

5 Hooper Ln, Petitcodiac

OCAL NEWS & VIEWS Promoting Local Business & People in

Our Surrounding Communities.

June Issue, 2013 Volume 4 #2. MONTHLY BULLETIN

Petitcodiac SJA Division was formed January 1st, 1973 with 17 members. Our first members were taught Standard First Aid in the fall of 1972 by Ron Hoar from Salisbury. Past Superintendents are Ron Hoar (1973); Bill Dell (1974 - 1984); Jim Stark(1984 - 1986); Royce Alward (1986

The original Officers in 1973 were: Superintendent: Ron Hoar; Divisional Officer Mr. Bill Dell; Secretary/Treasurer - Mrs. Lavilla Keith; and Transportation Officer - Mr. Robert Steeves. Over the years our Division had as many as 38 adult members.

Our current officers are: Area Staff Officer: Clinton Constantine; Superintendent: Donna Constantine; Divisional Officer (Executive or Administrative Officer): Don Wilson; Treasurer: Janna Lounsbury; Event Coordinator: Elton MacLeod; PR Officer/ Secretary: Diane Wilson; Youth Group Leaders: Jim Brown and Diane Wilson; and Junior Leader: Keisha Bernard.

We served the Communities of Elgin, Havelock, Petitcodiac, River Glade, Anagance and points between, in conjunction with the Salisbury Division, as an ambulance on call 24/7 until 1995 when the contract for emergency ambulance services with the province was not renewed. "On Call" means the members usually stayed at



Petitcodiac SJA Division

home until the pager was initiated, then you went to the Ambulance Bay for dispatch information (at one time we used to call the Jordan Memorial Home to inform them we had received the page and would receive information from them). The members were expected to do at least 12 hours during the week and one complete weekend a month (6 am Sat morning until 6 am Monday morning! - making for a long, but rewarding, weekend). After 1995, the members still staffed the ambulance as volunteers until 2003 when it changed to a fully paid service. St. John Ambulance has not operated as an "ambulance service" since 1995.

In 1996 we formed our first Competition Team comprised of Henry Geldart, Sue Berry, Dennis Steeves, Elaine Gilmore and Carla Steeves (Spare). The Provincial First Aid Competitions were called the Burton Colter Field Day and our Division has won five of these competitions since 1996 in the Adult Open Division representing New Brunswick at the International First Aid Competitions in 2001(Ontario) and in 2004 (British Columbia).

Today our role is primarily as First Aid providers for local events such as Horse Shows, Air Shows, WCAF events, MX,

Stock Car races; hockey tournaments, to name a few. For safety reasons, when doing first aid coverage at events, we wear the neon yellow safety vests with a large SJA logo emblazoned on the back. Our adult members are trained to the Medical First Responder Advanced Level 1 standard and several members are active Paramedics working with Ambulance New Brunswick and in other commercial enterprises.

We are currently fundraising for a new mobile First Aid Post and we have a 6-wheel Cub Cadet we use at the MX for which expenses are also our responsibility. As you can see, the monies we receive for doing event coverages is greatly needed. We also accept donations from the general public and if requested, a tax receipt will be provided.

In September 2004 we started a SJA Youth Group for members aged 11 – 17. That first year we had 7 youth members and 3 Youth Leaders (Jim Brown, Henry Geldart and Diane Wilson). In September 2010 we started a Junior Youth Group for members aged 6 - 10. Derrick Fillmore, Shawn Greer and Keisha Bernard had just taken their Youth Leaders course and were utilized training this age group making them the first Junior

Youth Leaders for our Division. We currently have 29 Youth/Junior members. Our Youth Group entered their first Provincial First Aid Competition in 2006 (team of 4) winning the Gold medal. They also won the Gold Medal in the Spare Competition. In 2008 they entered two teams of two and won both Gold and Silver and the Spare Competition. Our Group has been SJA Youth Group of the Year several times: 2006, 2007, 2011, 2012 and 2013. Several Youth members have earned their Grand Prior's Badge and some have earned their Bronze Level of Distinction Chevrons as

The awards our Adult Division has received to date are:

1997 - J.L. O'Brien Shield for SJA Division of the Year 1999 - Provincial First Aid Competition Champions -Onen Division

2000 - Provincial First Aid Competition Champions Open Division

2001 - J.L. O'Brien Shield for SJA Division of the Year 2002 - Provincial First Aid Competition Champions -Open Division

2003 - Provincial First Aid Competition Champions -Onen Division

2004 - Dr. R.P. Meyers Trophy - Officer of the Year -Donna Constantine

2006 - Provincial First Aid Competition Champions -Open Division

Dr. R. P. Meyers Trophy - Officer of the Year - Diane Wilson

2008 - Provincial First Aid Competition Champions -Open Division

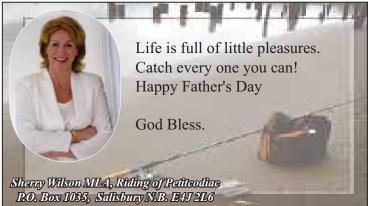
J. L. O'Brien Shield for SJA Division of the Year $2011-Dr.\ R.P.\ Myers\ Trophy-Officer\ of\ the\ Year$ -Donna Constantine

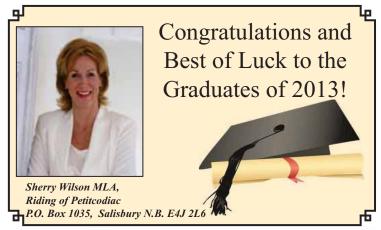
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It is hard to believe that school is over for another year, with that said; it means there are a whole new group of graduates from high school and also the younger grades. Congratulations to all of you, a job well done.

This is the second year that we have offered the Maritime Motorsports Hall Of Fame Inc. Bursary to the Petitcodiac and Salisbury High Schools. The bursary is for a student going on to Post Secondary education in the automotive/mechanics discipline, such as: a teacher/professor of the trade, mechanical engineer, mechanical technician, or any other part of the automotive trade.

We are hoping the weather will soon warm-up so everyone can enjoy all the summer actives, such as car shows and racing. On June first the 8th annual Petty AutoFest car show will be held at the Maritime Motorsports Hall Of Fame & Museum at 5 Hooper Lane, Petitcodiac.

We at the Maritime Motorsports Hall Of Fame & Museum wish all the Father's and Grandfather's a Very Special Happy Father's Day!

A great gift for Dad would be a Museums of South-Eastern New Brunswick passport to History. You can obtain one from any of the 15 participating Museums, or from us at the office 756-2110. The passport is valid for one regular admission to each. It is valid for one year from date of first use. The price is \$10.00 per person or \$20.00 per family of four. This is a very interesting tour of the different Museums.

I know we haven't had much good weather but looking for to getting the gardens in and all the flowers and fresh veggies. Happy Gardening!!

Your Editor Winona McLean

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

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

For more information call 756-2110

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

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

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

5 Hooper Lane, Petitcodiac, NB E4Z 0B4

Phone: 756-2110, Fax 756-2094

Email: maritimemotorsports@gmail.com

......Winona McLean Layout/Ad Design.....Jennifer Hebert Sales.....Angela Nicholson

July Deadlines:

Editorial.....June 21 Advertising.....June 20

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LOCAL NEWS & VIEWS

JUNE



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LOCAL NEWS & VIEWS

JUNE

			Petitcodiac (Community Cales	ndar 2013		
	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		War Museun	ad Maritime Moto	nent. Please call Cathy at mission. rsports Hall of Fame Saturday 10am-5pm.	756-2068. Free		1 -Breast Cancer Fundraiser @ Legion -Petty Autofest -Fruit Trees @ Com Hill Nursery -Valley Jamboree WCAF Fundraiser
	2	3	4	5	6	7	8
J	-Church Services	-Seniors Club -Pilates -Taking Time for Me -Air Cadets	-Kiwanis -Kiwanis Banquet for PRS Seniors	-Library Storytime -Pilates -SJA Junior &Youth -Legion Noon Meal -PRS Athletic Awards	-Drop-in Play Group -Legion Branch Meeting	-Texas Hold 'em @ Legion -Relay for Life	-Air Cadets Annual Mess Dinner @ Legion -ATV Poker Run
	9	10	11	12	13	14	15
u	-Church Services -PRS Baccalaureate Service at Anglican Church	-Pilates -Taking Time for Me -Air Cadets	-Women's Institute -Foot Clinic	-Library Storytime -Pilates -SJA Junior &Youth -W.C.A.F. Meeting	-Book Club @ Library -Drop-in Play Group -Community Prayer -Blomerus 5th Annual Recital -Legion Ladies AuxFoot Clinic	-Jam Session	-Garden Tour @ Corn Hill Nursery -Beltone Hearing Test @ Legion -Father's Day Card Craft @ Library
e	16 Father's Day -Church Services -SJA Adult Meeting	-Pilates -Air Cadets -Taking Time for Me	-Kiwanis -PRS Prom	-Library Storytime -Pilates -SJA Junior &Youth -ATV Club -PRS Safe Grad	-Drop-in Play Group -PRS Graduation -Petitcodiac Sportsman Club	-Jam Session -Texas Hold 'em @ Legion -Garage Sale @ Ten Thousand Villages	-Garage Sale @ Ten Thousand Villages
	23 -Church Services 30 -Church Services	24 -Pilates -Air Cadets -Taking Time for Me -Codiac Classics -Summer Reading Club Launch Party @ Library -Soccer	25 -Bookmark Craft @ Library -Soccer, Ages 2-4	-Library Storytime -Pilates -SJA Junior &Youth -Village Council -Soccer, Under 6 & Under 8	-Drop-in Play Group -Craft-ernoon @ Library -Creative Writing Corner @ Library	-Movie @ Library	29

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

-Annual Mess Dinner on June 8 at 6 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 at 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 - June 13 at New Canaan Baptist

Corn Hill Nursery- June 1 - Growing Fruit

Trees Seminar. June 15 - A Garden Tour; take part in a tour of our extensive display gardens. Seminars are from 10 am - 12 noon. Free but call 756-3635 to register.

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

Foot Clinic: Petitcodiac Drugmart from 9:00 to 4:15. June 11th and 13th. By appt. (756-3391). \$35. At the Legion.

Jam Session - Fri., June 14 & 21 at Kiwanis from 7 - 10 pm.

Kiwanic

-Tues.., June 4 and 18 at 6:30pm.. New members welcome. For information call Neil at 756-3347.

Kotie Blomerus Music Studio - 5th Annual Recital on Thursday, June 13 at 6:00 pm at the Petitcodiac Baptist Church. Please call 756-3890 for more details. All welcome.

Legion - 18 Kay St, Petitcodiac. 756-3383 - Breast Cancer Fundraiser. June 1 from

- 4:00-7:00 pm.
- Legion Branch Meeting. June 6 at 8 pm.Texas Hold 'em. Fri., June 7 and 21 at 8
- Ladies Auxiliary Meeting. June 13 at 8
- Ladies Auxinary Meeting. June 13 at 8 pm.
 Beltone Hearing Test. June 15 from 1:00-
- 5:00 pm.
 Legion noon meal All welcome. Price \$7. Local takeout available upon request. 50/50 draw during dinner.
- June 5 Turkey Dinner (last dinner until September)
- Hall Rental: No charge for a fundraiser. Wedding

Reception, Birthday Celebration, or other function: \$141.50.

Library (756-3144, Summer hours start June 17th) Hours: Tues, Wed, Fri, Sat 10-1 & 2-5, Thurs. 1-5 & 6-8

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

-Adult Book Club - Thurs., June 13 from 6:30-8 pm

- -Father's Day Card Craft June 15th from 10:30-11:00 am
- -Summer Reading Club Launch Party (Ages 0-12) Monday, June 24th., 2:30-4:00 pm. Come to the library to register for the summer reading club. Games, cake, snacks will be provided. Children are welcome to register earlier.
- -Bookmark Craft, June 25th, 10:30-11:30
- -Craft-ernoon Thurs., June 27th. 2:00-3:00 pm.
- -Creative Writing Corner Thurs., June 27th. 6:30-8 pm
- -Movie Afternoon (Ages 5-12) Fri., June 28th. 2:00-3:30. We'll be playing Disney's Brave

Petitcodiac Regional School

June 4: Kiwanis banquet for PRS Senior Class 6:30 pm

June 5: PRS Athletic Awards banquet 6:00 pm

June 9: PRS Baccalaureate Service at Anglican Church 2 pm

Petitcodiac continued on page 5

LOCAL NEWS & VIEWS

JUNE

Petitcodiac Continued from pg 4

Petitcodiac Regional School Cont..

June 18 PRS prom 8 pm June 19: PRS Safe Grad June 20: PRS graduation 7 pm

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 Autofest - 8th Annual Autofest on June 1 at the Maritime Motorsports Hall of Fame. Begins at 9:00 am. First 100 participants get commemorative dash plaque. \$5 admission. BBQ, entertainment and more. Show your vehicle, muscle car, bikes etc. Call 756-2110 for more info.

Petty Trailblazers ATV Club

- -Meets 3rd Wednesday at the Legion building at 7:00 pm.
- -Poker Run June 8 from Havelock Legion, 4684 Route 880. Registration is 8-10 am. Prizes. Call 534-2410 for more info.

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.

Relay for Life - June 7, beginning at 7pm at the fairgrounds. The public is invited to come and enjoy the fun of the evening. The theme is Carnival of Hope. Call Karen MacKillop at 756-9043 to register a team.

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 at Kiwanis. Pot Luck.

Summer Soccer Program

- Soccer starts last week of June (Mon. 24th-Wed. 26th)
- Mondays Under 10, Under 12, and Under 14, 6:30-7 pm.
- Tuesdays Toddlers (Ages 2-4), 6-6:45 pm.

- Wednesdays - Under 6, Under 8, 6-7 pm. - Ages 5-12 cost \$35 for 1, \$60 for 2, \$75 for 3, \$85 for 4 all in the same family. Any questions please email Laura.Surrett@

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.

Ten Thousand Villages Garage Sale

June 21st: noon to 5:00pm, June 22nd: 9am to 11.Repaired or discontinued items located behind the store (55 Main St., Petitcodiac). Our Artisans are already paid in full!

Valley Jamboree - Sat., June 1 at 7:30 pm. Musical performances by Ivan & Vivian Hicks, Tammy & Gary Morris, Jack McAffee, and many more! Tickets \$10 advance and \$12 at the door. Fundraiser for the W.C.A.F.

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, the meeting is on June 26th at 7:00 pm.

War Museum - Open by appointment. Call Cathy at 756-2068. Free admission. Chairlift facility is available.

Westmorland County Agricultural Fair (W.C.A.F.) - -

- Monthly meeting at fair office, June 12. Any one wishing to help is welcome to attend.
- -Valley Jamboree Fundraiser—June 1, 7:30, at Arena

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

Read in an automotive newspaper..

The vintage car show was attended by hundreds and the weather was fine, however, the four rented port-a-potties just weren't up to the JOB! Hmm, anxious moments in the line ups? That depends!

Restored gas pumps are hot items with collectors, however, some people buy old gas pumps and convert them to liquor cabinets. Now that's high octane of a different kind! Make mine a martini!

There goes the story of the fiddler who forgot his instrument in the taxi, however, the driver returned it to it's rightful owner, no srtings attached!

A farmer claimed it was so windy during a recent weather event that his hen laid the same egg four times.

The difference between a yard sale and a trash pick-up is the distance from the curb.

Is it my imagination or do buffalo wings taste like chicken?

Don't walk into the antique shop and ask "What's new?"

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Non-Toxic Ways To Lower Blood Cholesterol

How Many Patients Would Agree to 500 Chest X-rays?

Does the doctor always know best? Normally the answer is "Yes". But when your doctor orders a CT scan (computed tomography), does he really understand the amount of radiation your body receives? A recent report from the University of California expresses concern about the overuse of the many types of scans performed in the U.S. Canada is not immune to this problem. So what can patients do to protect themselves from needless radiation?

CT scans are used to diagnose cancer, heart problems, kidney stones and injuries. Obviously, a three dimensional view of the body saves lives. But the effects of radiation are cumulative. The more CT scans, the greater the danger, and your body keeps an accurate score.

Today CT scans are the biggest source of radiation of all imaging technologies. For example, a CT scan of the abdomen produces 500 times more radiation than a single chest X-ray and 1000 times that of a dental x-ray or bone mineral density test. I wonder how many patients would agree to 500 chest X-rays unless they were vitally important?

A study in the Archives of Internal Medicine says that 72 million CT scans were done in the U.S. in 2007. After excluding those done for cancer, and in the last five years of life, researchers estimated these CT scans would cause 29,000 extra cases of cancer in the future and 15,500 deaths. Authorities claim that about one-third of CT scans are not needed.

Another more recent report in the Public Health Science's Journal reassures women that a CT scan during pregnancy carries little or no risk to the fetus. But the authors admit that, due to the small number of cases studied, the findings could have a wide margin of error. And children are more susceptible to radiation damage.

But what is amazing is the lack of knowledge about radiation dosage. The New England Journal of Medicine (NEJM) reported in 2007 that a survey of radiologists and emergency room doctors showed that 75 percent significantly underestimated the radiation dose from CT scans.

The Journal also reported that one million children in the U.S were being given CT scans unnecessarily every year to diagnose appendicitis. It could be argued that ultrasound could provide as much information in diagnosing this disease.

A few years ago a nuclear engineer told me he had asked how much radiation

he was receiving from back X-rays. He was told "the same as you receive from a two hour plane trip". Later the engineer calculated it would take 1,120 plane trips to equal the amount of radiation he had received. Or that it would take him 28 years in the nuclear plant to receive the same dose as the exposure in the clinic!

So what can patients do to decrease the risk of needless radiation? First, realize that some needless CT scans are done because doctors worry about missing a diagnosis, and then being sued. It's a justifiable concern so don't add to it by pressuring your doctor to do a CT scan just to be sure of the diagnosis. Rather, it's better to say, "Is this test really necessary?" Or "Would ultrasound or MRI show the same result?" Neither of these tests expose you to radiation.

Be careful where you get a CT scan. I reported years ago that a survey of X-ray facilities in Ontario revealed that radiation exposure could vary as much as 90 times the normal dose. This disparity was due to old machines, failure to test them regularly and inexperienced technicians. The report by the NEJM also shows that CT scan dosage can vary as much as 13 times the amounts cited.

Don't be fooled by ads promoting the use of full body scans on healthy people to rule out cancer, cardiovascular disease and other disorders. It's a very questionable procedure. Also, beware the doctor who has a financial interest in a CT scan clinic.

It's the old story, "Caveat empor". Let the buyer beware, whether purchasing a new car or dealing with medical technology.

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







Elgin W.I. Learns About Old Remedies Of 1910

The May meeting of the Elgin W.I. was held at the Women's Institute Hall. Roll call was answered with the name of a Spring Bloom. 11 members were present. Plans were finalized for the May 24th Auction. Gail Crandall had a very enjoyable program on Health treatments of 1910. My how times have changed. Renovation funds were discussed in detail. Our group plans to visit with the Havelock Group on June 4th. Meeting close by adjournment.



ELGIN ECO ASSOCIATION

The Elgin Eco Association (EEA) held their annual general meeting May 15. This marks their 10th year of promoting an Eco friendly environment and actives for Elgin and area.

The Officers for 2013 – 2014 are: President - Moranda vanGeest; Vice - Sandra MacDonald; Secretary – Carol Martin; Treasurer – Patricia Noort and Advisor-Donna Rosehart; Directors – James Mittom (Trails), Ted Martin (Rink), Winona McLean, Anna Staples (Membership); Bike Race Promotions – Alyssa Martin; E.E.A. News Editor – Idella Lazar.

Park Committee – Bruce Marks, Linda Goggin, Dave Fulton, Sandra MacDonald, Florence Crandall, Karen Davidson and Donna Rosehart.

Highlights of the busy 2012 -2013 as they accomplished much:

At the Park they were at work in early May with raking, planting shrubs and perennials that had been donated by local residents. McCully Landscaping did power raking-Hydro seeding. Bird houses were erected; a number of native trees were planted in memory of loved ones, with a donation of \$100.00 per tree. Rob Milton was hired for Park maintenance, from May to October.

Brown's Paving put a new edge around the asphalt rink surface. The playground equipment was reinforced where needed and placed in position; a baby swing was donated for the little ones. Basketball nets were installed. A cut-out mural was donated by a local artist for the children to enjoy. A large section of chain link fencing was installed around the soccer field area by members and volunteers.

On August 16th at the park we were pleased with a large attendance to celebrate the opening of the Park. There was food, games and music. M.L.A. Wayne Steeves attended and presented a \$9000.00 F.Y.C.A.P. grant to further improve the park by renovating the gazebo.

The 120KM Mountain Bike Race had its largest attendance in its 9 years, with 97 bikers registered. The Kid's Program registered 30. The EEA were very excited to be listed in "The Canadian Cycling" national magazine as one of the "10of the Country's Most Epic Rides".

October 5th, 2013 is the 10th Anniversary for the Mountain Bike Race and the planning is well under way.

New members are always welcome at the EEA.



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LOCAL NEWS & VIEWS

JUNE

Everyday People

Submitted by Sheila Boissonneault



Upon entering the arena in Petticodiac memories flooded my mind; the smell of propane, the Plexiglas behind the goal post and the bleachers reminded me of the times I spent in an area rooting for my husband and son's hockey games and my daughter's figure skating. As I conversed with Pat Lewis I realized that as a military family our children missed that "hometown feeling" and support from people like Pat. Pat Lewis was born in Petitcodiac, attended school and graduated from High School there. He worked part time helping out at the arena from the age of 14, and after graduation for six years he work there full time/part time, then on to 25 years full time. He is now in his 32 year.

Pat said his life has melded with the story of the Petitcodiac Arena, so talking about the happenings there is his story. Having the privilege to see good athletics developed over the years adds pleasure to his life. He shared some of those pleasures.

In the 1980's the Elgin Acers were the top team. The Acers were well organized and were able to win a few New Brunswick championships, they filled the arena and they were a joy to watch. After that there were athletics such as Ryan Gillis, who had his start in the arena and went on to play as a Junior (18-20 year olds) in North Bay, Ontario, and later was drafted by Calgary. He played AHL, East Coast, and International professional hockey. Stacy Wilson from Salisbury started at the Petitcodiac rink. She played Atoms (9&10 year olds), Pee Wee (11&12), and Bantam (13&14). There wasn't a girl's hockey league at that time so the girls played co-ed with the boys, so it was decided to do some renovations in the arena and build washrooms for the girls. In figure skating there is Kelsey McNeil. Pat watched her grow as a figure skater since she started at eight years old. At 10 she was the youngest to win a medal at the Canadian Games. With hard work and determination she progressed to the Canadian Championships. She is now working in Ontario, still skating, still chasing the Olympic dream. She is in the top 11 female skaters in Canada and skates with the highest caliber skaters in Canada. Pat said that if he could chose a favorite it would definitely be Kelsey. Then there is Megan McGibbon who also won a medal at the Canada

Games

In 2008 Petitcodiac, along with Moncton,

co-hosted the Midget Provincials. Pat said it was an honor to host the Provincials and to top that Petitcodiac won it. He said they had a good organizing committee.

In 2011 a Bantam team entered a contest and won a trip to White Horse Yukon, in conjunction with Hockey Day in Canada. The entire team was flown there, all expenses paid. They rolled out the red carpet for the boys. They met Don Cherry and Ron McLean. Pat said that the boys may not remember a thing far as hockey goes but they will remember the trip, the bonding experience

and the classes they took on proper behavior in the presence of coaches and government officials.

Jarett Crossman was selected by Team Canada Junior Olympics program to go to Austria. They played Russia, Sweden, and USA. This program introduced the younger kids to the international experience. Hockey got them there, Pat told me, but what an experience, what a thrill to have a Team Canada jersey as they stepped out on the ice. I got a sense that Pat was with them in spirit. He stated that's why the rink is important to the community, not only for the moment but for the life lessons the young people learn.

The Minor Hockey Association is the focus in the area now; Salisbury, Elgin, Havelock, and Petitcodiac have joined to concentrate on that program. Salisbury and Petitcodiac make up a pretty good team Pat said and its working – when you can have the Provincials here, host it and win it; I think we are on the right track. And- the Midget team fills the arena on a Saturday night. He went on to say that 42 Midget teams were here last year, 15 to 17 year olds, and their good kids for the most part; they respect the building and appreciate the support they receive. So, he repeated, the rink is very important to the community.

Pat said he has seen the three generations come through the arena. We also try to accommodate those who come for public skating and will set aside a time for senior skating. And, he said, let's not forget the volunteers, I'm paid but they give of their time free of charge. There are 13 on the Minor Hockey board, not including the coaches, and 8-10 on the Figure Skating board. There are four volunteers for every team and there are 18-20 teams. The President of the Minor hockey is a volunteer. Betty Keith, who looks after and is the treasure for the Rec League, a volunteer. We started to walk out to the rink and he showed me a newspaper clipping of the opening of the arena. He said it was opened in December of 1974 but the Grand Opening was in February21 1975. Then we moved into the rink, I took a picture of him on the Zamboni and we both agreed it was a special time when that big machine rolled out on the ice, the

smell, the rumble, it all added to the hockey experience.

Pat pointed out the Tournament Banners, and ones with NB on top, the Provincial Championships. Then there are the special ones- Kelsey McNeil's Pre-novice, Novice, and Juniors. Kelsey's 2008 banner is very special to him because he went out to BC and saw her receive that one. He showed me later a picture Kelsey gave him and she wrote on it "You believed in me from the start"

There is also a Team Canada jersey that belongs to Stacy Wilson; she was the team captain when they went to Japan. Also there is a jersey of Jarett Crossman he wore in Austria and one of Ryan Gillis who was drafted by Calgary. Pat said that anyone who had the chance to wear a team Canada jersey deserves to be up there

The love for what Pat does at the arena and the pride he has in the young people who have excelled in their sport is evident as we talk. He says that in the winter he is committed to the rink, but in the summer he goes fishing, canoeing, and he goes to the stock car races. I asked him about his wife as a woman I was curious at how she felt about this commitment of his. He told me that she was a figure skater herself and her daughter, Pat's step-daughter, played hockey, so she understood. She will go to the stock car races if it's a weekend event because then she will go shopping. I told Pat that I totally agree with her on that. There is so much more, Pat has a cabinet upstairs that a fellow made for him to put memorabilia in and it promises to be an interesting thing to see.

I'm thinking that this fall I just might take in a Saturday night Midget hockey game.

What's Cooking?
In Winona's
Kitchen

MOIST WHITE CAKE

Mix together
3/4 cup cooking oil
1 1/2 cups white sugar



Add 3 eggs, one at a time, stirring after each. Add 1 ½ teaspoon vanilla In another bowl mix

2 ½ cups flour

3 ½ teaspoons baking powder 3 ¾ teaspoon salt

Mix the dry ingredients into the batter Alternately with 1 ½ cups milk Bake in wax paper lined pan



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Tips for Avoiding Insects bites and stings

Ah, summer. 'Tis the season of barbecues and bare feet. Unfortunately, it's also the season of bug bites and bee stings. Here are some tips to keep the pesky critters at bay.

1. Avoid perfume and sweet-smelling.

1. Avoid perfume and sweet-smelling beauty products.

Insects flock to flowers, so is it any wonder they're attracted to fragrant skin, clothes and hair as well? If you're planning to spend time outdoors, opt for fragrance-free beauty products and skip the perfume or cologne.

2. Dress down.

Unfortunately for those whose sartorial style tends toward the flamboyant, brightly colored clothes with loud patterns or flowers and sparkly or colorful jewelry attract stinging and biting insects such as bees, wasps, and mosquitoes. Avoid the annoying critters by dressing in earth tones or muted colors instead.

3. Keep your eye on your cup.

The last thing you want to do is swallow something that can sting you. Insects love sweet beverages, so be sure to look before you sip at picnics, barbecues, and other outdoor soirees.

Go barefoot at your own risk.
 Bees hover around low-growing clover and yellow jackets actually live in the ground.
 Keep those tender feet safe from stingers by wearing shoes on grassy fields or lawns.
 Watch out for hives and nests.

This may sound obvious, but beehives and wasp nests are often anything but. Insects tend to build their hives in nooks and crannies, like beneath the eave of a roof, under a gutter, or in the crook of a tree branch. Clean, garden, clip and mow with caution! 6. Remain calm.

When you do come in contact with a stinging or biting insect, making sudden movements or trying to shoo away the offender is the last thing you should do. Instead, slowly and calmly moving out of the insect's way is the safest way to avoid getting bitten or stung.

Day at the Races

When you head off to the race track there are some things that are essential (tickets, sunscreen) and some things that are just nice to have (scanner).

In the grandstand space is usually limited so you can't bring a lot of extra junk but many race fans have their own list of "must have" items

What is on your list of race day essentials?

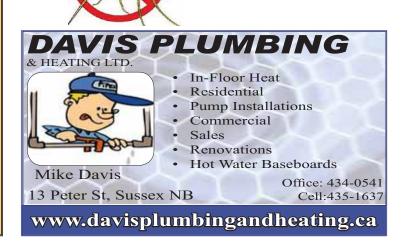
- You should bring lots of water
 - Sunscreen
- Lunch
- A bunch of snacks
 - Money for the canteen
- Camera.
- Also keep in the cooler wet wash clothes to cool off with. It will feel so refreshing!
- Maybe wear some attire of your favorite driver. Gotta represent!!

For little kids, you might want to bring

- Something to keep their minds busy like a Nintendo DS, PS3, and hand held game etc.
- Let them bring there own little backpack filled with:
- toys
- crayons
- sunscreen
- · sunglasses
- munchies
- or what ever they like

Have fun n be safe.







Tips for Safe Debris Burning

Comply with Local Regulations:

Contact your local fire department in advance to confirm that burning is allowed and to find out whether a permit is required to burn debris.

Check the Weather Forecast

Weather fluctuations, such as sudden gusts of wind, could make debris burning spark a wildfire. Call your local fire department the day you plan to burn debris to finalize that the weather is safe enough to burn.

Choose a Safe Burning Site

A safe site will be far away from power lines, overhanging limbs, buildings, automobiles, and equipment. It will have vertical clearance at least three times the height of the pile, as heat from the fire extends far past the actual flames that you see.It will have horizontal clearance twice the height of the debris pile. Prepare the Site Correctly:

The ground around the burn site should be surrounded by gravel or mineral soil (dirt) for at least ten feet in all directions. Keep the surrounding area watered down during the burn.

If using a Burn Barrel, Make Sure it is Equipped with the Proper Features Burn Barrels must be made of all-metal construction in good condition (no rust on the sides or bottom) and properly ventilated with three evenly-spaced, three-inch square vents spaced evenly around the rim near ground level. Each vent must be backed by a metal screen. A Burn Barrel must have a metal top screen with mesh size of one-fourth inch or finer to keep sparks from escaping and potentially sparking a wildfire. When burning, layer the different types of debris and stir often. Be careful of sparks escaping the barrel when you stir it.

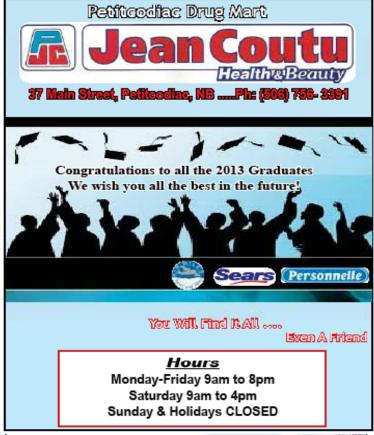
Remain With your Fire

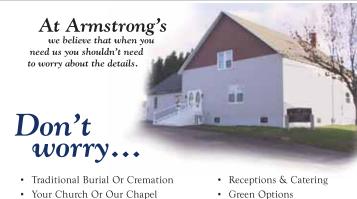
Stay with your fire until it is completely out. To ensure the fire has been completely extinguished, drown the fire with water, turn over the ashes with a shovel and drown it again. Repeat several times. Check the burn area regularly over the next several days and up to several weeks following the burn, especially if the weather is warm, dry, and windy.

Keep it Legal

It is illegal to burn plastic, tires, and most other waste products not from a tree or shrub







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Relay For Life is an annual event held all over the world to help raise funds in the fight against cancer.

The Salisbury – Petitcodiac Relay For Life will be held at the Westmorland County Fair Grounds this year on Friday June 7, 2013. We begin at 7pm and walk until 7am Salurday

People Relay for various reasons...they have been touched by cancer in one way or another, whether it be through a family member or a friend. At Relay, we celebrate those who have fought the battle and won, we remember those we have lost their battle to this horrible disease, and we fight back by raising funds to help this cause.

The evening of Relay starts at 5:30pm with a banquet and guest speaker for cancer survivors. This is followed by the Survivors' Victory Lap at 7pm. The 13 teams we have registered this year will fall into line behind them, cheering them on. For the next 12 hours these teams will continue to walk. If you know anyone who would like to be invited to the Survivor banquet – please contact Karen MacKillop at 756-9043.

RELAY F

Salisbury/Petitcodiac Rela Light th

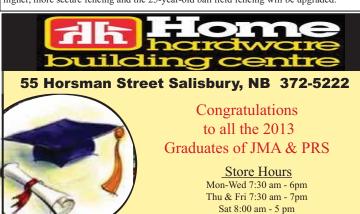






Conservative Government Invests in Recreational Infrastructure in Petitcodiac—Our Government is committed to supporting initiatives that help build strong, vibrant communities

In early May, Rob was in Petitcodiac to announce over \$14,000 in federal government funding to replace portions of existing fencing surrounding the Village of Petitcodiac's outdoor pool and ball field. Portions of the aging pool fencing will be replaced by higher, more secure fencing and the 25-year-old ball field fencing will be upgraded.



OR LIFE

y For Life June 7th, 2013 e Night





There is entertainment throughout the night, in the form of live music, and this years theme is "Carnival of Hope" there will be carnival booths & a bouncy castle for the kids -until 9pm. At dusk (between 9:30 and 10pm) we prepare for the Luminary Ceremony. Luminaries are paper lanterns that are lit in honour or memory of family and friends who have battled cancer. These luminaries light our way around the track for the rest of the night. Luminaries can be purchased for \$7.00 or two for \$10.00. They are available from any team member or they will also be available the night of the Relay.

The Luminary ceremony is one of the most touching, beautiful ceremonies that you will ever witness, so please come out and enjoy this evening with us. The luminaries stay lit all night, reminding the participants why they are there, so when they get tired and don't feel that they can continue, they can remember that the people they are walking for felt and feel the same way in their battle against their illness. Cancer never sleeps.

Please Join us at the Fair Grounds....just follow the signs!! This is a family event so come on out!! The more the merrier.



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35 Main St, Petitcodiac Phone: 756-2223

HOURS

Monday- Wednesday 9am to 6pm Thursday-Friday 9am to 8pm Saturday 9am-5pm



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BEST WISHES FROM BRADLEY & HIS STAFF TO ALL THE 2013 GRADUATES OF THE AREA



JUNE

Ben & Ed - "da boys"

Order your Father's Day Flowers at Ben & Ed's - "da boys" before June 2nd, 2013 pay in full and receive a 10% discount (non-refundable)



Happy Father's Day

Father's Day Basket Draw The basket is valued at \$375.00. Draw date is Saturday, June 15, 2013 Customer will receive an entry form for a purchase "in store" only!



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Warm wishes to you on Fathers Day may it be filled with closeness of family & friends



Best Wishes to all 2013 Graduates.

Joyce & Staff

Plan to Travel Smart by Carol Harper

Travelling, what does it mean to you? What visions does it bring to your mind? It could be lying on a beach in Mexico or cruising the Mediterranean. Maybe golfing in Ireland, bird watching in Costa Rica or exploring our own wonderful country of Canada. The possibilities are endless. Personally,

ing our own wonderful country of Canada. The possibilities are endless. Personally, travel has always been my passion and I enjoy the history and culture of the old world. Regardless of whether you are a seasoned traveller or considering travelling for the first time, here are a few suggestions to take into consideration both before and during your travels.

First, plan your vacation well in advance, six to twelve months if possible to take advantage of early booking discounts offered by travel operators. Always know upfront what you are paying for, what is and is not included. Never assume anything! Also, if you are flying, flights can increase dramatically as it gets closer to departure time so book at least two to three months ahead. Resist the urge to book your travel online. Build a relationship with a personal travel advisor with whom you will feel comfortable working with, explain what your plans are and ask for advice. We love to talk travel and may be able to offer a few suggestions that you are unaware of. Remember, if you book online we cannot assist you if something should go wrong. Never travel without travel insurance, medical as well as trip cancellation and interruption. Many travellers think this is not necessary but if you have an incident or take ill while in another country it will cost you dearly if you are not insured. Always be sure that all prescription medications are

from your drugstore. Be sure that your passport does not expire for at least six months from the day you are returning home. This varies for different countries so be sure to check. Depending on where your travel is taking you, inquire if you need any travel visas or inoculations for your destinations.

in the containers that you received them in

Photocopy your passport and credit cards

and leave a copy at home with a family member or a trusted friend and take a copy with you to keep in a separate location than your passport. Only carry one credit card on your person at a time. Be sure you have a list of the numbers to call in case either of these is lost or stolen. Register your credit cards with your credit card company before you leave so they can mark your account where and when you are travelling. Research the country you are planning to visit. If travelling abroad register with the government and consult the government's country travel reports and warnings. Also register your cameras, laptops and I pads or tablets with Canadian customs before leaving on vacation.

Carry the currency for the country that you are visiting and avoid using atm machines if possible as this will result in high bank fees. Check with your bank before travelling. Also be sure to carry your money in a money belt or other safe place. Leave your passport in the safe in your room and not on your person. Know the airlines regulations if you are travelling by air. These include luggage allowance including carry on, check-in time and security requirements. Avoid drawing attention to yourself by not wearing expensive jewellery or watches and by only carrying small amounts of money on your person.

Contact your mobility provider to add a roaming package to your cellphone or smartphone. Roaming charges are very high regardless of where you travel. Foremost, remember that travel is about the experience so just relax and have fun! Carol Harper is a Personal Travel Advisor with Travel Professionals International (TPI) in Boundary Creek, NB.







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Wishing you many more successes in the future. Congratulations graduates! Class of 2013



10 Father's Day gift ideas!

Ties and socks make perfectly fine, classic Father's Day gifts, but this time of year, we're thinking sandals and T-shirts and relaxed living. Boost Dad's summertime eating and drinking style with these amazing Father's Day gift ideas.

1. A juicer

Summer is the perfect time to start juicing, especially with fresh local produce popping up everywhere (maybe even in your own garden). Breville's Juice Fountain is the a perfect model to get Dad going

2. Beer tasting tool kit

Everyone needs an excuse to spend a sunny afternoon drinking beer with friends, and this tasting kit will get the ball rolling.

3. Tortilla press

Soft tacos make for easy, on-trend summer eating, and what really makes them delicious is fresh corn tortillas and detail-oriented dads will love to make their own from scratch. This cast-iron tortilla press is tough and durable and will make quick work of a batch of dough. Package the gift with corn flour or your favourite gourmet salsa.

4. White wine glasses

Wine aficionados will tell you that the shape and quality of a wine glass makes a difference in the flavour, and Austrian company Riedel is a big name when it comes to high-end glassware. If, like many of us, Dad's still sipping his summer whites from low-end models, give him an upgrade with this entry level set.

5. Insulated cocktail shaker

All those tasty chilled drinks have to come from somewhere, and this double-walled, dishwasher-safe cocktail shaker, made from polished stainless steel, minimizes condensation and melting while looking stylish enough for Mr. Bond himself Package it up with a bottle of quality gin

6. Barbecue season spice set

For meat-loving dads, you can't go wrong with this pack of four grill-friendly spice blends lie: St-Laurent Steak Spice, Sharples Ranch Smoky Barbeque Rub, Driftwood Texas Bar-B-Que Rub and Barbeque Belt Chicken and Rib Rub. Trust us: You'll be inviting yourself over for dinner.

7. Vacuum coffee brewer

Coffee is becoming a serious business, but not everyone's a fan of espresso. Vacuum brewers, also known as coffee siphons, were popular in the mid 20th century but lost ground to the convenience of automated drip machines.

8. Lucky Peach magazine

Chef David Chang of NYC's Momofuku fame (he'll be opening a Toronto outpost this summer) has, along with his partners, taken the magazine industry by storm with this cheeky, nonconformist and slightly obsessive read on the world of food. The spring 2012 issue's highlights included

a tour of street vendors in Chiang Mai, a Food Network memoir by Mario Batali and a history of the molten chocolate cake, plus a series of recipes for pineapple upsidedown cake. Future issues promise to be just

9. Jumbo steak knives

as diverse

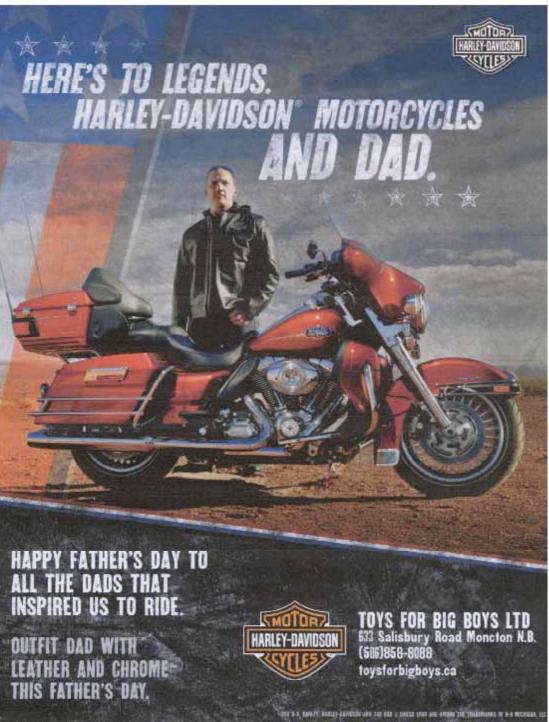
If Dad's a steak lover, we hope he's eating his perfectly cooked meat with a decent set of cutlery. If not, here's your chance to contribute to his culinary bliss. Tramontina knives, seen in many restaurants, feature

ergonomic wood handles and five-inch stainless-steel micro-serrated blades, and come with a five-year warranty to boot. Plus, the set of six comes ready in a gift

10. Golf

Some dads are extremely interested in the game of golf. In fact, some are almost obsessed with the game. If you're an adult, perhaps you can take your dad out to the golf course and play a round or two. This might be just the thing to make his day.

There you have it: 10 Father's Day gift ideas we think Dad is sure to love!



Petitcodiac Super Variety

Ask People to Please Support our Downtown Businesses.



Congratulations to the 2013 Graduating classes of the area!

Happy Fathers's Day







Happy Fathers Day Mess

- •Fathers day wishes from Hillari-Rose, Martina, Martin, Abigail & Autumn to Marty
- •Happy Fathers Day Dad (Jamie) love Kaden
- •Happy Father's Day Dad! (Luke Steeves) You are the best Dad ever. We love you to the moon and back!

Love, Ethan and Makayla & Sophie

•Happy Father's Day Daddy Love Marissa, Miah, Magee

- You are the best dad ever We love you so much. Chloe & Leah
- •We could not ask for a better dad than you. We love you so much Daddy. Simone, Jay, Angelica, Samarra
- *Happy Father's Dad to a wonder-

Love Taylor & Addison



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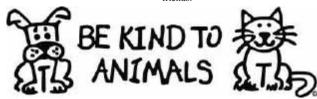


10 ways to be kind to animals every day of the year

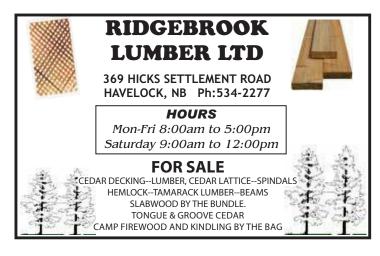
- 1. Spay or neuter your pets for their good health and to prevent surplus population. (It's a bargain when divided by 15-18 years of loyal, long and loving companionship!)
- · 2. Find your next best friend at a local animal shelter. Then include him or her as part of your every day activity. You are the center of your pet's life. Animals have feelings, too.
- 3. Show zero tolerance for abuse, including neglect. Educate others. Report suspected abuse immediately. Teach children to report to parents or other adults.
- 4. Respect our shared habitat and be a good neighbor. On the trail or beach and at the dog park, pick up after yourself and your dog. A discarded pop tab cuts animal paws. Birds get caught in plastic rings. Dog waste harms the environment.
- 5. Respect all wildlife and be "bear aware." Educate weekenders about enjoying wild neighbors without teasing, handling, or tempting them with food. The animals will be healthier, your neighborhood will be safer, and our community can remain that rare place where people and animals live together in balance and harmony.
- 6. Help a senior or ill neighbor keep and care for their pet companion. Offer to walk a dog or play with a cat. When needed, offer a ride to the veterinarian.
- 7. Educate yourself about your pet's social

- and health needs. Budget for vaccinations and emergencies. Provide mental stimulation for your pet. Strengthen your bond with new tricks and gentle training.
- 8. Plan ahead when traveling with your pet. Make sure he or she is welcome and stress-free Plan ahead for emergencies Free pet kit available from the Lake Tahoe Humane Society and Society for the Prevention of Cruelty to Animals at 530-542-
- 9, Keep current identification on your pet, and a current photo in case he or she gets lost. Ask your veterinarian about microchip-
- 10. Teach children to feel the same compassion that you do. Even a non-threatening spider or mouse deserves respect, to be humanely trapped and taken outside rather than instantly or painfully killed. Bats eat 1,000 mosquitoes per night and are fascinating to watch from a deck chair. In the vard or on a hike, observing without disturbing provides valuable lessons about how to live harmoniously and with mutual benefit on a shared, crowded planet.

Both kindness and violence start early and last a lifetime. Every day, remember that if you are uncomfortable or in danger, your pet is, too. Practice the golden rule in the company of animals as well as with human



Congratulations to all the graduates of the 2013 and Best Wishes from the Members and Staff at the Maritime Motorsports Hall Of Fame





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UP COMING EVENTS

STEEVES SETTLEMENT **CEMETERY AGM**

> The annual meeting of the Steeves Settlement Cemetery Inc., will be held on Thursday, June 13th, 7:00pm, at the Steeves Settlement United Baptist

51st Annual

HAVELOCK HORSE SHOW - FRI-DAY JUNE 14TH & SAT. JUNE 15th

HAVELOCK HORSE SHOW **GROUNDS**

FRIDAY 6PM - GYMNKHANA CLASSES SAT 8:30AM - ENGLISH & WEST-ERN CLASSES BARREL RACING & POLE BEND-GYMNKHANA CLASSES LIONS CLUB CANTEEN ON GROUNDS.

FOR ENTRY FORMS CALL 534-2223 Admisson Free

Yard Sale

2399 Rte 885 Havelock June 22, 2013 – 9 am – 4 pm June 23, 2013 - 10 am - 4 pmMen's, Ladies, Boys clothes Boy's toys, little tikes, books, stroller, bikes Household items, 30" inside doors And much more.

Reaming Grace Gospel Group

Will be at the Wesleyan Church In Havelock on June 14th at 7 pm. Lunch to follow

"C" Company

Country Music Jamboree Hillsborough Kiwanis center JUNE 22nd Saturday 7 P.M. Admission \$10.00 More info 756-2455

2. Watoto Children's Choir

Salisbury Baptist Church 3128 Main Street Salisbury Thursday, June 20th at 7:00 pm 372-5179

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

1. Lumber River Quartet

Salisbury Baptist Church 3128 Main Street Salisbury Tuesday, June 18th at 7:00 pm 372-5179

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

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 Boys & Girls Club of Salisbury

THANK YOU

Thank You

I would like to thank everyone for my "Real Surprised" 80th Birthday Party held on May 4th 2013 at the Elgin Fire Hall. Special thanks to daughter Donna & Clayton, Edith & Kim, Irene & Shawn, and all in the band. To all my friends, neighbors and family for all the cards, gifts, phone calls, flowers and food. Very heart-warming and appreciated. Thanks Louise Lane

BIRTHDAYS

Lew Murray's 70th Birthday! Open house party at Salisbury Lions' Club, Peter St, Salisbury June 15th - 2 pm - 5 pm. Everyone Welcome

Come Celebrate Darrell Sutherland's 80th Birthday On June 15th 2013 From 2pm-7pm at 3579 Salisbury Rd. Salisbury, NB Bring lawn chair

Birthday 90th Birthday Party for Ethel Lockrey O'Blenis June 29th – 2 pm – 4 pm Kiwanis Hall, Petitcodiac Best Wishes Only

Esther Taylor Is Retiring Please come congratulate Ester Taylor as she retires after 20 years of Service (to the day) with the Credit Union. June 21st – 9:30 am – 6 pm Advance Savings Credit Union

FOR RENT

47 Main St, Petitcodiac, NB

Senior Apartments in Petitcodiac Available Late Fall 2013 2 Bedroom with Attached Garage Please Call 756-0352 for details

OBITUARIES



Melvin, Norma Mary, 72. of Sussex Corner, passed away peacefully surrounded by her family at the Saint John Regional Hospital on May 2, 2013. Born in Corn Hill on July 13, 1940, she was a daughter of the late Wallace and Vonda (nee Tamblyn) Branscombe,

and the wife of the late John Melvin. Norma was a former member of the Corn Hill Women's Institute. She enjoyed a good cup of tea, making donuts, cheering for the Blue Jays, gardening and nature, and she especially cherished time spent at the camp. Norma is survived by her children: Joyce McFarlane (Hugh) of Anagance Ridge, Judy Vandebrand (Fred) of Penobsquis, Brenda Melvin (Paul Bourque) of Cap Pele, Jim Melvin (Monique) of Dieppe, Beth Stanley (Jim Noble) of Palm Harbour, Florida, Wendy Jack (Allen) of Elgin, Jack Melvin of Edson, Alberta, and Michael Melvin (Cynthia) of Petawawa, Ontario; her brother, Lynn Branscombe of Boundary Creek; brother-in-law, Ralph Melvin of Ontario; sisters-in-law: Carol Branscombe and Joan Branscombe of Sussex, and Minnie Rous of Petitcodiac; thirteen grandchildren, eight great-grandchildren; as well as by many extended family members and friends. Besides her parents and husband, Norma was predeceased by her granddaughter, Sharon Vey; and by her brother, Carl Branscombe. A service commemorating Norma's life was held on Monday May 6. 2013 at 11:00 am in Armstrong's Funeral Home, 33 Russell Street, Petitcodiac, Interment was

held in Pine Grove Cemetery.



Erma May Kierstead, 97, of Petitcodiac passed away peacefully, Friday, May 10, 2013 at the Moncton Hospital with

her family by her side. Born in Fairview, N.B. she was a daughter of the late William and Leah (Goodwin) Fillmore. Erma was a homemaker

and she enjoyed being with family, especially her grandchildren and great grandchildren. She is the last surviving member of her immediate family.

Survived and missed by her sons Redge Evans of Boundary Creek and Dale Ogilvie of Petitcodiac; daughters Marilyn Hoar (Ned) and Charlene Northrup (Leonard) both of Petitcodiac; daughter-in-law Evelyn Evans of Steeves Mountain; step-son Herb Keirstead (Shirley) of Petitcodiac; grandchildren Kent Hoar, Kristine Northrup, Derek Northrup, Stephen Evans, Kimberly Evans and Vandra Duff; several great grandchildren and nieces and nephews; caregivers Joyce Magee, Cathy MacLeod, Crystal Black and special caregiver Debbie Douthwright. Predeceased by husbands Herbert Evans, Ronald Ogilvie and Elwell Kierstead: son Rodney Evans: daughter-in-law Linda Ogilvie: step-son Norman Keirstead, grandson Scott Evans and three brothers and three sisters.

There will be a private family graveside service at Maplewood Cemetery, Petitcodiac, with Rev. Keith Adams officiating.

Arrangements are in the care of Salisbury Funeral Home, 3350 Salisbury Road (372-4800). Donations to the Kidney Foundation or any charity of choice would be appreciated by the family

OBITUARIES



Vaughn Elton (Bunk) Colpitts, P.Eng., 77, of Salisbury, passed away peacefully Friday, May 3. 2013 at the Moncton Hospital with family at his side

Born in Salisbury. he was a son of the late Alden and Katherine (Mollins) Colpitts.

Vaughn graduated from Salisbury Regional High School then UNB with a B.Sc. in civil engineering. He worked for CNR, and retired as Senior Engineer of Bridges and Structures for Eastern Canada. He was passionate about his profession, continued to do consulting for Crandall Engineering and Canac International Inc. and private local projects. He enjoyed Florida winters and Cape Tormentine summers. He also enjoyed and loved all sports, played golf, hockey and badminton in early adulthood.

He is survived and missed by his beloved wife of fifty-four years Marie (Mesheau); children Lori (Bob), Rhonda (Kent) and Barry (Marlene); grandchildren Timmy (Sonya), Kirk (Rachel), Sara, Derrick, Michael, Kelli, Tommy and Robbie; great grandchildren Logan, Kenzie and Rowyn; sisters Connie Fawcett (Vernon), Myrna Lewis (Arnold), Marilyn Colpitts (George Lutes), Brenda Lee Colpitts and Ruth Colpitts (Fred Wheaton); sister-in-law Shirley Colpitts and several nieces, nephews and cousins. Predeceased by daughter Marlene and brother Ronald.

There will be a private family graveside service at Fairhaven Cemetery. Dad will be laid to rest beside his daughter, Mom said it was "ok to go, there is a little girl in heaven waiting for him." Arrangements are in the care of Salisbury Funeral Home, 3350 Salisbury Road (372-4800).

Donations to The Friends of the Moncton Hospital (NICU) or the IWK would be appreciated by the family. Thanks for exceptional care and compassion by all staff in the NICU, Moncton



John (Jack) Ralph Murphy, 72, a lifelong resident of Salisbury passed away unexpectedly Thursday May 16, 2013 at the Saint John Regional Hospital.

Born in Salisbury he was a son of the late Joseph and Mary Murphy. A graduate of the former Salisbury

Regional High School he was an avid golfer and in his earlier years enjoyed playing hockey, badminton and baseball. He was a retired employee of Trites Equipment.

Survived and sadly missed by his beloved wife of 45 years the former Marion Ogilvie, a sister Barbara Flarhety of Natick, Mass. and several nieces and nephews. Predeceased by sisters Helen McLaughlin, Rosemond Murray and Phyllis Prince and brothers Joseph and Oliver.

Resting at the Salisbury Funeral Home, 3350 Salisbury Road (372-4800) with visiting Sunday 7-9 p.m. Parish prayers and memory sharing will be at 8:30 p.m. The Funeral will be held from St. Jude's Roman Catholic Church, Salisbury on Monday May 20 at 11 a.m. with Father Charles Broderick officiating. Interment at Maplewood Cemetery, Petitcodiac. If desired, memorials to the Friends of the Moncton would be appreciated by the family. www.keirsteads.ca

OBITUARIES



mont, 84, of Harewood passed away May 11, 2013 peacefully at the Moncton Hospital. Born in Harewood, she was a daughter of the late William and Stella (Killam) Herrington, A homemaker, she was an active member of the

Full Gospel Assembly, Killams Mills, where she served on the church board, a Sunday school teacher and member of the Women's Missionary Group. She enjoyed quilting, knitting and board

Survived and sadly missed by her daughter Dawn Spurrell (Jim) of Sault Ste Marie; sons Dana (Norma) and Laurie (Janice) of Harewood; daughter in law Margie Lynn Demont of Fawcett Hill; sisters Annie MacLeod, Bernice Collupy and Ruth Hiltz; brother Donald Herrington (Harriette); eleven grandchildren; six great grandchildren and several nieces and nephews. Predeceased by her husband Curtis (2012); infant son Louis, son Bernie: daughter in law Cathy: sister Reta Carr; brothers Robert, Albert, James and George.

Resting at the Salisbury Funeral Home with visitation Tuesday, 6-9 p.m. and from where the funeral will be Wednesday, May 15 at 2 p.m. in the chapel with Pastor Rose Marie Holmes and Pastor Fred Carr officiating. Interment at First North River Cemetery.

If so desired memorials to any charity of choice would be appreciated by the family. www.keirsteads.ca



Raymond G. Marsden, 73, of Jordan Life Care Centre and formerly of Salisbury and Havelock, passed away Thursday, May 09, 2013 at the Moncton Hospital.

Born in Singhampton, ON.. he was a son of the late Harry and Lealah (Reynolds) Marsden. He

worked for thirty-seven years at Pilkington Glass. Raymond was an avid horsman, an active owner and trainer in the standardbred industry, he enjoyed playing golf and was a devoted fam-

Raymond is survived and missed by his wife of twenty-two years Loris (Thorne); children David (Gail) of Collingwood, ON., Ashlea Wood (Tony) of Moncton, NB, James Constantine (Lori) of Dobson Corner NB, and Steven Marsden of Ingersol, ON.; grandchildren Ashley, Alicia. Bernie, Brittney, Bradley and Heidi: great grandchildren Taylor, Lillya and one soon to be; sisters Olive Gordon and Wilma Smith: brothers Richard. Jim and Bob: former wife and mother of his two sons Joan: mother-in-law Betty Thorne of Petitcodiac: brothers and sister-in-law and several nieces and nephews. Predeceased by grandson Jason Marsden; brother Russell; sisters Shirley North, Dorothy Johnson, Mary Varley and Greer North.

The funeral was held from the Petitcodiac Baptist Church, Saturday, May 11 at 11 a.m. with Rev. David Woodworth officiating. Interment will be at Singhampton Union Cemetery, ON at a later date.

Arrangements are in the care of Salisbury Funeral Home, 3350 Salisbury Road (372-4800).

Donations to the Heart and Stroke Foundation, Friends of the Jordan Life Care Centre or charity of choice would be appreciated by the family. www.keirsteads.ca

OBITUARIES

FUNERAL SERVICE

GORDON E. STEEVES

The largely attended funeral service for Gordon Steeves of Elgin, NB, who past away April 11, 2013 at his residence, was held at the First Elgin Baptist Church April 15, 2013. Rev. James Hammond and Rev. David Hawkesworth officiated. Special music was provided by Colleen Bannister, singing "Peace In The Valley" and "In The Garden".

Pallbearers were members of the Elgin Fire Dent

Following the service, as the family left for the fellowship Hall, a song played "Go Rest High On That Mountain".

The family and friends proceeded to the New Elgin Cemetery, escorted by the Elgin Fire Dept., who held a special graveside service. Mrs. Steeves was presented with Gordons fire helmet and the flag that covered the casket.

CARD OF THANKS

The family of the late Gordon Steeves of Elgin, NB would like to thank "Each" and "Everyone" who supported us during this difficult time. Thanks to family members and friends who brought food, phone calls, cards, memorials, Living memorials, on line condolences and those who visited us at Armstrongs Funeral Home, we really appreciated all your kind words.

Heartfelt thanks to the Elgin Fire Dept. for being Pallbearers. Also, the many other Fire Depts. from various areas that attended the funeral home and Funeral. Thank you for the large number of donations made to the Elgin Fire Dept..

Our thanks go out to Colleen Bannister for the lovely music; the Elgin Women's Institute for the lovely luncheon after the funeral; to the clergy Rev. James Hammond and Rev. David Hawkesworth for their words of comfort.

Special thanks to Terry & Tina Rogers at Armstrongs Funeral Home for their many acts of kindness.

POEMS

God saw you getting tired and a cure was not to be. So he put his arms around you, and whispered "Come to Me". With tearful eyes we watched

we watched you fade away. Although we loved you dearly, we could not make you stay. A golden heart stopped beating, hard working hands now rest. God broke our hearts to prove to

He only takes the best.

IUNE



News From The Maritime Motorsports Hall Of Fame



TOYS FOR BIG BOYS (Fred & Larry Northrup) Inducted November 14, 2009 Sponsors/Promoters Motorbikes

"If you enjoy touring the streets, riding in the mountains or cruisin' on the trails, Toys For Big Boys has the products you'er looking for".

The goal is to make Toys For Big Boys your one stop shop for your extreme Fun. They are located at 633 Salisbury Rd., Moncton.

Fred Northrup became part of the motor sports world back in the late 1960's when he became the welder in the pits at River

Glade Speedway on race night. Fred always bought a full page ad in the Speedways

Fred founded Toys For Big Boys in 1968 with a passion for mechanics and laid the foundation for one of the most successful businesses in the Moncton area.

With humble beginnings and the support of his family, he embarked on a small enterprise of repairing small engines in the basement of his home.

His aim was to provide quality service to his customers. Fred being a smart businessman, had an eye for quality, and knowledge of the best performers among the products in the marketplace.

Fred took an active role in the community and was a member of many sporting clubs. He passed away November 30th, 2006; a giant in the business community.

The story of Toys For Big Boys is one of father and son. Later in life, Fred turned much of the day to day running of the business over to Larry.

Larry worked his way up from the ground level, starting as a boy. He worked weekends and school holidays, gradually moving on to full time employment after he completed his education. He held the position as General Manager for many years. To Larry, experience was the greatest teacher. He had an invaluable hand in shaping the future of the company. After the death of his father Larry became President and took over the running of Toys For Big Boys.

They have been very supportive to many groups and organizations by sponsoring Bikers and other motor sports.

Larry, an avid biker himself, has championed motocross in Southeastern New Brunswick. He raced professionally in CMA and Vet Master motocross races. He has also been an instructor at Motocross Schools.

Larry is also a partner of River Glade Motorsports Park.

His believe is that biking in all forms is a sport that teaches kids discipline.

Larry accepted the award for Toys For Big Boys, his father and himself.

MOTOR SPORTS SCHEDULE

GREENFIELD DRAGWAY, NS

June 15 & 16

MIRAMICHI DRAGWAY PARK, NB

June 1 & 2

June 22 & 23

RACEWAY PARK, PEI

June 8 & 9

June 29 & 30

CLARENVILLE DRAGWAY

June 16

June 29, 30 & July 1

CAPE BRETON DRAG WAY

June 21, 22, 23 CENTRE FOR SPEED

June 15 Maritime Super Series

OYSTER BED SPEEDWAY, PEI

June 1 Full Card

June 8 Full Card

June 15 Rain date if needed

June 22 Full Card

June 29 Full Card

PARTS FOR TRUCKS PRO STOCK

June 1 Petty Raceway

June 15 Riverside Speedway

June 22 Scotia Speedworld

June 29 Petty Raceway

July 6 Speedway 660

PETTY INTERNATIONAL RACEWAY,

June 1, Parts For Trucks Pro Stock June 29 Parts For Trucks Pro Stock June 30 GT Enterprises Sportsman

SCOTIA SPEEDWORLD, NS

May 31, June 1 & 2 Monster Jam

June 7 BN<LG<TH<TR<SP June 14 BN<LI<TH<TR<LG

June 21 BN<TH<LG<LI

June 22 Parts For Trucks Pro Stock

June 28 BN<LI<TR<LG<SP SPEEDWAY 660, 588 Branch Rd.,

Geary, NB

June 1 Weekly Racing - Kids Day

June 8 Pro All Star Series

June 15 Weekly Points Racing June 22 Martins Home Heating

Sportsman 100

June 29 Weekly Points Racing

June 30 Enduro 200

CKRA KARTING

June 9 Race 3

June 16 Race 4

MARITIME CLASSIC CAR SHOW & EVENTS

New Brunswick

June 1 Petty AutoFest Car Show -Petitcodiac

June 3 Hoyt Car Show

June 10 Lounsbury Corvette Show -Moncton

June 14 - 16 River Valley Vettes Show &

Shine - Fredericton

June 15 Mustang Car Club Show & Shine Fredericton

June 16 Ford County Club Fathers day Show - Riverview

Nova Scotia

June 1 & 2 Golden Age Auto Annual Show & Shine - Truro

June 8 & 9 Pictou County Antique Car Club Show – New Glosgow

June 15 Middleton"s Antique Car Show

June 16 Coastal Cruisers AutoFest Car show - Bridgewater

June 16 Heritage Village Car Show -

Lake Charlotte June 23 Cumberland Co. Car Club Show & Shine

June 23 Kinsmen Auto Show - Sackville

June 23 Royal Canadian Legion Show &

Shine - Port Hawkesbury

Prince Edward Island

June 9 West Point Fire Dept. Car show June 14 - 16 Summer Shake Up -Summerside

June 30 Summer Rev Up Autoshow -Summerside





- Septic (licensed)
- Waterlines
- Wall Drainage Drain Tiles

Res: (506) 534-2956

Cell:(506) 756-0965

- Ditching
- Tiling Service (gardens & lawns)
- Landscape Work **Bush Cutting**
- **Drilling Holes** (Hydraulic Auger for drilling holes, 9 in. to 24 in. up to 8 ft. deep)

399 Hicks Settlement Rd. Havelock, NB E4Z 5B5



The Boys & Girls Club of Salisbury has openings in their Summer Day Camp program. Weekly bookings are available and are on a first come, first served basis. There are lots of fun activities and weekly field trips. The staff will also take your child to their swimming lessons at the Lion's Pool or any summer classes which they are enrolled in at the Salisbury schools. For more information please call Krista or Evelyn at 372-5873

Salisbury Happenings



Salisbury Beautification Project Update

The group has planted shrubs it the flower boxes on mail street, and flowers will soon be planted. Thank

to this group for taking this project on!

The group is looking for volunteers to help us as they begin to dig, plant and plan for future projects. Please contact Karen at 372-9275 if you would like to



Sharing the Bounty in Salisbury

On June 7, 2013 is the national "DAY of CARING" and

Salisbury schools are celebrating this day by planting community garden boxes. This celebration will take place at the

elementary school in the playground from 11am to 2pm. At this

time you are invited to bring a lawn chair and listen to the live entertainment and if you want to help the children plant their gardens bring your gloves. To qualify for a box there are

responsibilities that must be followed and agreed upon. These responsibilities are available in writing upon your box request. If you are interested in a garden box please contact Rose @ 372-4012 for more information. The group is also looking for any garden tools you may be willing to donate and such as hoes, spades and hand tools.

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. 1 ½ Lobster or generous
portion of ham, potato salad, coleslaw, rolls,

dessert, tea or coffee.

Tickets can be purchased before Thursday, May 30th.

by calling Dave <u>856-8604</u>, Doris <u>372-5357</u> or Carm <u>372-5963</u>

Get your tickets early!

Salisbury Helping

Hands:

If your company/ organization, group or family would like to make a donation or help sponsor a child this summer please email mageer@rogers. com. Your donation could allow a less fortunate child take swimming lessons, go

dance, play baseball or soccer be part os the B&G's club activities. The village of Salisbury has

many summer activities available. There are also summer camps such as Camp Wildwood and Snider Mountain Ranch (Circle Square) offer reduced costs to these families however spaces

are limited; so we ask if you are going to help a child please do do soon. Our main focus is the youth that attend our communities schools.

St. John's Anglican Church Salisbury

Kaye Street, Salisbury holds services every Sunday at 11am with Sunday School offered at the same time. Bible study is held on Tues. at 7pm and the ACW meets the second Tues. of each month from Sept. until May at

8pm.. We are planning a yard sale to be held during community days on Sat. Aug. 18.

SALISBURY CELEBRATES CANADA DAY

Join us Monday, July 1st from 11:00 AM - 1:00 PM for a Flag Raising Ceremony, Marching of the Colors, Musical Entertainment by Ivan Daigle, Games, Face Painting, B-B-Q & Cake! Activities will take place at the Municipal Building, 56 Douglas Street, Salisbury. Our coloring contest will soon be available on line.

2013 GRADUATION CLASS

Mayor and Council would like to congratulate the 2013 Graduating Class on their fine achievement. May the future hold much success for you all!

PESTICIDE USE

Council is again asking for everyone's cooperation in reducing pesticide use in the village by using nontoxic methods of maintaining green spaces.

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 COMMUNITY DAYS

Salisbury Community Days 2013 will take place August 15-18, 2013. This year's theme is 'Salisbury's Pirate Party'. There will be some new events as well as old favorites. Watch our web site for more information www.salisburynb.ca.

VILLAGE PHOTOS

We are looking for photos of the Village to be used for promotional and tourism purposes Please send us your photos with a description of where the photo was taken, your name and contact information. Who knows, you may see one of your photos on the next village map!

SALISBURY PUBLIC LIBRARY EVENTS

LEGO at the Library - Saturday June 8th between 2:00-3:00 p.m. Ages 6 and up. Bring your friends and family to the library and build with LEGO.

The Booklovers Reading Club for adults will discuss Kafka on the Shore by Haruki Murakami on June 12th from 6:15 - 8:00 pm.

Knitting Circle - Wednesday June 19th from 6:30 -8:00 pm. Join fellow knitters and crafters for inspiration and tips. All skill levels are welcome.

Hooked On Books Club - A book club for kids ages 9-14 will meet Thursday June 20th from 3:30-4:30 pm to discuss *The Lightning Thief* by Rick Riordan.

Story Time - A free 30-minute program of stories, songs, and literacy-building activities for ages 2-5. We'll read books, sing songs, interact with the flannel board, play with scarves or other toys, and colour a picture. Join us for some fun every Friday morning at 10:00 am.!

Children can register for **Summer Reading Club** any time to get a logbook and start recording books read over the summer. Summer activities start the last week of June! Look for our full schedule of activities in mid-June.

These programs are offered free of charge.

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

Library Hours until June 16th: Tuesdays, Thursdays, Fridays, Saturdays 10am-12pm & 1-5pm, and Wednesdays 1-5pm & 6-8pm. Starting June 17th the hours will be Mondays, Tuesdays, Thursdays, and Fridays, 10am-12pm & 1-5pm, and Wednesdays 1-5pm & 6-8pm

JEN JEN

Salisbury Baptist Church

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

Anniversary and Sunday School Closing June 9th. Guest Speaker Dr. Bruce Fawcett.

DID YOU KNOW...Village Council has been

holding a Canada Day Celebration since the late 80's.

Over the years with financial help from Heritage Canada we have continued and expanded the celebration into

what it is today. Hope to see you on July 1st!

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.

Salisbury Happenings Continued





Petitcodiac Cribbage League

Petitcodiac Cribbage League had their annual banquet, April 26th at the Petitcodiac Legion with 70 in attendance.

Money prizes were presented to the top 10 in regular season.

1st - Jackie Miller and John Prince

2nd - Vera Middleton and Dale Beaman

3rd - Jeanie Jorgensen and Norm Miller

4th - Winona and Ernie McLean

5th - Fern Armstrong and Aubrey Trites

6th - Victoria Gallant and Dot Morrissey

7th - Marge Douthwright and Mary Kay

8th - Dora MacPhee and Susan Chambers

9th - Peggy Ashley and Gerry Prosser

10th - Judy Lounsbury and Don Constantine

Skunk score: Marilyn Hoar and Terry Rogers

Money prizes were also presented to the top 3 in playoffs.

1st - Maurietus and Gary MacPhee

2nd - Mim Anderson and Lloyd McCordic

3rd - Vera Middleton and Dale Beaman

\$1500.00 was presented to the Legion in appreciation for use of the hall.

On April 7th, Victoria and Larry Gallant won the Harry Ogilvie Memorial Trophy.

Next fall's meeting Sept. 9th.







Graduation



Graduation 16ct Luncheon **Napkins** \$1.50 pk

Foil Graduation Banners \$2.00 ea

Russ Graduation Picture Frames \$3.00 ea



Graduation **Greeting Cards** \$1.00/\$2.00 ea



Musical Grad Ornaments \$2.00 ea



Graduation Foil Mylar Balloons \$2.00 ea (helium extra)



Father's Day



Axe 354ml Shower Gel \$3.50 ea

Men's Sunglasses \$3.50 ea

3pc Set Golf Club Covers \$3.50 ea



Battery Operated Bug Zappers \$3.50 ea

Men's White T-shirts 3/\$10.00

Camouflage Pocket LED



Folding Flip Light \$10.00 ea

Ready To-Use Disposable BBQ's \$3.50 ea Why pay up to \$19.99



Gift Certificates Available

VISA





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

Tips to avoid prom pressure

Prom can be one of the most important events in your high school experience - a special night to look forward to for months beforehand. For some people, though, prom can seem like just another reason to worry and feel stressed out. Even people who are looking forward to it can feel nervous. Here are some strategies for overcoming prom pressure.

Your Money

Prom doesn't have to cost a fortune. Here are a few less expensive options:

- •Rent tuxedos or dresses or pay for them in installments.
- •Shop online or at thrift stores to get style on the cheap.
- •Borrow clothes from older siblings or cousins.
- •If you can't afford a trip to a beauty salon, team up with a friend to be each other's stylists. Treat yourselves to some new beauty supplies, then spend the afternoon getting
- •Instead of an expensive restaurant, meet up at a friend's place for some home cooking or opt for a romantic picnic dinner in the park. If you're going with a date, talk beforehand about what's important to both of you. That way you'll have some idea of where you should spend your money. And one person shouldn't feel pressure to pay for everything. Lots of couples prefer to share the expenses so both people have a choice in what the plans are.

If you need to ask a parent or other family member for help with your finances, offer to make up the cash by doing chores around the house like mowing the lawn, doing the

dishes, or babysitting your little brother or sister.

Sometimes parents are happy to help with certain expenses. For example, parents who pool together to get a limo for the group don't have to worry about everyone getting home safely.

Your Self-Esteem

For some people, the biggest prom worry is asking and being asked: It's natural to stress out about gathering the courage to invite that special someone — and to worry you might be turned down.

Although it's tempting to avoid the possibility of rejection by not asking, who wants to be afraid of taking a chance? Ask. If the person says no, you can move on. If you never ask, you may miss out on a great evening with someone who may be shy and waiting for you to make the first move. This works the other way around, of course: If you need to decline an offer, consider the other person's feelings when you say no. Remind yourself that it took guts to ask and probably caused a lot of nervousness. Let the person down gently, rather than embarrassing him or her.

The important thing is to find someone you'll enjoy spending the evening with, whether it's a friend, boyfriend or girlfriend, or the person of your secret desire. Because most people want to relax and keep their options open for fun, more and more people go to prom with a group of friends instead of a date. Who better to spend the evening with than the people who love you for who vou are?

Your Health

Lots of people feel pressure from their friends to drink, do drugs, or lose their virginity on prom night. Take a minute to think in advance about how you'll avoid getting into an unwanted situation. (No one wants to spend prom night in jail or at the hospital after being pressured into drinking or doing drugs.) You'll feel more confident and in control if you're prepared.

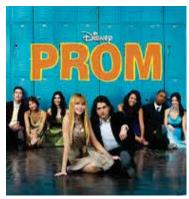
Drugs and alcohol impair judgment in ways that can hurt you - even if you're not the one using them. Be sure you have a safe ride home, whether it's a designated driver, parent, or that chauffeur-driven limo. It's also a good idea to have cab fare or to bring a cell phone and the number of an older sibling or parent just in case your ride gets wild or doesn't show up.

Substances like alcohol and drugs can play a role in people losing their virginity or having unwanted sex on prom night. Be aware of what's going on around you and try to stay in control. Also, be aware of your date's ability to consent to sexual activity. If your date is not in a condition to respond or react, it could be rape.

The decision to have sex is an important personal choice that involves many factors. Don't feel pressure to have sex just because it's a special night — the night will be even more memorable if your memories are happy instead of regretful. In fact, lots of girls and guys who think about it in advance decide that there's enough excitement on prom night anyway — and that having sex is a special, personal decision that shouldn't just be a sideline to prom fun.

If you do decide to have sex, on prom night

or any other time, take steps to protect yourself from pregnancy and sexually transmitted diseases (STDs) by using a condom. Prom can be magical. But it's not the only time you'll have this much fun: There are plenty of other life-defining events as well. So don't feel like you have to do anything you don't want to. It's your prom. Enjoy it the way you want to.



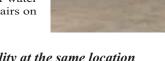








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