteries. Moreover, by decreasing arterial inflammation and lubricating platelets associated with clotting, there's less chance of heart attack.

Several studies show that Sytrinol decreases total blood cholesterol by 30 percent, bad cholesterol 27 percent, triglycerides 34 percent, and increases good cholesterol 4 percent.

The usual dose is 300 milligrams (mg) once a day and is well tolerated. Studies show that there are no toxic effects if a 150 pound person consumes 14 grams of Sytrinol daily. This is 50 X the recommended dose.

The alternative is to take cholesterol-lowering drugs. But I'm sure Moliere would say, "Why chance the risk of muscle degeneration, transient global amnesia, liver and kidney problems, an increased risk of malignancy and possible heart failure if those on CLDs are not taking Coenzyme Q10 as well. It makes more sense to first try this simple, natural remedy.

In my practice it was rare that Sytrinol did not work. But I do not suggest that anyone should toss away CLDs. This is a decision that can only be made by your own doctor.

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



Submitted by Elsie Steeves

Elgin W.I. Receives Money For Hall Renos

April meeting of the Elgin W.I. was held at the W.I. Hall. Roll call was answered with an April Fools Story. 11 members were present. Financial report was read. Plans were finalized for the Auction being held on MAY 24TH (PLEASE NOTE CHANGE OF DATE, WAS PREVIOUSLY SCHEDULED FOR THE 25TH) at 7PM at the W.I. Hall. Live Auction, silent auction and indoor flea market. Entertainment and Canteen provided.

On April 12th Hon Rob Moore and MLA Wayne Steeves presented a \$25,000 Cheque to the Elgin W.I. to upgrade the W.I. Hall with new windows, doors and siding. There are plans to hold workshops at the hall this summer on yoga. Wilderness First Aid Courses and others.

May 16th is the next meeting to be held at the W.I. Hall

Classified Ad

The Elgin W.I. will be holding their Annual Auction on May 24th at 7PM at the Elgin W.I. Hall. Admission to the W.I. Hall will be \$5.00. Live Auction and Silent Auction to be held as well as an indoor Flea Market. Entertainment will be Gerald Carter, Reid Carter, Colleen Bannister and Barb and Loris Geldart. Canteen will be available. Also craft items, market items, maple products and home baked goods. Anyone having something to donate please call 756-2531 or 756-8260 or other W.I. Members.

DID YOU KNOW !!!

Elgin is a Canadian rural community in Albert County, New Brunswick.

It is situated in the western part of the county, approximately 14 kilometres south of Petitcodiac around the intersection of Route 905, and Route 895

Elgin's economy is centred on agriculture and forestry, including dairy and beef production, as well as maple sugar and wild blueberry production.

The Elgin area was settled by John Geldart in 1811. Upon his arrival on the Pollett River, there were no roads and extremely dense forest.

The community was named after James Bruce, 8th Earl of Elgin who was the Governor of the United Province of Canada.

In 1874 the Elgin, Petitcodiac and Havelock Railway was incorporated and a branch line was constructed south from the Intercolonial Railway mainline at Petitcodiac to Elgin, along with a branch line north from Petitcodiac to Havelock. The railway was reincorporated as the Elgin and Havelock Railway in 1894. Construction to Elgin was assisted by the community, which borrowed \$13,000 (1874 value) from the county as an incentive.

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Everyday People

Submitted by Sheila Boissonneault

Everyday People

Submitted by Sheila Boissonneault

A pipe on the coffee table caught my eye. I asked Steven Lewis if he still smoked it and he told me he did. I had an uncle who smoked a pipe, he was a quiet and kind gentle man and somehow I feel this man I am about to interview has the same qualities.

Steven Lewis's family lived on Mountain Road, Salisbury. He walked two miles to school and he said he enjoyed school. After finishing Grade 7, he took his first job on a farm milking cows. He was 12 to 14 at the time. At 16 he went to work in the woods cutting lumber. After a time he returned to farming which he really enjoyed; he worked on a farm in Havelock. At 25 he joined the military, he went to Woodstock, back to Sussex to Sydney, and then to Labrador; he said he didn't like the cold there. During that time he married his childhood sweetheart, Eleanor, whom he met when he worked on her parent's farm in Hillgrove.

Two years later he went overseas to the front with the NB Rangers Artillery. The ship was nine days at sea before landing in Liverpool, England.

At the front Stephen manned the machine guns, during the years 1942 to 1945. I asked him how he felt in the trenches and he answered "Scared to death" He said bullets were flying overhead all the time. A bullet struck him in the heel of his boot and he was thankful that was the only one. He recalled one time after returning from a short leave his troop was no longer there, they had moved to another place, but no problem he found them.

During that time he met two men from home, Chuck and Bertram Bishop. (Bertram's story was in the November 2012 issue). Stephen said it wasn't easy, he remembers marching 20 miles in four days with only raw carrots and potatoes to eat, but he was 25 and was able to handle it better than the younger fellows. Eleanor faithfully wrote to him and that helped. He looked forward to returning home to his wife and baby. I asked him if the experience changed him and he said that it didn't

Upon returning home he bought his father-in-law's farm. They had milking cows and they installed the latest milking machines.

He returned to the woods in the winter to cut logs. He cut 150 logs a day. He and his neighbor Norman Davis worked together on the cross saw.

Stephen had a love for horses. He owned two teams of draft horses; Tony and Nancy were the names of one team, and then he had a black and white team, the white was named Silver Nell, unfortunately she was struck by a car and broke her leg so she had to be shot, which was very hard on Stephen. Stephen so enjoyed horses that for 20 years he was the Ring Master for the County Fair.

Stephen and Eleanor raised five boys so dogs were always a part of the family. One special collie named Rover was stolen, and another memorable dog was Shep, a sheep-dog, he went hunting with them and helped find the deer. Stephen said he owned five new cars, six new half ton trucks during that time. Eleanor enjoyed collecting china tea cups and she had a cabinet full of them.

At 67 Eleanor passed away after a bout with cancer. Stephen sold the farm and built a home in Pettitcodiac.

He now resides at The Jordan and at 96 years of age he has 13 grandchildren, 16 great grandchildren and three great great grandchildren, one actually born December the 25th 2012.

Stephen enjoyed his life. Some of his favorite things were farming, horses and smoking his pipe. He said there were many things he wanted to remember, and on the other hand many that were better forgotten.

**Victoria Day,**

also known as May Two-Four, May Long and May Long Weekend, is a Canadian holiday on the Monday preceding May 25.

What do people do?

In some cities, fireworks displays or parades are held to mark Victoria Day. One of the most notable parades is held in the city of Victoria, British Columbia, which was named after Queen Victoria. Many people gather in parks to enjoy fireworks displays, which are particularly impressive in Hamilton and Toronto.

For many people, the long Victoria Day weekend marks the end of the winter and the unofficial start of the spring or summer season. After this weekend, gardeners can be reasonably sure that there will be no more frost until the autumn so they can sow or plant out delicate crops and plants. For the same reason, people with recreational homes in colder parts of the country often go to them to open them up for the summer. In addition, many amusement parks and outdoor attractions open for their summer season this weekend. Notably, stores on Prince Edward Island are only permitted to open on Sunday between Victoria Day and Christmas Day.

**What's Cooking?
In Winona's
Kitchen****PUMPKIN or SQUASH PIE**

1 cup cooked and mashed pumpkin or squash
 ½ cup brown sugar
 2 tablespoons molasses
 1 tablespoon melted butter
 2 teaspoons cinnamon
 ½ teaspoon ginger
 1/8 teaspoon ground cloves
 ¼ teaspoon salt
 3 beaten eggs
 1 cup canned milk
 Mix sugar, molasses, spices and melted butter together.
 Now add to the pumpkin or squash. Add the beaten eggs, stir and add milk, mix thoroughly.
 Bake in uncooked pie shell at 475 degrees F. for 10 minutes, then turn oven to 325 and continue cooking until center of pie raises and is firm. About 45 minutes depending on oven

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**Everyday People**

Go Transpo

Go Transpo report highlights need for collaborative action on 'mobility crisis' Westmorland-Albert, N.B., April 2013 – Go Transpo, a collaborative community initiative that aims to improve the transportation network in the Westmorland-Albert region, has released a report providing community groups with the background information and recommendations to allow them to work together to increase accessibility and mobility in our region. The release of the report marks the culmination of five months of community engagement and research. EOS Eco-Energy Inc., in partnership with the Westmorland-Albert Community Inclusion Network Co-operative Ltd., took on the Go Transpo project to examine existing transportation services, determine shortfalls in mobility, and to research the feasibility of various models. The ultimate goal is to support community groups and organizations in working together to improve our transportation network.

Project coordinator Meggie MacMichael says, "Go Transpo is a community response to our region's mobility crisis and this process has provided momentum to groups looking to find real solutions to this issue." The findings in the report were presented at a half-day workshop in February attended by participants representing business, government, and the non-profit sector. This workshop facilitated the advancement of a

number of community based transportation initiatives.

To read the full report or to learn more about Go Transpo and how to get involved, visit www.eosecoenergy.com. The project coordinator can also be reached at 506.536.4487 or gotranspo@gmail.com. EOS Eco-Energy was created around a vision of the Tantramar Region becoming a model for energy conservation, renewable energy and sustainable community planning. EOS is dedicated to achieving community sustainability in Tantramar and pursues that goal by active collaboration on research, education, projects and action. Contact Information: EOS Eco-Energy / Éco-énergie Inc. Phone: (506) 536-4487 Email: eos@nb.aibn.com www.eosecoenergy.com



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All Day

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RICK'S RANT (May, 2013)

Fifty years ago, Nova Scotia issued me a "Farm Vehicle Driver's License" at fourteen years of age....and I had trouble waiting that long! By fifteen years, I owned my first "fixer-upper", a 4 door Vauxhall Cresta. And the day of my sixteenth birthday, Mom took me to the DMV where I passed my driver's test (100%!!!) and received my first Driver's Permit.... with no restrictions!!!! I was in teenage heaven!!!! Every guy, and girl, I knew at school all wanted that little piece of paper that meant you were, in Martin Luther King's words "free at last, free at last!!!!"

And now millions of hassle free driving miles, a couple of minor tickets, and zero "my fault" accidents, driving is still one of the things I look forward to doing....every day if possible. So seeing a magazine headline recently blew me away...."Young Adults No Longer In A Rush To Get Behind The Wheel".....be still my old heart!!!

Yes, it was true. In the sixties (my generation) 77% of Canadian 16 year olds had a Driver's Permit. A survey in 1978 found that had reduced to 46%, and by 2008 (most recent study) the number had declined to 31%.... Following the decline-progression, today we should be under 25%!!!! I can't believe it, owning a car and driving it for "boomers", and even "Gen X" was a major "Right of Passage" and it's sliding down the tubes, and at an alarming rate!!!! Kids don't want to drive....it boggles my mind!!

You can bet all Automobile Companies are taking note....one of their previous major consumer bases is disappearing...rapidly. The Michigan Transportation Research Institute was recently asked to initiate a study into the potential effect this might have on the industry, to learn causes, and suggest possible solutions to shift the out of control decline. Here is a summary of possible causes: (a) simple economics was the major factor. Measured in constant dollars, the price of new cars and gasoline has increased more than 35% in the last 20 years. Same for used cars, and insurance. (b) Driver's Ed, which used to be free in high schools, is now a very pricey, and almost necessary extracurricular activity to get a driver's license. (c) Fees for driving, licenses, tickets and other government sources of income have been raised every year or two to aid that tax-grab. (d) Youth employment has declined, while their debt increases.... (e) With the overall population gravitating to urban centers where public transportation makes auto ownership less necessary. Low cost taxis which can be shared, reasonable bus tickets, and bicycles all add up to less annual spending on getting from "a" to "b".... And let's also blame technology again....

Today the "smart phone" and all it's features has surpassed the automobile; it transcends time and space, bringing Millennials together when they are apart, and access to one occurs long before their 16th birthday!!! The ability to text, and be virtual allows for a peer-based world that was once most easily attained when you owned a car to "visit" your friends. Can we ever get it back? Only time will tell. At least we got to enjoy it, and most of us still do....but will finally "getting your license" ever have the same adrenaline rush, a feeling of satisfaction, of becoming an adult, that we experienced.....????? Probably never again!!!!

---Rick, the Car Guy!



Taylor Ford Lincoln and J.M.A. Armstrong High are joining forces to bring a unique fundraising opportunity called "Drive One 4 UR School." Ford Canada will donate \$20 for every test drive taken, starting at Armstrong High, on Saturday May 4th. Taylor Ford Lincoln will have most of their models available at school for a test drive from 9am to 3pm, as well as vehicles on display. Take a 10 minute test drive, complete a 12 question survey and Ford donates \$20 to JMA Armstrong High. It's that easy. To take the test drive you have to be at least 18 years old. There is one test drive per family. If you would like to schedule your appointment you can call the school at 372-3212

or email at jmaarmstrong@live.com We encourage everyone to come out and support this awesome fundraiser. You get to test drive a new Ford vehicle and help support Armstrong High raise funds which will be used towards the purchase of new lockers!

Dear potential Sponsor,

Allow me to introduce an athlete I presently coach, James Brace, and the exciting world of wheelchair racing. As you may or may not be aware wheelchair racing is the racing of wheelchairs in the sport of athletics, also known as track & field and road races. Wheelchair racing is open to athletes with any qualifying type of disability, amputees, spinal cord injuries or cerebral palsy.

I have worked with countless athletes from all across the province and James is by far the athlete with the most potential that I have ever seen, truly the upmost deserving of all athletes. His dedication to the sport is amazing; I truly believe he could be a member of the National team within a few years, even a potential athlete in the 2016 Summer Paralympics. In fact, James had recently attended The Athletics Canada Para Athletics Training Camp that took place in Clermont, Florida from March 25th – April 4th.

James is currently raising funds to compete in the 2013 Desert Challenge, a multi-day competition for high level international athletes with a physical disability that is one of

six events in the 2013 IPC Athletics Grand Prix. This event takes place in , Mesa, Arizona May 14-18th. The event is a world class meet and as such, will cost approximately \$1400 for travel, accommodations, and meals.

You can be part of James' Paralympics journey. In exchange to this sponsorship we will add you as one of our sponsors on our website (www.asea.anb.ca) and can also add an advertisement on James racing chair, to be seen all over North America and eventually, the world.

Thank you for your consideration, if you have any questions please do not hesitate to contact me.

Gabriel LeBlanc
ASEA Para Athletics Coach
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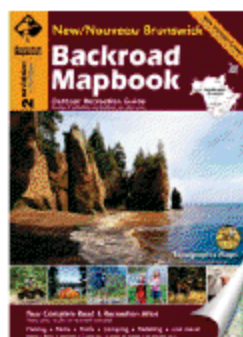
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Backroad Mapbooks Local Guide Delivers for Unprecedented Outdoor Experience



Coquitlam, British Columbia - What started out as a living room enterprise by two British Columbia born brothers has grown into a cross-country venture that embraces Canada's great outdoor spaces. The widely-popular Backroad Mapbook series tackles the province of New Brunswick with a comprehensive newly updated Mapbook and GPS Maps.

"Fishermen, families who enjoy camping, hikers and hunters, people who like canoeing or cruising backroads -- we appeal to all of them," explains company co-founder Russell Mussio.

Whether you're exploring Kouchibouguac National Park's sheltered lagoons or casting a line in the hidden coves of Grand Lake, the New Brunswick Backroad Mapbook &

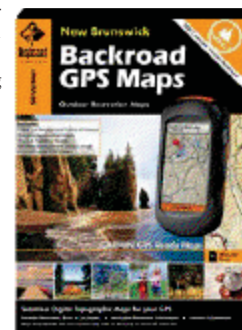
New Brunswick Backroad GPS Maps is a must-have. It combines reference information with highly detailed maps which feature up-to-date industry and logging roads, extensive trail systems and a tonne of recreational features that are not found on other maps. New to these provincial maps is government crown land.

The series was born out of the Mussio brothers' frustration with what was available for exploring the outdoors. Russell recalls. "We'd literally have a different map or book for hiking, for hunting and for fishing, along with a few outdated Topo maps with us; it was almost comical. It felt like we had to carry around a box full of stuff in the bush with us. We looked at one another and said, 'This is ridiculous.' Twenty years later, the printing press which shared the apartment living room with Russ has been replaced, the rudimentary maps have evolved and over 1.5 million copies have now found homes with fans of the outdoors across the country.

The in-depth reference and map information requires a team of local researchers and writers to ensure regional information is accurate and noteworthy. Relationships with fishing and outdoor clubs, park superintendents, hiking enthusiasts, Government Ministries, and of course, feedback directly from readers also contribute to maintaining the most up-to-date maps available.

"We can't thank our partners and local help enough" states marketing manager Matthew Cosar. "Groups like Acadian Timber, Department of Natural Resources Canada, Geo Nova, Sentier New Brunswick Trail, Service New Brunswick and Municipal Relations and Grand Manan Tourism were instrumental in providing insider details for users."

The universal appeal for taking off into the back country has seen the Backroad Mapbooks series expand dramatically over 20 years. The series now includes GPS Maps, Digital Editions and twenty-eight books for British Columbia, Alberta, Manitoba, Ontario, Nova Scotia, New Brunswick and Prince Edward Island.



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A Beginner's Guide to Starting a Flower Garden – In only 3 steps

1. When growing flowers the most important thing is location. Start small, enthusiasm for gardening is great, but can rapidly dry up when the work mounts. Start with a small flower bed with about 20 to 30 plants with perhaps annuals and one or two perennials. You can always increase your garden as your experience grows. To decide on a good spot you must know what kind of flowers you are going to plant. If your flowers need plenty of sunlight make sure that the garden won't be covered by shade. Six hours of sunlight will do for the greatest variety of plants.

2. After you chose the type of flowers that you want to grow and where you are going to place the flower garden, you will need to prepare the soil. If you want flowers that grow in almost any soil, try Peonies or bulb lilies. Dig down about 6 inches or more and remove all weeds, grass and debris from the planting area. Level the bed and break up any clods with a rake. Add one or more inches of compost or manure, more if the soil is poor. If the soil is sandy add peat moss to improve the soil's water holding capacity.

3. Plant seeds and flowers into the bed according to the package labels. Smaller plants go in the front of the bed. Most plants are planted at the same depth they are growing. Firm the soil around them. Get a variety of flowers because they bloom at different times and this will keep your flower garden always in bloom.

If you decide to use flower food or any other liquid fertilizer read the instruction carefully, mix and apply as directed. Don't over water your flowers; this will prevent them from forming to their full potential. In only three steps you can create a beautiful flower garden that you can appreciate all summer.



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Spring cleaning

It is an opportunity to throw open the windows, let some fresh air in, and make our homes clean, happy and efficient spaces. Don't be daunted by the size of this list, many of the jobs are small ones that will go by quickly, and you'll be so glad you took the time to do them!

FOYER

1. Dust lighting fixtures.
2. Wash walls and trim
3. Wash doors, knobs and switch plates.
4. Wash bench or other furnishings. Launder bench cushion, if applicable.
5. Empty out coat closet. Wash walls and floor, if needed. Sort items as you return them to the closet. Store out of season items, donate unneeded items.
6. Clean or replace entry mat.
7. Sweep and scrub floors.
8. Reseal grout lines, if necessary.

BEDROOMS

1. Open windows
2. Dust furniture.
3. For each drawer: remove items, wash drawer, place items back neatly. Donate items you no longer need.
4. Remove everything from closets. Sweep and wash closet floor. Put everything back neatly. Donate items you no longer need. Try not to store things on closet floor.
5. Move Bed. Sort and put away anything that was under bed. Sweep or vacuum under bed. Try not to store things under bed.
6. Put bed back. Freshen mattress by sprinkling with baking soda, letting sit briefly,

- and the vacuuming it up.
7. Launder bedding and curtains. Wash pillows and duvet in hot water. Air out mattress pad, if you have one.
 8. Dust lights. Clean lamp shades.
 9. Wash windows and window sills. Take out and wash window screens.
 10. Wash switch plates. Wash walls and trim as needed.
 11. Wash mirrors or dust art.
 12. Wash doors and doorknobs.
 13. Wash floor registers and other vent covers.
 14. Sweep and wash floor or vacuum.

BATHROOMS

1. Open windows
2. Empty all cabinets and vanity. Wash inside, replace items neatly. Discard expired medications and cosmetics.
3. Wash outside of cabinets and vanities
4. Clean tub. Wax if necessary. Clean drain.
5. Clean toilet, inside and out. Remove seat and clean around seat bolts.
6. Clean sink and drain.
7. Shine faucets.
8. Clean mirror and frame.
9. Dust light fixtures.
10. Wash windows and window sills. Take out and wash window screens.
11. Wash switch plates. Wash walls and trim. Wash doors and door knobs.
12. Wash floor registers and other vent covers.
13. Sweep and wash floors.
14. Reseal grout lines if necessary.

Story continued on pg 16

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Cat Health Tips

Everyone wants good health, including your cat. After all, good health is synonymous with a high quality of life, which is what every cat owner should want for his/her cat. Here are fifteen cat health tips to help you achieve that goal.

Cat Health Tip #1: Keep your cat current on vaccinations and avoid all unnecessary ones (including the feline leukemia vaccine in cats over 2 years of age). Failure to vaccinate, as well as overvaccinating, are equally bad.

Cat Health Tip #2: If allowed outdoors, have your cat routinely dewormed every three to four months (see #10 below). This is to protect not only your cat, but you as well from zoonotic diseases.

Cat Health Tip #3: Always keep a fresh source of water available at all times. Cats that don't drink enough can suffer from urinary disorders.

Cat Health Tip #4: Keep those teeth clean and free from tartar build-up. Periodontal disease can lead to heart and kidney disease.

Cat Health Tip #5: Administer hairball laxative three times weekly. All cats get hairballs.

Cat Health Tip #6: Don't let your cat get fat. Among other things, fat cats are prone to diabetes.

Cat Health Tip #7: Have any firm, non-painful lump detected on or beneath the skin removed as soon as possible. Benign tumors are rare in cats.

Cat Health Tip #8: Insist on daily exercise. Special toys, such as light lasers, can be used to get your cat active.

Cat Health Tip #9: Join an online pet forum,

preferably one that is veterinary-moderated, to learn more about cat health and symptom recognition.

Cat Health Tip #10: Keep your cat indoors and away from potential hazards such as stray dogs, stray cats, poisons, and car tires.

Cat Health Tip #11: Clean the litter box daily. This will encourage your cat to use it more and lessen the chances for behavioral and urinary problems from appearing.

Cat Health Tip #12: Feed a well-balanced diet with minimal fiber (unless the latter is prescribed). Avoid high fiber hairball and indoor cat formulas, as these can lead to urinary challenges.

Cat Health Tip #13: Pet your cat for at least fifteen minutes every day. Both you and your cat will benefit!

Cat Health Tip #14: Cat proof your home. Keep potential poisons out of reach and keep strings or anything else that can be ingested well out of reach.

Cat Health Tip #15: Have a veterinary check-up performed on your cat at least once a year. This check-up should include a thorough physical examination, including blood pressure monitoring and bloodwork (if you can afford it).



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Happy Mother's Day

In most countries, Mother's Day is a recent observance derived from the holiday as it has evolved in the United States. As adopted by other countries and cultures, the holiday has different meanings, is associated with different events (religious, historical or legendary), and is celebrated on different dates.

In some cases, countries already had existing celebrations honoring motherhood, and their celebrations then adopted several external characteristics from the American holiday, such as giving carnations and other presents to one's mother.

The extent of the celebrations varies greatly. In some countries, it is potentially offensive to one's mother not to mark Mother's Day. In others, it is a little-known festival celebrated mainly by immigrants, or covered by the media as a taste of foreign culture.

Mother's Day in Canada is celebrated on the second Sunday in May (it is not, however, a public holiday or bank holiday), and typically involves small celebrations and gift-giving to one's mother, grandmother, or other important female figures in one's family. Celebratory practices are very similar to those of other western nations, such as Australia, the United Kingdom and the United States. Many people in Canada express their gratitude towards mothers and mother figures on Mother's Day. A Québécois tradition is for Québécois men to offer roses or other flowers to the women.

Carnations are a popular Mother's Day symbol in both Canada and the United States.



Poem For Mother's Day

The things I never told you I'd like to tell you now;
Of feelings held contentedly inside my heart to swell;
Of thoughts and dreams, wants and happiness too;
A Mother's prayer to finally share with you.
Lord, govern their lives as you have mine,
Touch them with Your sweet divine,
Make them happy, guide their paths,
Tickle their funny bones, let me hear their laughs.
Dry the tears sliding down their faces,
Hold their hands when the love heart races,
Make them stand tall when the burdens are great,

Prepare them to carry the loads of fate.
Heal the hurts and sufferings of the spirit,
Make them listen until they hear it;
That sweet song of yours that will touch their soul
And carry them forward until they are old.
Lord, let them see the meaning of life,
Protect them from the evils of strife,
Gently guide them in the path of your ways,
I pray, Lord, I pray for them everyday.
I know, Lord, that I fell short many times;
In my guidance as "Mom" there were crimes,
Times that I failed to help them see
The beauty that you have bestowed around me.
Take their hands and lead them forward
Give them strength to avoid the coward
And evil ones that lurk about
Waiting to swallow them up and shout
The conquest of their gentle soul
Provide them the coin to pass the toll.
Please make things right, Lord, once again
To help them to see the meaning of friend
And loved ones that hold them close to the heart
With a Mother that loves them, never apart.
Author Unknown



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Happy Mother's Day

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**MEANINGFUL MOTHER'S DAY
GIFT IDEAS**

Creative gift ideas that are meaningful, memorable for your special mother or grandmother

Mother's Day is a day to celebrate mothers and grandmothers – especially yours! But what do mothers and grandmothers really want for Mother's Day?

Many mothers have commented that the gifts they receive on Mother's Day somehow seem unconnected to their relationship with their children. What really makes them feel loved and celebrated are the spontaneous moments when uncoaxed, unrehearsed, personal affection bursts forth.

Many other mothers have said that what they would enjoy most on Mother's Day is a day off – truly off, as in peace and quiet. Anne Morrow Lindbergh once wrote that "by and large, mothers and housewives are the only workers who do not have regular time off. They are the great vacationless class." It's true. Children and/or spouses are always around. Everyone always needs something. There's usually way too much to do and most of it had to be done yesterday. There's often tension between work outside and work inside the home. And when mothers do try to take some time for themselves, they usually feel guilty.

So, one of the best presents this Mother's Day may be making mom a nice breakfast – and then (after you clean up, of course) leaving! Let mom do what she likes. Make it clear that she can't do anything around the house or work-related, only things for herself. Maybe she'd like to go out for a hike or a walk. Maybe she'd like to take a long, quiet bath. Maybe she'd just like to watch a recorded program or download a movie that she enjoys. And when the family does return home, no long faces or guilt trips. Ahhhh. The perfect Mother's Day.

Here are some ideas to replace the traditional, boring Mother's Day gifts with something more memorable:

•Replace Cards with Books: You can easily spend several dollars on a greeting card that gets tossed into the garbage. Books, on the other hand, are lasting. Books make a meaningful Mother's Day gift on its own, and can be combined with any of the gift ideas that follow.

•Replace Candy with a Memory Jar: Write out some of your best memories (a dozen or more) of mom or grandma on small pieces of pretty paper. Include things you've done together, favorite family traditions, things she's done or said that made a difference to you, the best advice she's given you. Fold them and put

them into a jar so that she can "munch on them" over time.

•Replace Perfume with a Personal Scent: Research shows the sense of smell is one of the most powerful for evoking memories. For example, if you've shared special times outdoors, give an outdoorsy potpourri or woodsy scented sachet. Include a note that begins, "I remember when..."

•Replace Flowers with a Photo Bouquet:

Collect special photos of mom or grandma. Use duplicates or color copies to create a collage. Or, glue two copies of each photo back-to-back (so the photo is visible from both sides). If you like, make flower shapes using colored construction paper and glue the photos onto the centers. Slip the photos onto the plastic sticks used to hold the card in floral arrangements.

•Replace the Fancy Dinner Out with Some Quality Kitchen Time: The room in most homes that's full of the most memories is the kitchen

•Replace Buying New Stuff with Sharing "Old Stuff": Dig deep into drawers, closets, and the attic to find forgotten mementoes – your mother's old "glam" earrings, an old train ticket.

**THE ONLY THING YOU SHOULD
LOVE MORE THAN YOUR BIKE:
YOUR
MOTHER.**

**THE DAY FOR MOMS
IS HERE. LOOK FOR THE
GIFT THAT GRABS LIFE
BY THE HANDLEBARS.**

**AUTHENTIC H-D® GIFTS
WILL BRIGHTEN MOM'S DAY.**

TOYS FOR BIG BOYS LTD
633 Salisbury Road Moncton N.B.
(506)858-8088
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Saturday June 1, 2013

5 Hooper Ln, Petitediac NB

Admission \$5**Show for All types of Motor Sport Vehicle's:**

Antiques,
All Race Cars
Muscle Cars
Street Rods
Rally Cars
Go Karts
Snowmobiles
Motorcycles
Tractors
Trucks
Vans
Special Interest Vehicles
Mug Bidders
Power Boats
Motocross
Atv's,
Stationary Engines.....

Set-up begins at 9:00 AM**Presented By The**

- First 100 vehicles receive a Dash Plaque
- Prizes for the Top 10 Entrants
- BBQ
- Music
- Indoor/Outdoor Yard Sale

Book your Yard Sale table early limited amount.

In conjunction with Moncton Speed and Custom

From **MONCTON** take Hwy #1 to Exit 233, turn left, go under Hwy #1 towards Elgin & take first right on to Hooper Ln.
From **SAINT JOHN** take Hwy #1 to Exit 233, Hwy 905 turn right to Rogers St & take first right on to Hooper Ln.

KITCHEN

1. Open windows.
2. Remove and clean window coverings. Click here for instructions on cleaning mini blinds.
3. For each cabinet or drawer: Remove items, wipe out drawer, place items back neatly. Donate unneeded items.
4. Wash and sanitize cutting boards
5. Sharpen knives
6. Wash cabinet doors and knobs
7. Clean and organize pantry. Check food expiry dates.
8. Clean oven.
9. Clean stove top. Remove elements and drip bowls, if applicable, wash and put back.
10. Clean and organize fridge and freezer. Defrost freezer, if necessary. Check food expiry dates.
11. Clean under fridge and stove.
12. Vacuum refrigerator coils.
13. Clean microwave.
14. Clean crumbs out of toaster.
15. Clean and descale kettle.
16. Wipe down any other counter appliances
17. Wash counters and back splash.
18. Wash and shine sink. Shine faucet. Clean drain.
19. Clean Dishwasher.
20. Dust light fixtures.
21. Wash windows and window sills. Remove window screens and wash.
22. Wash switch plates.
23. Wash walls and trim as needed.
24. Wash doors and door knobs.
25. Wash floor registers and other vent covers
26. Sweep and wash floor.
27. Reseal grout lines, if necessary.

DINING ROOM

1. Open windows.
2. Wash curtains.
3. Wipe down table and chairs.
4. Wipe down or dust other furnishing.
5. Clean chair pads, if applicable.
6. Polish table, if necessary
7. Create a pretty spring vignette on table!
8. Dust any displayed china or serving dishes.
9. Launder table linens.
10. Shine silverware.
11. Dust art.
12. Wash windows and window sills. Take out and wash window screens.
13. Wash switch plates
14. Wash walls and trim.
15. Wash doors and door knobs
16. Wash floor registers and other vent covers.
17. Clean floors.

LIVING ROOM/ FAMILY ROOM/ PLAYROOM

1. Open windows.
2. Vacuum sofas.
3. Spot clean sofas, if applicable.
4. Launder throw pillows and blankets.
5. Dust shelves, furniture and decor.
6. Clean lamps and lampshades.
7. Wash windows and window sills.
8. Take out and wash window screens.

9. Clean television screen.
10. Carefully dust electronics.
11. Tidy electronics wires. Tuck nicely out of sight. Label them, if practical.
12. Sort through music and DVD collections. Purge things that no longer suit your families interests. Organize what is left in an attractive manner.
13. Sort books and magazines. Donate or recycle ones that no longer suit your families interests.
14. Wash hard plastic children's toys with warm soapy water. Rinse and dry. Launder stuffed toys. Donate or store toys that your children have grown too old for.
15. Wash switch plates.
16. Wash walls and trim as needed.
17. Wash doors and knobs.
18. Wash floor registers and other vent covers.
19. Clean floors.

LAUNDRY ROOM

1. Open windows.
2. Wash windows and window sills.
3. Take out and wash window screens.
4. Wash cabinet doors.
5. Wash inside cabinets.
6. Wash laundry sink. Shine faucet. Clean drains.
7. Wash outside of washer and dryer.
8. Wash inside of washing machine.
9. Wash lint trap with soap and water to remove filmy build-up from laundry soaps and dryer sheets. Let air dry thoroughly before putting back in place.
10. Wash switch plates.
11. Wash walls and trim.
12. Wash doors and door knobs.
13. Wash floor registers and other vent covers.
14. sweep and wash floors.
15. Reseal grout lines, if applicable.

STAIRWELLS

1. sweep/vacuum stairs
2. Spot clean walls.
3. Wipe down handrail.
4. Dust art and light fixtures.

OUTSIDE

1. Sweep porches and walkway.
2. Wash thresholds.
3. Wash exterior doors. Give front door a fresh coat of paint, if necessary.
4. Clean or replace welcome mat.
5. Wash siding.

REMEMBER TO:

- Clean blades of ceiling fans.
- Sort through and organize family photographs (digitally or into albums).
- Sort and clean any extra zones such as linen closets, utility closets and office spaces.

Happy Cleaning!

**MJL STEEL METAL ROOFING & SIDING**

- Top quality galvanized & colored sheets in-stock and cut to order.
- 40 year warranty

- Flashings and trims fabricated on site.
- Fasteners and accessories in-stock.

- Stone coated steel shingles.
- Clear polycarbonate sheets.
- FREE ESTIMATE.
- COMPETITIVE PRICES.

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23 Old Barry Mills Road, Barry Mills, NB E7G 3W4

Web: www.mjsteel.com



News From The Maritime Motorsports Hall Of Fame

GLEN HOAR

Competitor Motocross & Racecars

Inducted November 14, 2009

"A member of Canada's elite in Motorcross"

Glen started racing Motocross in the mid seventies at age 11. He was winning Mini Stock stockcar races at age 15. To our knowledge Glen is the youngest Canadian, or maybe anywhere, to win a Mini Stock race at age 15 while sitting on top of two pillows.

He won the Canadian Endurance Championship at Shannonville, Ontario in 1978.

In 1983 he won the Mini Stock Championship at River Glade Speedway.

In the top 20 drivers prospects for the 1983 Class Glen was in 19th place, in first place was Jacques Villeneuve. What a class to be in.

In 1987 he was Canadian ATV Champion, also Ontario Region High Point Winner. Also in '87 he was one of 6 Canadian Supercross drivers that competed in Moscow (USSR). He finished in 1st place in two out of three heats, he had a flat tire in the third heat.

In January, 1988 Glen was the recipient of the 1988 Motorcycle Award of Excellence in the ATV Quads category. This award is considered Canada's "Motorcycle Oscars".

1988-89 he was the Atlantic 250cc and 500cc Pro Ice Race Champion.

In 1989, racing a Honda, he was 7 weeks in England; in St Tite Quebec he placed 1st in the 125cc pro Ministade and was champion of the Atlantic 250cc Pro Motocross.

He was inducted to the Moncton Sports Wall Of Fame in 1992 in the Players category.

1993, '94, '95 he raced Pro-formula Ford at Three Rivers, Quebec.

He won the Canadian Autocross Championships in Summerside in 2003.

2005 The Canadian Motocross for +40 Champion.

Over a 15 year period he captured over 50 Atlantic Region Championships in both Motocross and Ice Racing.

Glen competed against the top professionals in his field in North America and also represented Canada on multiple occasions racing against top European professionals.

Glen was presented his Maritime Motorsports Hall Of Fame induction by Earl Doucette.



HELP WANTED

- Race season is about to begin if you would like to make a few extra \$\$ we are looking for people to help out with the 50/50 at the Petty International Speedway.

If Interested in working the races please call or drop in to the Maritime Motorsports Hall Of Fame Ph: 756-2110



- We also have different events through out the year and we are always looking for extra help.

MOTOR SPORTS SCHEDULE

GREENFIELD DRAGWAY, NS

May. 25, 26

MIRAMICHI DRAGWAY PARK, NB

May 18 & 19 High School Challenge

June 1 & 2

RACEWAY PARK, PEI

May 18 & 19

OYSTER BED SPEEDWAY, PEI

May 20 Full Card

June 1 Full Card

PARTS FOR TRUCKS PRO STOCK

May 19 Scotia Speedworld

June 1 Petty Raceway

PETTY INTERNATIONAL RACEWAY,

May 18 GT Enterprise Sportsman

May 31 GTEenterprise Sportsman

June 1, Parts For Trucks Pro Stock

SCOTIA SPEEDWORLD, NS

May 19 Parts For Trucks Pro stock

May 26 Weekly Show

May 31, June 1 & 2 Monster Jam

SPEEDWAY 660, 588 Branch Rd.,

Geary, NB

May 24 Season Opening Practice

May 25 2013 Season Opener

June 1 Weekly Racing - Kids Day

CKRA KARTING

May 4 Rookie Day

May 5 Test & Tune

May 19 Race 1

May 26 Race 2

MARITIME CLASSIC CAR

SHOW & EVENTS

New Brunswick

May 25 & 26 Valley Cruisers Car Show -

Rothesay

June 1 Petty AutoFest Car Show -

Petitcodiac

June 1 Hoyt Car Show

Nova Scotia

June 1 & 2 Golden Age Auto Annual Show

& Shine - Truro

June 8 Pictou County Antique Car Club

Show - New Glasgow

Prince Edward Island

May 18 & 19 PEI Dream Machine Show

N Shine - Charlottetown

May 26 Vintage Vehicle and farm Equip-

ment Show - Charlottetown

Are you or someone you know looking for a space to hold:

- Meetings & Presentations
- Family Reunions
- Dances & Weddings
- Benefits
- Etc...



Why not check out the **Maritime Motorsports Hall of Fame**.
We have two rooms available for rent.

For more information call 756-2110

CLASSIFIED

Let the classifieds help you list apt for rent, sell your items, or announce your special occasions.

Cost: \$5 for 20 words or less & \$15 for over 20 words.

Please drop off information at 5 Hooper Lane, Petitcodiac (the Maritime Motorsports Hall Of Fame building) during our business hours: Monday to Friday 10 a.m. to 5 p.m. For more information please call 756-2110

ADULT EDUCATION

Salisbury Adult Learning Center
3062 Main St. Salisbury, NB
St. Jude's Roman Catholic Church
372-5025

or
South East Regional
Adult Learning Board
857-9912

GED & PRE-GED PROGRAM

Do not have your High School diploma and need it for work or college? Then contact the Salisbury Adult Learning Center as we offer full and part time GED training (continuous intake). There is no cost to attend, and the program is Employment Insurance, Social Development and Post Secondary Education Training and Labour approved and funded.

HOME IMPROVEMENT

High End Napoleon Pellet Stoves
40% off purchase, venting and installation. Wett Certified
Steve Ryder
534-2369



General Masonry
Residential-Commercial-Industrial

Stephen Gough
Certified Bricklayer/mason
Over 25 Years Experience
Salisbury, NB

506-372-5067 Leave message
506-863-8377 Cell
FREE ESTIMATES

EMPLOYMENT

Country Care Special Care Home
looking for PT/FT employee & Summer Student (must be 19+ years of age)
Please contact Nancy at 756-8273
Or send resume to: nkbrace@xplornet.ca

FOR SALE

Dry mixed hardwood

Year old, stored in shed
Cut, Split & delivered to Elgin and Petitcodiac area
or self pick up available
Call 756-2424

UP COMING EVENTS

SPRING GARDEN AUCTION:

The Havelock W.I. will hold their annual spring garden auction at the Lion's Hall in Havelock on May 7 @ 7p.m. Perennials, annuals, seeds, roots, bulbs, etc.

Everyone Welcome! complimentary lunch following sale.

The Salisbury Masonic Lodge

Baked Bean, Potato Scallop & Ham Supper

Saturday May 11th, 2013
from 4:00 pm until 6:00 pm.

Cost is Adults \$9.00 and Children \$5.00.

We are located at
3132 Main Street Salisbury, NB

Colpitts United UCW

annual Luncheon & Bake Sale
will be held Saturday May 4th
from 11 am until 2 pm.

We are located at 4896 Route 895
Colpitts Settlement, NB.

Come and enjoy a bowl of fish chowder or a salad plate, rolls, desert, tea and coffee. There are delicious items available at our bake tables too. We hope to see you there!

Westmorland County Agricultural Fair Grounds

Annual Spring Horse Pull
May 25
Team Horse Pull 12 Noon
3 Horse Hitch Pull 6 pm

Canteen on Grounds
Admission \$6.00

The Glades Baptist Cemetery located on the Sanitorium Road is having a "Clean Up Day" on Saturday, May 11 from 9:00 am - 3:00 pm. If you have relatives buried here and would like to help, please come & join us. Don't forget to bring a pail, sponge or rag & soft bristle brush for cleaning headstones. Lunch will be provided.

Country Music Jamboree

"C" Company & Guests
Sat. May 18th 7:30 P.M.
Petitcodiac

Maritime Motorsports Hall of Fame
More info call 756-2455

UP COMING EVENTS

MUSIC NIGHT IN LEWIS MOUNTAIN

Lewis Mountain United Baptist Church will be hosting a music night on May 11, 2013 at 7:00 pm featuring FOR THE CROSS and ROSES AND THORNS. Admission will be a free will offering. Following the concert tea, coffee, and Washington Pie will be served. The church is located at 6014 Route 880 in Lewis Mountain. For more information call Vince Burgess at 372-4820.

Relay for Life - Step-n-up Team

Is holding a Mothers Day Tea & Fashion Show
Saturday, May 11 from 2 - 4 pm
Havelock Memorial Hall (Grey Hall)
Fashions by - Jockey Person to Person
Tickets: \$10.00
Contact: Kathy 756-3940 or
Beki 756-2293

"Washer Toss"

Maple Street League
Registration: 10 Maple St., Petitcodiac
Thursday, May 16th at 6:30 pm
Everyone Welcome
Phone: 756-8551

Yard Sale

Saturday, May 4th - 9 am - 5 pm
Sunday, May 5th - 9 am - 4 pm
At the home of:
Gordie & Margaret Mann
1037 Route 885
Kinnear Settlement (in the road between Petitcodiac & Havelock)
Rain or Shine (in garage)

Preschool Program
Registration
Registrations for the 2013-2014 program are being accepted now!
A fun, educational environment that incorporates Alphatales, writing skills, pretend play, crafts, and free play in every session.
Monday - Wednesday - Friday
8:30 am to 11:30 am
\$60.00 per week
(\$25.00 registration fee)
This is a great way to prepare your child for kindergarten

To register please call Kate, or Evelyn at 372-5873
Boys & Girls Club of Salisbury

UP COMING EVENTS

Playschool Program Registration

Registrations for the 2013-2014 program are being accepted now!
This is a new play based social interaction program for 3 year olds
Tuesdays and Thursdays
8:30 am - 11:00 am
\$40.00 per week
(\$25 registration fee)
Learning through play

To register please call Bevin, or Evelyn at 372-5873

THANK YOU

McMackin

The family of the late Emory McMackin would like to thank everyone who supported us during our difficult time. So many people gave us encouraging words, prayers, cards, messages, food, flowers, and generous memorials in Emory's honor. A Special thank you to the extra mural nurses as well as the nurses and doctors of the Moncton Hospital. The staff of Armstrongs Funeral Home and the Petitcodiac Baptist Church, Reverend David Woodworth and their church members. Your thoughtfulness and support will forever be remembered.

A special thank you to friends for the cards, phone calls, visits and delicious foods sent to us while I was in hospital and during my recovery. Your expressions of friendship brightened my days and encouraged me greatly.
Good bless you all
Pauline Howatt

CONGRATULATIONS

Post them Here !!

BIRTHDAYS

Let us know when your Birthday is

MEMORIAL

Send in your Memorials to
maritimemotorsports@gmail.com

OBITUARIES



Archie Stanley Harper, 88, of Fredericton, passed away peacefully at the Dr. Everett Chalmers Hospital Sunday, March 31, 2013.

Born in Anagance, NB, he was the son of the late Stanley and Hilda (Graves)

Harper. Archie was a graduate of Petitcodiac Regional High School and was the first registered male Occupational Therapist in Canada. He worked at the Restigouche Hospital until retirement. Archie was an accomplished artist and enjoyed interior decorating.

He is survived and missed by his sisters May Harper and Beatrice Gilmore both of Fredericton; nephews Gregory Gilmore (Carol) of Keswick Ridge and Robert Gilmore (Susan) of Douglas; grand niece Karen MacDonald (Ken), and grand nephews Ian Gilmore, Eric Gilmore, and Kirk Gilmore and step great grand niece Brooklyn MacDonald. Predeceased by brother-in-law Franklin Gilmore.

There will be a private graveside service at Maplewood Cemetery, Petitcodiac, at a later date. Arrangements are in the care of Salisbury Funeral Home, 3350 Salisbury Road (372-4800).

If desired, donations to a charity of choice would be appreciated by the family. www.keirsteads.ca



Steeves, Gordon Edwain, 71, of Elgin, passed away at home on Thursday April 11, 2013. Born in Elgin, he was a son of the late Harold "Jerry" and Annie (nee Bannister) Steeves. Gordon worked for G.E. Bar-

bour Foods before his retirement. He was a member of the Elgin Fire Department for 37 years, and he was a member of the First Elgin Baptist Church. He enjoyed horseshoes, bowling, playing washers, and cribbage, but his first love was his family. He will be deeply missed by his wife of 49 years, Elsie Steeves (nee Garland); his children: Jim Steeves of Elgin, Donna Steeves (Terry) of Sussex, Mary Lynne Steeves of Elgin, and Douglas (Chrys) of Salisbury Back Road; his brother, Garry Steeves (Linda) of Elgin; and his cherished grandchildren: Zachery, Destiny, and Dyllan; as well as by many extended family members and friends. Besides his parents, Gordon was predeceased by his brother, Arnold. Visitation was held on Sunday April 14, 2013 from 2-4 & 7-9 pm in Armstrong's Funeral Home, 33 Russell Street, Petitcodiac; the funeral service was held on Monday April 15, 2013 at 2:00 pm in the First Elgin Baptist Church with Rev. James Hammond and Rev. David Hawkesworth presiding. Interment was held in the New Elgin Cemetery.

OBITUARIES



Alvin Leonard Beck, 85, of Salisbury passed away Tuesday, March 26, 2013 at the Moncton Hospital.

Born in Harcourt, he was a son of the late Wesley and Blanche (Spencer) Beck. Alvin retired from Procor

Railway in Ontario with thirty-two years of service. He enjoyed fishing, hunting and was an avid gardener.

Alvin is survived and missed by his beloved wife of sixty-two years Jane (Wylie); daughters Twila Jones (Cathy) of Edmonton, AB, Bernadet Beck (Wayne) of Oromocto and Marlene Christie of Wingham, ON; son Nicholas (France) of Montreal; eight grandchildren; fourteen great grandchildren; sisters Margaret Lucas of Burlington, ON and Evangeline Perrin of Saint John and brother Everett of Harcourt and several nieces and nephews. Predeceased by brothers Ray, Lockhart, Pearl, George, Bob and Tom; sisters Ida and Marjorie and son-in-law Brian Hovey.

The funeral was held at Salisbury Funeral Home, 3350 Salisbury Road (372-4800) Saturday, March 30 at 11 a.m. with Rev. Chris Hayes officiating. Interment at Fair Haven Cemetery.

If desired, donations to the Friends of the Moncton Hospital would be appreciated by the family. www.keirsteads.ca



Perry, Barbara Wallace, 93, of Petitcodiac, passed away at the Kenneth E. Spencer Memorial Home on April 8, 2013. Born in Halifax, she was a daughter of the late John and Edna (nee Ellis) Phillips. Barbara

was a member of the United Church of Canada, a past member of the Ladies Auxiliary Royal Canadian Legion Branch # 41, and a past member of the Order of Eastern Star. She is survived by her daughter, Joyce Matthews (Roger) of Moncton; her sons: Donald Perry (Garda) of Salisbury, Selwyn Perry (Joyce) of Fredericton, John Perry (Tanya) and Peter Perry (Audrey), all of Salisbury; her brother, Don Phillips of Sarnia, Ontario; twelve grandchildren, twenty great-grandchildren, as well as by many other extended family members and friends. Besides her parents, Barbara was predeceased by her husband, Clair Perry; her sisters: Edna Musgrove, and Nancy Crowe; and her brothers: Ross Phillips, George Phillips, and John "Bud" Phillips. Visitation was held on Wednesday April 10, 2013 from 2-4 & 7-9 pm; the funeral service was held on Thursday April 11, 2013 at 2:00 pm with Rev. Canon John Sharpe and Rev. Joyce Perry presiding, all in Armstrong's Funeral Home, 33 Russell Street, Petitcodiac. Interment was held in Maplewood Cemetery.

OBITUARIES



McMackin, Emory W., 76, of Petitcodiac, passed away at the Moncton Hospital on March 27, 2013. Born in Fawcett Hill, he was a son of the late William and Nellie (nee O'Brien) McMackin. Emory was an avid fan of local hockey, and had

an appreciation for antique cars. He liked photography and wood-working, and had a great knowledge of the local history. He will always be fondly remembered for having a joke at the ready. Emory is survived by his loving wife, Joan McMackin (nee Mills); his daughters: Maureen Hawker (Hazen) of Fredericton, Jeannine Taylor (Stephen), and Doreen Crandall (Stephen); his sons: Dale McMackin (Lois), and Brent McMackin (Wanda), all of Petitcodiac; his daughter-in-law, Gail McMackin of Anagance; his sister, Carolyn Mason (Wayne) of Winnipeg; his brothers: Chester McMackin of Hampton, and Gary McMackin (Jocelyn) of Turtle Creek; 17 grandchildren, and 8 great-grandchildren; as well as by many extended family members and friends. Besides his parents, Emory was predeceased by his sons: Larry McMackin and Danny McMackin; his sister, Marjorie Mann; and his brothers: Fleming McMackin and Burton McMackin. Visitation was held on Friday March 29, 2013 from 6-8 pm at Armstrong's Funeral Home, 33 Russell St., Petitcodiac; the funeral service was held on Saturday March 30, 2013 at 11:00 am with Pastor David Woodworth presiding, at the Petitcodiac Baptist Church. Interment will be held in the Maplewood Cemetery at a later date. Donations to the Friends of the Moncton Hospital or the Petitcodiac/Salisbury Minor Hockey Club would be appreciated by the family.

POEMS

Do Not Stand At My Grave And Weep

Do not stand at my grave and weep,
I am not there, I do not sleep.
I am a thousand winds that blow.
I am the diamond glint on snow.
I am the sunlight on ripened grain.
I am the gentle autumn rain.
When you wake in the morning hush,
I am the swift, uplifting rush
Of quiet birds in circling flight.
I am the soft starlight at night.
Do not stand at my grave and weep.
I am not there, I do not sleep.
Do not stand at my grave and cry.
I am not there, I did not die!

Mary Frye (1932)

POEMS

Look for me in Rainbows

Time for me to go now, I won't say goodbye;
Look for me in rainbows, way up in the sky.
In the morning sunrise when all the world is new,
Just look for me and love me, as you know I loved you.

Time for me to leave you, I won't say goodbye;
Look for me in rainbows, high up in the sky.
In the evening sunset, when all the world is through,
Just look for me and love me, and I'll be close to you.

It won't be forever, the day will come and then
My loving arms will hold you, when we meet again.

Time for us to part now, we won't say goodbye;
Look for me in rainbows, shining in the sky.
Every waking moment, and all your whole life through
Just look for me and love me, as you know I loved you.

Just wish me to be near you,
And I'll be there with you.

Music and lyrics: Conn Bernard (1990).
Vicki Brown

So go and run free

So go and run free with the angels
Dance around the golden clouds
For the lord has chosen you to be with him
And we should feel nothing but proud
Although he has taken you from us
And our pain a lifetime will last
Your memory will never escape us
But make us glad for the time we did have
Your face will always be hidden
Deep inside our hearts
Each precious moment you gave us
Shall never, ever depart
So go and run free with the angels
As they sing so tenderly
And please be sure to tell them
To take good care of you for me

Author unknown.

Epitaph on a Friend

An honest man here lies at rest,
The friend of man, the friend of truth,
The friend of age, and guide of youth:
Few hearts like his, with virtue warm'd,
Few heads with knowledge so inform'd;
If there's another world, he lives in bliss;
If there is none, he made the best of this.

Robert Burns



Terra Nova Transport Celebrates 30 Years

Terra Nova Transport Celebrates 30 Years

On April 6th, 2013, over 200 members of Salisbury, Petitediac, and the surrounding areas joined the owners of Terra Nova Transport to formally open the company's new terminal and grounds located just North of the Salisbury Big Stop. Participants enjoyed tours of the facility and equipment, beverages and an afternoon buffet that included a 200 pound pig roast by Andrew Mclean of Penobsquis, NB. Supported by local community services and the volunteered hours of family, friends and employees, the event was a wonderful success.

While a fairly relaxed celebration, the formal portion of the agenda commenced with Terra Nova Transport's President, Paul Jorgensen's look back on the company's 30 years in the transportation industry. Three employees: Dave Green (Bedeque, PEI), Wayne Macaulay (River Glade, NB) and Jean Limoges (Petitediac, NB) were each formally recognized by owner, Janice Jorgensen, for their contributions and long time service to the company. The company's third owner, Cody Jorgensen, recognized the contributions of the community and Rice Contracting in bringing the 12,000 square foot facility built on 11 acres to reality. The company's new location with direct access to the number two highway allows them to safely concentrate on their expanding LCV (Long Combination Vehicle) operations.

Salisbury Mayor, Terry Keating, joined Terra Nova's owners (past and present) onstage and formally welcomed the company to the Salisbury area.

The event's ceremonial segment closed with the ribbon cutting.



Terra Nova Transport's Celebratory 30th Anniversary Trailer



Local Supporters



The Roasted Pig



Company President, Paul Jorgensen



Salisbury Mayor, Terry Keating



The Official Ribbon Cutting (Owners left to right: Aimee Jorgensen, Janice Jorgensen, Paul Jorgensen, Cody Jorgensen)

People's Alliance of New Brunswick

2013 Annual General Meeting

Date: May 4, 2013

Time: 9am-5pm

Location: Timberland Motel,
Route 114 Penobsquis, N.B.

Dinner at 6p.m. \$25

Evening Entertainment: Dance at 8 p.m. \$10

Special Guest Performance: Southern Drive
Combine Dinner and Dance \$30



Become a party member today and be a part of real, positive changes for our province in 2014.

For more information on the party or to pre-register
Contact: (506) 279-2255 during regular business hours

Or send us an e-mail through the party website at www.peoplesalliance.nb.com

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Salisbury Happenings



Fundy-Royal MP Rob Moore and Mayor KeatingThe Village of Salisbury received \$15,000 under the Community Infrastructure Improvement Fund to help pay for improvements to the village's baseball fields. The Village is investing another \$18,096 for a total of \$34,096 in total project costs.

The project is designed to address infrastructure deficiencies for the exiting ball field facilities. Work involves upgrades to the main sports building/hut including improvements to washroom facilities and canteen; repositioning of exiting fencing, and installation of four dugouts.

Twice a month **Salisbury Legion**

BREAKFAST offering 2 eggs, toast, pan fries, ham OR bacon , coffee or tea **May 11th and 25th from 8-11am for only \$6.00.**

*May 4th is **Karaoke @ 8pm**

*Friday night Suppers 5pm last orders 6pm *Bingo Wednesday 7pm

*the **legion is open** Wed. 7-11pm Thurs & Friday 11am-1am and Saturday 11am-9pm

Salisbury Golden Age Club

meets on the 1st and 3rd Thursdays of each month at the Salisbury Lions Club. Activities begin at 12:00pm with a potluck meal, followed by meeting and games. For more information, contact Harry Hopper 372.1093.

St. Jude's Catholic Church

Regular Service each week at 8:30am.

St. John's Anglican Church Salisbury

Church services every Sunday at 11 am with Sunday School offered at the same time. Bible study is held on Tuesday at 7pm and ACW holds meetings on the second Tuesday of each month at 8pm from September until May.

DID YOU KNOW...

...there is still an active St. John Ambulance in Salisbury? For your safety, St. John Ambulance volunteers are available to assist you when you need them, for a sporting event or community gatherings. If you would like members to attend your event, contact 372-5192.

SPRING & FALL SPECIAL PICK UP....Spring special pick up day is scheduled for **Monday, May 13, 2013**. 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 5:00 a.m. - Appliances/Furniture, - Lumber and yard waste must be bundled and tied in 4ft. lengths, - Tires (Limit of 2 per household), **NOT ACCEPTED** - Batteries, paint products, chemicals, propane tanks, and other hazardous materials.

HOUSEHOLD HAZARDOUS WASTE....The Mobile Household Hazardous Waste Recovery Unit will be at the Salisbury Municipal Building, 56 Douglas Street on: **Wednesday, May 15, 2013 from 2:00 p.m. to 7:00 p.m.** Bring your household hazardous wastes for safe disposal. These are products such as solvents, pesticides, and chemicals.

LIGHTING OF DRY GRASS AND OPEN FIRES By-Law 40 states:

- The lighting of any open fire to dispose of dry grass, brush, hay, straw, leaves, buildings, construction materials, automobile or garbage in the municipality is prohibited.
- Other than in a properly constructed incinerator approved by the Department of Environment and Local Government and its successors, no person shall light a fire outside a building for the purpose of disposing of any refuse or waste material.

SALISBURY ST. JOHN AMBULANCE

The Salisbury St. John Ambulance is still active after 40 years of service. St. John Ambulance volunteers give their time to provide community services to the people around them. There are several avenues for volunteers to learn new skills and use them in their communities. Volunteers learn how to become a first aid provider --delivering patient care at a variety of sporting and cultural events. They are trained and ready to provide disaster relief. Volunteers have the opportunity to gain valuable experience, including leadership, communication and interpersonal skills. Volunteers enjoy being an important contributor to their community. St. John Ambulance volunteers are invaluable. If you are interested in joining, please contact Wayne at 372-5192.

Community Members can help high school by test driving a NEW car

Taylor Ford Lincoln and J.M.A. Armstrong High are joining forces to bring a unique fund raising opportunity called "Drive One 4 UR School." Ford Canada will donate \$20 for every test drive taken, starting at Armstrong High, on Saturday May 4th. Taylor Ford Lincoln will have most of their models available at school for a test drive from 9am to 3pm, as well as vehicles on display. Take a 10 minute test drive, complete a 12 question survey and **Ford donates \$20 to JMA Armstrong High.** It's that easy. To take the test drive you have to be at least 18 years old. There is one test drive per family.

If you would like to schedule your appointment you can call the school at 372-3212 or email at jmaarmstrong@live.com. We encourage everyone to come out and support this awesome fundraiser. **You get to test drive a new Ford vehicle and help support Armstrong High** raise funds which will be used towards the purchase of new lockers.

Sharing the Bounty in Salisbury

On June 7, 2013 J.M.A Armstrong High, Salisbury Middle and Salisbury Elementary School will arrange the Day of Caring, it will be a day for starting to plant the community garden. The Garden will be all organic, no pesticides will be used. The Elementary student will also contribute to growing plants. Fourth and third grade will be doing a garden that has everything you could want on a pizza, second grade will be making a garden for herbs and vegetables to put in soup and the first grade students will be introducing native plants. The Armstrong High students will be growing a garden with salsa ingredients.

There will be music playing throughout the event and workshops will be available for those who want to know how to grow your own garden. Rose Magee, Susan Arsenault, Karen Rogers, Brenda Lewis, Chantal Ogilvie, Darlene Taylor, Pam Cochrane, Kelly Taylor, Tammy Constantine and Susan Linkletter are the community garden members, if any one has any questions please contact them. We are hoping this will encourage all ages to participate and promote local sustainability. The food grown will go to the people who need it within the Salisbury community. The community garden will be accessible to everyone. Some beds will be raised so even people with physical disabilities can be involved. If you would like to share a garden with family or friends and work to together tending it, let us know. Contact information 372-3230
Written By: Jessica Baillie, Brittany Kierstead and Stephanie Mebis (JMA students)

WAIT FOR MORE INFORMATION SOON

Salisbury Beautification Project

A group of interested citizens came together in the fall of 2012 with a common goal and vision-to make Salisbury a more attractive and aesthetically pleasing place to work and live. The Salisbury Beautification Committee has worked over the past few months to discuss, plan, and create various short and long-term beautification projects for our village. Several beautification projects will be unveiled throughout the summer such as **Marigolds on Main** which will see students from Salisbury Elementary and Salisbury Middle School planting marigolds in planters along Main Street on June 7, International Day of Caring. Be watching for colorful flower baskets, attractive flower gardens and green areas to sprout up throughout the village this summer. We want to encourage homeowners and business owners to do their part to make our village a more beautiful place by "sprucing" up their own yards or storefronts.

We will be looking for volunteers to help us as we begin to dig, plant and plan for future projects. Please contact Karen at 372-9275 if you would like to help.



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Salisbury Happenings Continued from pg 22

Salisbury Baptist Church

Mon. 6:00pm Junior Choir
 7:00pm Senior High Youth
Tues. 7:00pm Adult Volleyball
Wed. 9:30am Geri Fitness
 1:00pm Prayer Team
 6:30pm Live!(for children in K to Grade 4) 8:15pm Senior Choir
Thurs. 7:00am Men's Prayer Time
 7:00pm Men's Ball Hockey
Saturday 6:30pm Junior High Youth (grades 7-9)
Sunday 9:30am Sunday School
 11:00am Morning Worship
 6:30pm JAM grades 5&6

Community Seniors' Day Out with guest speakers, Dietitian Annie Soucy "Preparing Fun & Healthy Meals for 1 or 2 People" and Dr. Sarah Lord - "Healthy Living for Seniors" Thursday May 9th, 10:00 am to 12:00 pm at the Salisbury Baptist Church Gym

Junior Choir Musical MAY 11 @ 6pm and Sunday May 12th @ 11am May 26th JMA Baccalaureate Service

St. Jude's Annual Lobster/Ham Supper (Salisbury)

Will be held on Saturday June 1st 4:30 – 6:30 PM
 Takeout starting at 3 PM
 "Advance Tickets Only"
 Lobster \$18 Ham \$9
 Children under 5 eat ham free
 Eat in or Take out
 For tickets call before May 30th
 Dave 856-8604 Doris 372-5357
 Carm 372-5963

Salisbury Boys & Girls Club May Events

May 1 Scavenger Hunt Ages 6-12 6:30-7:30 pm
 May 7 Chill and Games Ages 12-15 6:30-8:00 pm
 May 8 Chill and Games Ages 6-12 6:30-7:30 pm
 Please call 372-5873 the week prior to register for the events you would like to attend.
 Thank You



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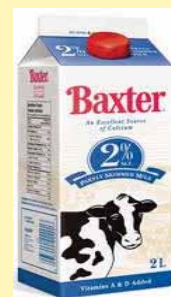


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