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# LOCAL NEWS & VIEWS

## Promoting Local Business & People in Our Surrounding Communities.

October Issue, 2014

Volume 5 #6.

MONTHLY BULLETIN

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### TOUGHEST MOUNTAIN BIKE RACE IN ATLANTIC CANADA!

younger children. They will be treated to an icecream at the end of their event. We encourage visitors that do not participate in the race to explore our beautiful Mapleton Acadian hiking trail. A diamond in the rough you'll see. Or you can come and bike the scenic route along the marvelous Pollet river.

For more info  
[elgineco@hotmail.com](mailto:elgineco@hotmail.com) or 756 2518  
Eleven years in a row the community has pulled together to welcome mountain bike racers from all over the maritimes.

Elgin is located 10 km North of Fundy National Park in the heart of the Southern Highlands of New Brunswick. The views along this course are stunning and the leaves are going to be peaking in fall colours!

This race is being put on as a fundraiser by the Elgin Eco Association. The Elgin Eco Association is a group of dedicated volunteers who are working together to promote the natural beauty of the Elgin area through eco-tourism and by organizing local events. Mountain bike racers from all over the Maritime Provinces will be converging in Elgin to race through the beautiful Elgin countryside. This event is exciting, lots of fun and a celebration of both athletic ability

and the beauty of this forest landscape!

The Tour of Elgin is a whole day of bike activities. There will be a 120-km marathon race for the fittest of riders - in fact, we dare you to try the 120 km event, which is the toughest mountain bike race in Atlantic Canada! We also have 80-km, 40-km and 20-km distance options, which will challenge all levels of mountain bike skills. The Elgin 120k course will have 3 loops.

You will only see some of the course twice. The last killer climb will be left for the end again this year. Sounds like the course will be 38k loop, 42k loop and a 35k loop. Organizers said to expect lots of climbing. :) There will be water stops at approx 25K, 60K and 100K.

The course will cover all different types of surfaces, with limited pavement, lots of fast double track (40%), dirt roads (50%) and some great single track (10%). The climbs

are awesome (some as high as 1100 ft) and frequent. The course will be well marked. There will be all-terrain support vehicles, first aid on site and neutral feed stations.

There will also be family bike related activities going on throughout the day. The community will be putting on a supper with local specialties for all of the racers, family and friends.



Picture taken from [www.elgineco.com](http://www.elgineco.com). Photographer Alyssa Martin of Alyssa Martin Photography.

Elgin New Brunswick will once again host their annual Mountain bike race. A full day of events take place. Starting with a breakfast at the seniors hall. We hope many members of the community will come to the breakfast to support this fundraiser for the seniors. They have always been very gracious with offering to do the breakfast. You will certainly be able to meet some new people from other parts of the maritimes. The mountain bike races will start at various times in the morning and at 2 o'clock a kids race/fun race will be held for the

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**Planning the Family Thanksgiving Meal**

The family unanimously decided that you are in charge of the Thanksgiving meal this year. Can you put it off? Yes, with a little bit of planning ahead of time, you can throw a great family Thanksgiving get together. The best stressing or staying busy for weeks.

Step 1: Make A Guest List

It's next to impossible to determine how much food to buy and cook without knowing how many mouths you will be feeding. Contact friends and family early and request they RSVP by a certain date. Follow up with them in the weeks before Thanksgiving to make sure you know who is and isn't coming. Plan for at least 2 extra guests—more if you are entertaining a larger crowd.

Step 2: Plan the Meal

Once you know how many guests you'll have, then the fun begins. You get to dream about food. Of course there are the old standbys like ham and turkey that you will probably be preparing, but there's so much more to a wonderful Thanksgiving meal. First, contact family members to find out what they can each bring. That will help you to adjust your menu plan accordingly. Take note of everyone willing to bring a dish—even if they aren't sure yet what to bring.

Make a list of Appetizers, Main Dishes, Side Dishes, Breads, Salads, Soups, and Desserts. What would be your favorite Thanksgiving meal of all time? If dietary requirements? Perhaps your Uncle Stan is

diabetic or Aunt Sally is allergic to peanuts. Be sure to keep their needs in mind while you're planning. Try to offer some lighter, lower calorie alternatives to balance out some of the "heavier" traditional dishes.

Step 3: The Master Plan

Once you determine what you'll be serving, it's time to break it down into manageable tasks.

Contact the people who didn't know what they wanted to bring and assign them a dish. If you're short on desserts, ask them to bring one. You're already bringing a potato salad, so if they didn't want to bring them. Anything you can't delegate will be up to you to make of course.

Now, you know what everyone else is bringing, you can make a grocery list and a timeline of the items you'll be cooking.

Take a little time and sit down to make your grocery list. Keep recipes handy so you know exactly what you need. Don't forget some of the spices you only use a few times a year (like sage). What tools (like a disposable roasting pan) are you going to need to prepare the meal? Don't forget to stock up on extra napkins and paper towels.

If you are planning on using disposable table clothes, plates etc. make a list of those items as well.

Get as much done as early as possible. Did you know you could even freeze some mashed potato recipes weeks in advance? It's true! Get started early on the shopping of non-perishable items for the party. Cross items of your master-shopping list as you get them.

**From the Editor**

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As I think of all I have to be thankful for this Thanksgiving, just to mention a few: my health, my family, that keeps getting bigger, the beauty of all the Fall colors and the joy of meeting people.

I wish each of us a very Merry Thanksgiving. Thanks Giving.

I have a hard time believing that the Maritime Museum's Hall Of Fame & Museum has been open to the public for five years on October 16.

There is more and more activities taking place here at the Hall. More and more people are coming to tour the Museum, from PEI, NS, NB and other areas.

We are preparing for our 9th Induction for inducting creditable motor sports people in the Hall Of Fame. This years Induction is being held in Prince Edward Island on November 15 at the Delta Charlottetown.

Halloween is upon us again, have a happy time and be sure to look out for each other.

Have fun!

—John Maxwell

From your Editor

Winona McLean

**What to Do With Your Leftover Thanksgiving Turkey**

After a big Thanksgiving meal, many people end up with quite a bit of extra turkey. Snibbling on leftovers is fine, but there are some additional healthy ways to use that leftover turkey.

Sandwiches

This is our family favorite. Simply slather mayonnaise on your favorite bread and add turkey. Enjoy! Of course, you can make this sandwich fancier by using toasted garlic bread, or adding some seasonings to the mayonnaise. You can quickly whip up some gourmet style mayo by adding some of the packet ranch dressing mix to it.

Instead of regular sliced bread, make bread croutons with white bread or ciabatta bread for a different twist.

Open Faced Turkey Sandwich

Start with some really good toast. Rub a little garlic or butter on it if you'd like. Then, lay slices of turkey on it and cover with gravy. Heat up some left over stuffing and stick it in the toaster oven or your regular oven to give it a nice little crust and dinner is ready.

Turkey and Rice Soup

Use the leftover bones from the turkey and

throw them in a large stock pot. Cover them with plenty of water and add some onion, celery, carrot and salt and pepper. Bring it to a boil and boil for about 45 min. Add some rice and let it simmer for an hour. Add some vegetables you like as well and cook until the rice and veggies are tender.

Turkey Enchiladas

You can fix turkey enchiladas just like you would chicken enchiladas with your favorite sauce, tortillas and cheese. Just shred the turkey, and heat it with some cheese and enchilada sauce. Spoon the mixture on flour

enriched rolls.

—Steph continued on page 6

**Gobble till ya Wobble!**  
 Happy Thanksgiving!

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Ten members gathered for the September 17th meeting at the W.I. Hall. After reciting Mary Stewart's Collect, each person answered roll call by sharing what she loves about living in the Maritimes. It seems each of us finds our area welcoming and friendly with good family values. Some cited scenery and change of seasons making for great places to visit and eat out.

Zachera Demuth reported that Elgin W.I. has been the recipient of a Health and Wellness grant from the province. This money will be used for workshop-based teaching kitchens. To get started, a safety short course will be taught prior to September 27's turkey supper.

The benefit held on August 23rd for our secretary, Elsie Stevens, was very well-attended. Elsie remains in hospital in Saint John, and is hoping to be back home in several weeks. Best wishes, Elsie!

In new business, discussion was held on the Christmas party. One idea was to travel to King's Landing for a traditional celebration. Winona McLean will check out the details.

Most members of the Elgin branch plan to attend Peticoctidae W.I.'s 100th anniversary on Oct. 10th. We'll combine a short meeting with dinner out at Chumley's and drinks at the bar and a special dinner for September 27th. Carousing fits were reviewed, and drinks tallied as our branch prepares for its favourite event of the season – Turkey Supper!

**A fine day for W.I. Members, Takes Place in Peticoctidae Annual District Convention.**

"Expect the Best—Buy Local" was the theme of the 91st annual Peticoctidae District Women's Institute Convention held on September 10th at the Anglican Church Hall in Peticoctidae. The event featured an entertaining and educational group of presenters introduced by President Noreen Cooper.

After the opening exercises and welcome from the host Peticoctidae club, and Mayor Gerry Gogan, Cornhill's Bob Osborne brought in a show-and-tell basket of some of the products and plants his nursery is renowned for. His talk included a demonstration on grafting apples, as well as new introductions and hardness updates on roses and other perennial favourites.

In the afternoon session, Alycia Ghiz representing the Peticoctidae Farmers' Market, made a convincing case to shop locally. She urged the women present to purchase with compassion and cited the presence of factory farms and the high costs of transportation as two reasons to seek out the freshness and flavour that local growers offer with their produce.

Continuing the theme, the fashions show by Havelock Women's Institute delighted the audience with a series of outfits co-ordinated from the local Preremy's, modelled by branch members. From the evidence, recycled clothing would seem to be a smart alternative to paying full retail prices.

After a delicious lunch served by the Peticoctidae club, exhibit winners were announced. In the limited or crocheted scarf category: 1. Boundary Creek 2. Havelock. For landscape photo: 1. Boundary Creek 2. Peticoctidae 3. Annabelle's Gully. For corn relish: 1. Region 2. Peticoctidae 3. Annabelle's Gully.

The 2015 District Convention will take place next fall at the W.I. Hall in Elgin.

**Maritime Motorsports Hall Of Fame 5th Annual Christmas Bazaar November 21st & 22nd**

Friday 2pm-8pm • Saturday 10am-4pm  
Tables are \$10.00 per table per day.  
Tables need to be paid in advance & it is on a first come first serve basis. Tables can be paid for at the Maritime Motorsports Hall of Fame. More info 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 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, Peticoctidae, NB E4Z 0B4  
Phone: 756-2110, Fax 756-2094  
Email: [maritimemotorsports@gmail.com](mailto:maritimemotorsports@gmail.com)

Editor:.....Winona McLean  
Layout/Ad Design:.....Jennifer Hebert  
Sales:.....Angela Nicholson  
**November Deadlines: Oct 21 Advertising:.....Oct 20**

**Local News and Views Garden column**

By Mark Cullen  
Credit line: "Mark Cullen appears on Canada AM every Wednesday morning at 8:40. He is spokesperson for Home Hardware Lawn and Garden. Sign up for his free monthly newsletter at [www.markcullen.com](http://www.markcullen.com)."

**Why Fall Is For Planting.**  
You have a powerful effect on the success rate of the hole-up with the root of the plant. In the hole and top in firm contact with the roots. By doing this you are sending a message to the roots that it is indeed time to find a new home and get growing. So the plant a few centimetres above the ground for proper drainage, allowing the water to drain away from the centre of the plant, not into it.

**#3 After Planting**  
After you have planted your new woodyes in the garden it is important not to let them dry out and not to kill them with more water than they can digest. As a rule, I suggest that you put your finger in the soil about 4 to 5 cm deep (2 to 3 inches) and if the soil is dry it is time to water.

As winter approaches you will have plants in the ground that will thrive next spring. You will have taken advantage of many fall discounts at nursery retailers this time of year and you will be planting in some of the most pleasant temperatures for outdoor activity in the whole year.

**How Do You Know Good Roots?**  
You will know that a woody plant has the right kind of roots while shopping at a nursery by pulling it out of the pot. You don't have to yank it all the way out of the pot, but far enough to see the extent of what they fill it. If they completely fill the pot or turn around the interior contour of it, you have a potential problem.

Ideally you should buy plants that fill about 2/3 of the pot and the soil should be moist in early October, most fall-planted nursery stock will put down new roots before the

**Peticoctidae Community Calendar 2014**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>War Museum</b> - Tours by Appointment. See back for details.</p> <p><b>Maritime Motorsports Hall of Fame</b> Open Monday-Saturday 10am-5pm.</p> <p>5 -Church Services -Corn Hill Nursery Grapefest</p>	<p>6 -Senior's Club -Plates -Taking Time for Me -Air Cadets</p>	<p>7 -Geri-fitness -Kickboxing &amp; Volleyball @ PRS -Kiwanis -Kids Cove -Youth Group</p>	<p>8 -Library Storytime -Plates -SJA Junior &amp; Youth -Legion Noon Meal -Cubs &amp; Scouts -Village Council -Figure Skating</p>	<p>9 -Book Club @ Library -Drop-in Play Group -Kickboxing</p>	<p>10 -Farmers Market -Jam Session -Figure Skating</p>	<p>11 -A.K.A Dance Studio -Corn Hill Nursery Grapefest</p>
<p>12 -Church Services -Public Skate</p>	<p>13 Thanksgiving </p>	<p>14 -Geri-fitness -Kickboxing -Badminton &amp; Volleyball @ PRS -Women's Institute -Kids Cove -Youth Group</p>	<p>15 -Library Storytime -SJA Junior &amp; Youth -ATV Club -Legion Noon Meal -Cubs &amp; Scouts -Public Skate -Figure Skating</p>	<p>16 -Drop-in Play Group -Kickboxing -Peticoctidae Performance Club -Public Skate</p>	<p>17 -Farmers Market -Jam Session -Figure Skating</p>	<p>18 -Movie @ Library -A.K.A Dance Studio -Diamond Ring Dinner @ Legion</p>
<p>19 -Church Services -SJA Adult Meeting -Public Skate</p>	<p>20 -Plates -Taking Time for Me -Air Cadets -Public Skate -Figure Skating</p>	<p>21 -Geri-fitness -Kickboxing &amp; Volleyball @ PRS -Kiwanis -Kids Cove -Youth Group</p>	<p>22 -Library Storytime -Plates -SJA Junior &amp; Youth -Legion Noon Meal -Cubs &amp; Scouts -Public Skate -Figure Skating</p>	<p>23 -Drop-in Play Group -Kickboxing -Public Skate -Kiwanis Auction @ Legion</p>	<p>24 -Farmers Market -Figure Skating</p>	<p>25 -LEGO Club @ Library -A.K.A Dance Studio</p>
<p>26 -Church Services -Public Skate</p>	<p>27 -Plates -Taking Time for Me -Codice Classes -Air Cadets -Public Skate -Figure Skating</p>	<p>28 -Halloween Craft @ Library -Geri-fitness -Kickboxing -Badminton &amp; Volleyball @ PRS -Kids Cove -Youth Group</p>	<p>29 -Library Storytime -Plates -SJA Junior &amp; Youth -Legion Noon Meal -Village Council -Cubs &amp; Scouts -Public Skate -Can Skate Learn to Skate -Figure Skating</p>	<p>30 -Creative Writing Center @ Library -Drop-in Play Group -Kickboxing -Public Skate</p>	<p>31 Halloween -Farmers Market -Figure Skating </p>	

**Air Cadets**  
• Peticoctidae Squadron Air Cadets meet every Monday at 6 pm at Legion. New members welcome.

**A.K.A. Dance Studio** - Kodiae Room, Tap, Jazz, Hip Hop, Ages 3 - 6 (Sat. 12:15 - 1:15 pm), Ages 7 - 12 (Sat. 1:30 - 2:30 pm). Contact Alanna for info: 235-3052

**Anglican Church Services**  
• Peticoctidae Baptist - Sunday school at 9:30 am, morning worship 10:50 am.  
• Peticoctidae Memorial - 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.

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

**Corn Hill Nursery and Cedar Café**  
• Grapefest - Oct. 4 & 5  
• Cops & Scouts - Wednesdays, 6:30 pm at Anglican Church

**Drop-in Play Group** - Thurs. at St. Andrew's Anglican church from 9:30 - 11:30. preschool children and parent/caregiver. No charge. Call Christine 756-2296 for info, 7:30-9 pm. Tues. 52.

**Badminton & Volleyball** - PRS Gym. 7:30-9 pm. Tues. 52.

**Can Skating** starts Oct. 12, very Sun., Mon., Wed. and Thurs. from 1:00 pm - 2:30 pm. Sunday costs \$5 for adults and \$2 for children.  
• Adult only skate every Thurs. from 12:30-1:30 pm.  
• Figure Skating begins Oct. 8, Mon. 3-6, Wed. 3-7, Fri. 3-6.  
• Learn to Skate and Can Skate begins Oct. 22. Can Skate at 6 pm and Learn to Skate at 6:15 pm. Both every Weds.

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**October**

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RICKS RANT  
WHAT'S IN A NAME?

At a car show, you might see or hear a reference to different categories of cars you may have just thought to be a "hot rod". But actually, the term "hot rod" refers to a very specific class of early vehicles. Today we have "street rods", "resto rods", and "rat rods" as well as "hot rods", and the terms shouldn't be interchanged. Some street rod owners are really offended if you call their car a hot rod and vice-versa. We'll see if we can shed some light on the distinct characteristics of each one. Many still think it to do with the age of a vehicle, when in fact it has more to do with its intended use....

There was a time when the terms street rod, resto rod, and rat rod were not in the vocabulary of the hot rod movement that began in the 1940's. Generally the street rod term began in the late '50's as a class designation for indoor car shows. It helped distinguish between dual-purpose street rods (rested & ready) and the single use hot rod (strip). Hot rods had been around since early 1910's. As and the late 1930's, drag strips, but street rods were designed to be safe, road-worthy, and pleasing to look at, with their custom paint and interiors along with bigger engines.

The term took on a major new meaning in the early 1970's when the National Street Rod Association (NSRA) was formed to provide a regulatory body to steer the sport along. The National Hot Rod Association (NHRA) had been controlling the drag racing scene for over 20 years by that time. The NSRA stipulated that street rods were modified pre-'49 vehicles designed for safe use on the city streets and highways. Road-racers began accepting the term and traveling great distances to attend shows and events designed for pre-'49 street cars....the distinction between racing hot rods and show-street rods became even more defined. But for years the term street rod lived in the shadows of the older, and more genteel term, hot rod.

If you were to look in a dictionary, various simplified explanations can be found.... a hotrod is a noun meaning "a vehicle modified to increase its speed and acceleration". While a street rod is a noun referring to "an older vehicle that has been well

maintained, has a more powerful engine, and the interior modernized for comfort and pleasure". Of course we all know there is a lot more to each category than these broad descriptions, but the essence of their intended use determines the definition.

As the popularity of the pre-'49 hot rods increased, and the late 1980's and early 90's, the term "hot rods" which did the heavy lifting in the industry, which street rods could be constructed. By the late 1990's, the NSRA realized they couldn't increase membership due to this lack of pre-'49 vehicles. In the end, they rewrote their rules to designate vehicles "25 years or older" to be eligible for membership. Now that vehicles from the '50's, '60's, '70's and even the 1980's were available, a whole new category of rod appeared.... the resto rod. In simple terms, a resto rod is a vehicle that from its outward appearance and body parts from other vehicles installed. However the engines and mechanicals have been changed to something more powerful, and the interiors altered to be stylish, comfortable, and distinct.

So that brings us to the last 10 years of this rodding trip.... The rat rod is now the new term to be tossed around at car events. Within the rat rod genre, almost anything goes, as long as the result is a "street legal" vehicle. It's probably the most like the original racing hot rod in looks, but a craftsman with a large supply of mis-matched parts, a welder, a shop of tools, and most of all a creative vision can build a "show car" that just boggles the mind. While the rat rod may not be everyone's preferred vehicle, but each has had an important role in the success of the modified car hobby.... while the clear definition of each category, blurry distinction between each category, one thing is clear.... rodders and rods are here to stay.

RODDER\_RICK



What to Do With Your Leftover Thanksgiving Turkey

or corn tortillas and roll them up. Place the tortilla rolls in a greased baking dish and top with more enchilada sauce and plenty of cheese. Then bake them up until the cheese is nice and bubbly. They are a great way to use turkey in something that has a completely different flavor.

Tired of turkey sandwiches? Use a tortilla instead. Pick up lettuce, raw veggies and plenty of turkey. Top with some ranch dressing and roll it up for a portable lunch or snack. Another fun idea is to mix shredded turkey with a little mayonnaise, some chopped apple, grapes and a few walnuts for a turkey salad wrap.

Make a gorgeous, colorful salad, using all the vegetables you can find in the store. Add sliced turkey to the top and add your favorite salad dressing. Or make a turkey Caesar salad with romaine lettuce, turkey, parmesan cheese, croutons and Caesar dressing.

Shred your leftover turkey and cook it along with beans, tomatoes and your favorite chili seasonings. Of course you can also toss in any leftover veggies like corn or green beans and cook them right along with the rest of the chili ingredients. Serve with cornbread.

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- 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

Pettaquodiac Continued from pg 4  
**Libraries continued**  
 • Storytime (Ages 2-5) Wednesdays from 10:30-11 am.  
 • Adult Book Club-Thurs, Oct. 9, 6:30-8pm.  
 • Mid-Month Movie Matinee (Ages 6-12)- Sat., Oct. 18 from 2:30-4:30 pm. Movie TBA.  
 • LEGO Construction Club - Sat., Oct. 25, 2:30-4 pm.  
 • Halloween Craft (Ages 3-8) - Tues., Oct. 28, 2:30-3:00 pm.  
 • Creative Writing Corner - Thurs., Oct. 30, 6:30-8 pm.

**Yillace Council** - Meetings are open to public. If you wish to address council, you must make a formal written request to the office 48 hours prior. This Month: Oct. 8 at noon and Oct. 29th at 7:00 pm.  
**Year Museum** - Tours by appointment. Please call Cathy at 756-21068 for more info. Free admission.  
**Women's Institute** - Meets second Tuesday of each month at 10:00 pm. Call Jean at 756-2985 for more info.  
**Youth Group** - Tuesdays, 7:30 pm at Baptist Church, Middle School and High Street. Open Fridays 10 am - 6 pm.

**Pettaquodiac Farmers Market** - 31 Main Street. Open Fridays 10 am - 6 pm.  
**Pettaquodiac Sportsman Club** - Meets on 3rd Thurs of the month at 7:30 pm. New members welcome. Club house is located at 1030 Samatorium Road. www.sportsmanclub.ca  
**Petty Trailblazers ATV Club** - Meets 3rd Wednesday at the Legion building at 7:00 pm.

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

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

**Seminars Club** - 2 pm, 1st Monday of the month at Kivans.

**Taking Time for Me Weight Group** meets every Monday night at the Pettaquodiac Baptist Church with weigh in at 6:00 and meet-

*When Autumn leaves are falling and Thanksgiving is near*  
*It warms the heart to think of those who mean so much all year*  
*Cappy Thanksprings*

**HAUNTED HOUSE TOUR**  
**Kellor House Museum**  
 4974 Main Street Dorchester, NB  
**Friday and Saturday**  
**October 17th & 18th**  
**October 24th & 25th**  
**7:00 to 9:00 PM**

This year it will be scarier than ever before—once you're inside—there is ONLY one way out—through the

**"DUNGEON OF DOOM"**  
 For more information contact:  
 Alice Pothnie at 379-6620

**Spooky**

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

**APPLE BREAD**

Peel and grate 2 apples  
 1/2 a bowl cream  
 1/2 cup white sugar  
 To this add:  
 2 beaten eggs  
 1 teaspoon vanilla  
 Grated apples  
 In another bowl mix dry ingredients  
 2 cups flour  
 1 teaspoon salt  
 1 teaspoon baking powder  
 1 teaspoon soda  
 1 teaspoon ground cloves  
 1 teaspoon cinnamon  
 1/2 teaspoon nutmeg  
 Add to sugar mixture  
 Bake in loaf pan, lined with wax paper.  
 Bake at 350 degrees F. until toothpick Comes out clean.



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Great gift idea. Ph: 756-2110



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

What's in Red and Protects Cardiovascular Health?

For years we've been told that the Mediterranean diet, full of vegetables and fruits, is the best diet to eat to prevent heart disease and stroke. But George H.W. Bush, former president of the U.S., admitted he didn't like broccoli. And angry farmers dumped a load of it on the White House lawn. I share his view. So I'm grateful now that the red tomato is believed to be the main vegetable for decreasing the risk of cardiovascular disease. So what is the magic ingredient in tomatoes that fights heart attack and stroke?

Researchers at Cambridge University say that the lycopene in red tomatoes keeps the endothelial lining of the human artery (the inner part) healthy, decreasing the risk of blockage. We all know what happens when too much rust collects inside the plumbing in a house. The same scenario in arteries sets the stage for a variety of cardiovascular troubles.

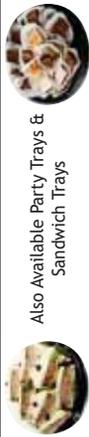
Tomatoes are loaded with lycopene. It provides the distinctive red colour to fruits and vegetables. In addition, it's a powerful antioxidant, 10 times more potent than vitamin E. As the fruit ripens, so human metabolism produces free radicals, which are waste removed by antioxidants.

Researchers studied patients with cardiovascular disease who were taking

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other significant benefit. Both the PSA test (prostate specific antigen) used to diagnose prostate cancer, and the outcome of treatment were lower.

Researchers at the Harvard Medical School studied 48,000 prostate cancer patients. If there was any association between eating fruits and vegetables and prostate cancer, they concluded that tomatoes and tomato-based products decreased the risk of this malignancy.

Another Harvard project, "The Physicians Health Study" found that 47 percent reduction in the risk of prostate cancer when there were high blood levels of lycopene. It was the only compound that had this effect.

Lycopene also benefits females as it shows a significant and consistent effect in decreasing the risk of precancerous changes in the cervix. Other studies show it decreases the risk of stomach, bladder, lung, and breast malignancy.

Let's end on another happy note, particularly for pizza lovers. Dr. Edward Giovannucci at The Harvard Medical School followed patients who had consumed tomatoes, tomato sauce or pizza more than twice a week. He reports they had up to 34 percent less risk of prostate cancer than those who rarely ate these foods.

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



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

Brittle Hill. Alan Spinnay and Helen Spinnay created a comic book for teens and preteens, here in Moncton.

It is a completely locally produced comic book series, and we are working on the third issue now, to be released Nov 8th.

The title of the series is Brittle Hill.

What is Brittle Hill?

Picture "The Goonies" meets "The Breakfast Club" meets "Edward Scissorhands". Then imagine it as a comic book series!

Set in the town of Brittleville, Brittle Hill brings us into the lives of three teens as they question what they know about life and death.

The poor lives of romance and betrayal occur while they experience truly colourful supernatural events!

There are also some cool scenes featuring a BMW Z8, of car buffs!



Alan Spinnay and Helen Spinnay at a gaming shop in Moncton, with the cover of Issue 1 of Brittle Hill.

Want to learn more about a particular vehicle? Come check out our Vehicle Showroom

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TRIVIA NIGHT

Nov. 27th, Pettitcodiac Legion

Doors Open: 7:00pm, Game Starts: 7:30pm

Pettitcodiac Kiwanis fundraiser and the money raised is used to support our community initiatives. It's being held at the Pettitcodiac Legion on Nov 27 and hosted by Rick Brown who will be reading out the questions. Teams of up to 6 people per team can enter at cost of \$150 per team (there are limited number of teams able to enter). They have to contact Dan Pollock to enter. Teams will compete on questions in different categories; ex: science, history, sports etc. The first prize for the winning team is \$1200, there is a second and 3rd prize of lesser amounts. There will be free pizza served at some point during the evening, a 50/50 draw, as well as door prizes.

History • Geography • Science • Sports • Entertainment • Literature

1ST PRIZE \$1,200

2nd Prize \$300

3rd Prize \$150

Buy up to .3 mulligans at \$10 each

Free Pizza, Door Prizes

6 Person Max Teams, \$150 entry fee per team

Call Dan Pollock @ 756-1084 to register or email pollockd@sympatico.ca

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**FLASHLIGHT NIGHTS/DATES**  
October 17, 18, 24, 25, 31  
November 1

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7 pm - 9 pm

**PRICES**  
\$12 per Person

**PUMPKIN BLASTER DATES**  
Open every Saturday/Sunday from  
10AM to 5PM

**OPEN**  
Open every Saturday/Sunday from  
10AM to 5PM

**PRICES**  
\$2 for 1 Pumpkin  
\$10 for 6 pumpkins  
\$20 for 12 pumpkins

**FLASHLIGHT NIGHTS/DATES**  
September 6, 13, 20, 27  
(Friday and Saturday Nights)

October 2, 3, 4, 9, 10, 11, 16, 23, 30

**OPEN**  
Friday and Sunday night  
7 pm to 9 pm

**PRICES**  
\$9 for adults  
\$7 for under 13  
3 and under are Free

**Plan a Daycation**  
\*Your Daycation is in your hands\*  
October will be the last inscription for the Daycation and will better way to end this small series with a trip to a place right in your own back yard. This month we will be suggesting Salsbury NB there is a place called the Green Pig and is located at 2927 Fredericton Rd, Salsbury, NB.

The Green Pig Country Market is a unique place to visit. You'll discover a place with a real community feeling featuring all your favourite local products. Customers of all ages will be delighted by the variety and quality of what we have to offer.

They are proud of the foods they offer and because the items they serve are locally high quality and very reasonable prices. At The Green Pig they go the extra mile for you. They carry unique merchandise you cannot find elsewhere. Local is important to them, you should go and discover what the Green Pig has to offer.

You can get lost for the afternoon in their amazing and challenging Corn Maze. Great for families, groups and people of all ages. It will challenge your mind and your resilience as you try to figure out the best way to solve the maze. Try the full maze, mini maze or come at night for a haunted experience or flashlight night. Open daily late August through to the end of October.

To coincide with the opening of our Zombic Paint Ball ride, this year's theme is Zombic Apocalypse. There is a Large and Mini maze open daily and sure to provide loads of great fun. The Large maze will be open about 1.5 hrs before the opening of the Mini Maze will be 20 minutes. Be sure to check their website [www.greenpigmarket.com](http://www.greenpigmarket.com) for times and dates of our Haunted Corn Maze, Flashlight Nights, Pumpkin Blaster and more.

**Everyday People**  
Submitted by Sheila Boisjournault

This month we are visiting the local Barber Shop in Pettafocia. I found this quote which is quite fitting for this story.

"Being a barber is about taking care of the people." Anthony Hamilton.

Stu Lutz is our barber in Pettafocia. He was born in River Glade and went to school in Salsbury. He always had his hair cut in Pettafocia and it was there in the barber chair that he got the idea to become a barber. In 1964 he attended the Technical School in Fredericton. He started on June 10th, 1964, and after a few years, George Wheaton was the instructor.

In 1968 Stu married Glorinde Bamister from Eglon. She worked at a bank in Moncton. After their first child she quit and she worked at a flower shop for a while. They had three girls; two live out west and one nearby. They have six grandchildren.

It was on June fourth that he started working for Roy Anderson on Main Street, Pettafocia he worked 10 years with him. He remembers a day at the shop this man, who had been drinking, came in, he told them he wanted a haircut. Roy told this man that he wouldn't because of the fact that he had been drinking. The man grabbed Roy's scissors and told him that if you "amir" going to cut my hair I'm taking your scissors. At that point Roy shut the door and locked it; he told the man that he wasn't going to get out of here and that he was calling the Mounties. When the Mounties had him secured in the car he called out to Roy, telling Roy that guess you didn't get much hair cut while I had your scissors.

Roy's father-in-law, died so he went to Sussex to take over his properties.

In January Roy sold his barber business to Stu Lutz. He had been there for a full five years. Stu had been barber for 40 years and a convenience store. The Barber Shop remained, but wasn't fit, because you couldn't get the smell out. Stan Bransford rebuilt the Shop and he built a preface on for the Barber Shop. Until then Stu worked for Ross McCully at a store by the Bank.

June the fourth around 1975 he had Gary Graham work for him and he remains there for the past 37 years.

Stu has been barbering for 50 years. He says that he has met a lot of people during that time and has cut a lot of hair. He cut the hair of one of the Premiers of New Brunswick and he even had John Crefften sit in one of his barber chairs while waiting for Hollis Steeves to get his hair cut. Steeves was one of his clients.

He cut children's hair as they sat on a board. They started at one to three years old and continued during elementary school then high school, before they were married and now he cuts their grandkids hair. There used to be a lot of teens come to get their hair cut especially when the brush cut was popular. In the winter they would have a regular cut, not too short but when spring came they were busy cutting brush cuts again. Now with the latest styles the teens go to Moncton. Stu says he cuts a lot of military men's hair and military cadets; many come here for the regulation military cut because there are not many male barbers left.

Stu said he would never live anywhere else, the people here have been so good to him that he says he'd pay back by going to their home to live with them. For 20 years Stu went once a month to the Spencer home in Moncton to cut hair. He also cuts hair for people in Sussex, Mount Eagle, Salsbury, Middlesex, and Havelock; people who were customers for years.

He is also a member of the Kiwanis Club, for 45 years. He wanted to give something back to his community. He also attends the Anglican Church.

Stu gets his supplies from a traveling salesclerks. He said that his clippers used to cost from 45-50 dollars, now they are from 250-275 dollars. Scissors were from 4 to 55 dollars, now they are 75 - 100 dollars. As for the scissors, now you can buy a replacement blade which will save a few dollars. The price of a haircut was 50 cents for a boy and 75 cents for a man, now some places up to 20 dollars.

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There are many pictures on the wall in Stu's Barber Shop, one in particular is of a young Mountie, and he used to come regularly. He got transferred to Alberta, Stu's daughter was there so one time while visiting her Stu went to see the young man. He was very fit. He saw Stu and he took him on a tour of the Depot.



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**GREEN PIG Country Market**





# Salisbury Happenings

NO SCHOOL October 9th 10th and 13th

## SALISBURY PUBLIC LIBRARY EVENTS

Celebrate Canadian Library Month and Wellness Week in October by visiting our StoryWalk® in Highland Park. Read a picture book as you take a walk around the park.

**The Booklovers Reading Club** for adults will discuss *Tenth of December* by George Saunders on October 11 at 6:15 pm. New members welcome. Bookings at 372-5639. [www.salisburylibrary.com](http://www.salisburylibrary.com)

**Board Game Bonanza** - Saturday, October 18th from 2:00-4:00 pm. All ages are invited to play games at the library.

**Afternoon Movie** - Thursday, October 9th. No school today? Join us for a movie at 2:00 p.m. Free popcorn! **Crafting Circle** - Wednesday, October 22nd from 6:30-8:00 p.m. Bring your current craft project and join our members and crafters for inspiration and instruction. All skill levels welcome.

**Story Time** - Fridays at 10am. A 30-minute program of stories, songs, and literacy-building activities for ages 2-5.

These programs are offered free of charge. For more information call the library at 372-3240. The library is located at 3275 Main Street in Salisbury.

**Salisbury Public Library** - Tuesdays, Wednesdays, Saturdays 10am-12pm & 1-5pm, and Wednesdays 1-5pm & 6-8pm.

## Salisbury Village Wants YOU to KNOW

Spring special pick up day is scheduled for Monday, May 12, 2014. Fall special pick up day is scheduled for Monday, October 13, 2014. Any items residents wish to have picked up must be placed at roadside. Please be sure to remove items from your car when you pick up. **Appliances/Furniture** - after 5:00 a.m. 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:

- Thursday, May 15, 2014 from 2:00 p.m. to 7:00 p.m.
- Thursday, October 16, 2014 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.

## Salisbury Fire/Rescue

Salisbury Fire/Rescue is selling blue reflective 911 emergency call plates for \$15.00 to help you get help you! Purchasing needed fire department equipment. To order 911 plates, call the village office @ 372-3230.

## St. John Anglican Church

**Youth/Junior Group** - Ages 8 - 10 (Lunch) and 11+ (Youth) meet EVERY Wednesday from 6:30 - 8:30 pm in the Kwanas Community Centre in Petticoodiac (below the Medical Centre). For more information please contact Diane Wilson, 372-5639.

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## Salisbury Happenings Continued

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**23rd Annual Petticoodiac Ladies Diamond Ring Dinner**  
 Saturday, October 18th, 2014  
 Petticoodiac Royal Canadian Legion  
 Happy Hour 5-6pm Dinner at 6pm  
 Only 150 tickets being sold.  
 General Public can purchase tickets after Sept 23 until sold out.

## EXPLORE MORE AT TOYS!

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**2014 TRX420FAZE AUTOMATIC 4X4** **TOYS PRICE Reg \$8,499 Save \$500 \$7,999**

**2013 TRX250DE** **TOYS PRICE Reg \$500 Save \$50 \$4,749**

**2014 TRX250DE** **TOYS PRICE Reg \$500 Save \$50 \$4,749**

**2014 SIS200MZE Pioneer** **TOYS PRICE Reg \$11,999 Save \$1,000 \$10,999**

**2014 SIS200MZE Pioneer** **TOYS PRICE Reg \$13,699 Save \$250 \$13,449**

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# Salisbury Happenings

NO SCHOOL October 9th 10th and 13th

## Salisbury District Girl Guides of Canada

Tuesday Sept 9th at the Smith Street United Church from 6:30pm to 7:30pm. Girl Guides is open to girls in grades 5 to 12 and adults who give us a call. Carolyn Cochran-Tracy, 372-9776

## Salisbury Golden Age Club

meets on the 1st and 3rd Thursdays of the month at the Salisbury Public Library. Club activities begin at 12:00 pm with a potluck meal, followed by meeting and games. For more information, contact Henry Hopper 372-1095.

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## St. John's Anglican Church, Salisbury

Sunday at 11 am with Sunday School being held from 9:30 am to 10:30 am. All are invited to attend. Bible studies will begin in October on Tues. at 7pm and ACW will be held every second Tuesday at 2pm. On Oct. 21 our Parish will be holding a Ham Baked Bean and Potato Supper from 7:30 to 8:30 at the Parish Centre. For details or more information call 372-4488.

## Community Church Actives for Everyone

**SALISBURY UNITED CHURCH**  
 Pastor: DLM Sim Rushton  
 Phone 372-4746

**Sunday** 10:00 AM Church and Sunday School Services  
 11:15 AM Layworship  
 7:00 PM Men's Bible Study, Choir Practices

**Tuesday** 9:00 AM AAU Group  
 9:00 AM Quilters  
 6:30 PM GH Guides

**Thursday** 8:30 AM - 12 Community Farmers Market

**Saturday** 7:30 PM UCVY meeting, all ladies invited

**October 10 - 10:30 AM** Prayer Service at Moncton Centre.

**October 12 - 10:00 AM** Thanksgiving Services

## Salisbury Baptist

**Free Couples Night Out - Dessert Night** - Authentic Marriage for Imperfect Spouses with guest presenter Rev. Greg & Wendy Jones, Friday October 3rd from 6:30 to 8:30 pm at the Salisbury Baptist Church. Please call 372-5179 to book your spot.

**Movie Night - "God is Not Dead"** - Sunday October 12 at 7:00 pm FREE admission. Sermon series and small group discussions to follow.

**Spent Annual Clothing Give Away** - Thursday Oct 23 from 8:30 am to 6 pm. Items to donate can be dropped off Tuesday Oct 21 and Wednesday Oct 22 between 8:30 am and 2:30 pm.

**Heroes Night** - Friday October 31 from 6:30 to 8:00 pm for children up to grade 6.

**Salisbury Community Seniors Group** presents "The Good Old Days" with an Antiques Demo with Kelly Lewis and Creating a festive wreath with Ben & Ed's Flower Shop at Salisbury Baptist Church, Thursday, October 9th, 10:00 am - 12:00 pm. Apple Crops Snack provided.

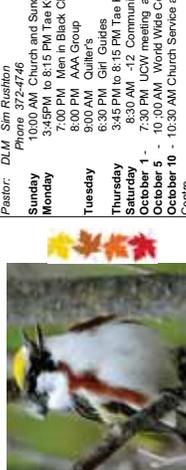
## Getting involved with the HAPPENINGS

There are so many different birds in our area. If you have a picture of a bird or wild life, please email it to [helpinghands@belairfont.com](mailto:helpinghands@belairfont.com) and maybe it will be our special picture.



## Salisbury Helping Hands

Has your child written a story that he or she would like to share send it in to [helpinghands@belairfont.com](mailto:helpinghands@belairfont.com)



What sound does a turkey's phone make?  
 A. Wring! Wring!

**St. John's Anglican Church, Salisbury**

**Monday** 7:00 pm Senior High Youth  
 9:30 am On Your Knees  
 1:00 pm Prayer Team

**Wednesday** 7:00 pm Senior Choir  
 6:30 pm Adult Volleyball  
 7:00 pm Men's Prayer Time  
 8:30 pm T3 (Time Travel Thursdays)  
 6:30 pm Junior High  
 9:30 am Sunday School  
 11:00 am Morning Worship  
 6:30 pm JAM

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-\$100 promotional credit

**\$0\***  
With FREE installation\*

**SAVE \$100**

**Want to Win an iPad?  
Call Us for Details!**

**372-9990**

See in-store for more details.

Shaw Direct

\*Offer available for a limited time and is subject to change without notice. Available to qualified customers who haven't subscribed to Shaw Direct for the past 180 days. Net \$0.00 HD receiver is based on a \$99 purchase price less at \$100 promotional credit. A valid credit card, upfront payment deposit, or approved credit score (where available) is required in order to qualify for the \$100 promotional credit. Basic installation is provided at no cost for first receiver. Installation fees apply to additional hardware and range from \$49.99 to \$99.99. Maximum of 6 receivers per account. A multi-receiver fee (MRF) of \$6.02 may apply for customers with two or more receivers.

Short term contract

\$50  
Shaw Direct-Xplornet Bundle Credit

\$40.00/mth!  
First 2 months on a 1 year term

We offer:

- The experience and technology of a national company
- 24/7 Canadian Customer Service backed by local dealers
- Flexibility to change your plan at any time
- Free basic installation<sup>2</sup> (\$225 value)

**Want an even Better Offer?  
Call Us for Details!**

**372-9990**



**3134 Main St  
Salisbury NB**



**XPLORNET**  
Reliable | Rural | High Speed

1\$40 on all plans applies for the first two months. Regularly applicable pricing plan resumes in month 3. Offer ends October 31, 2014 and is available to new customers who agree to a 1 year term commitment on any Xplornet 4G Satellite Residential package. Not to be combined with any other offer. \$99 activation fee applies to Satellite plans on a 1 year term. Taxes apply. 2If installation requirements go beyond the scope of a basic installation, additional fees may apply. Subject to site check, site check fee may apply. See dealer for details. 3Customers on the Anywhere Bundle receive a one-time \$50 bill credit of their Xplornet Internet on 3G or 4G service. To be eligible for the bundle discount, customer must be in good standing with both Xplornet and Shaw Direct. Customer must be new to Xplornet and activated on or after July 15, 2014 to be eligible. Xplornet® is a trade-mark of Xplornet Communications Inc. © 2014 Xplornet Communications Inc.