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LOCAL NEWS & VIEWS

Promoting Local Business & People in
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January Issue, 2015

Volume 5 #9.

MONTHLY BULLETIN

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Petitediac Sportsman's Club

The Petitediac Sportsman's Club recently honoured three of their long -time members at their Christmas Meeting held on December 18th at the Clubhouse.

Alan Goddard, Aubrey McCormick and Jerry Gogan were all presented with Life Membership Certificates for their dedication and service to the Club over the years.

Alan Goddard and Jerry Gogan are Charter Members of the Club and have been faithful supporters of the Club for more than 30 years. Both have served as President over the years and have held a variety of positions on the Board of Directors.

Aubrey McCormick has supported the Club annually for many years and contributed greatly to the success of the Club's Annual Fund Raising Dinner held each year in May.

The Petitediac Sportsman's Club is comprised of hunters, anglers and shooters in an effort to promote the sustainable management and wise use of our natural resources and to promote the shooting sports.

For more information visit their website at www.sportsmanclub.ca

LN&V Now Online at our website : www.maritimemotorsporthalloffame.com Ph:756-2110

Also like our page on facebook [Maritime Motorsports Hall of Fame](https://www.facebook.com/MaritimeMotorsportsHallOfFame)



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LOCAL NEWS & VIEWS
MONTHLY BULLETIN

- Local News & Views Monthly Bulletin is published once a month by the Maritime Motorsports Hall of Fame Inc.
- The purpose of the Local News & Views is to inform the general public what is happening in the Hall of Fame, as well as what is coming up with in each community.
- It is also a venue for business to advertise their products and services each month.
- It is intended to assist all the local Service Clubs in their endeavor to support their communities.
- Local News & Views will tell the stories of Local people as they go about their day to day activities making a positive difference in their communities.

The office is in the Maritime Motorsports Hall of Fame located at :
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Sales.....Angela Nicholson

February Deadlines:
Editorial..... Jan 23
Advertising.....Jan 22



From the Editor

Christmas went so fast, now the rush is over for another year away. Now we need to slow down and get back on our regular routine.

The many extra sports events the children have over the holidays, wow!

I have come to the conclusion that God is getting forgetful like some of us. He seems to have forgot what season it is. He turns on the water or snow and forgets to turn it off. Therefore I guess we have to be ready for anything.

Hope you made reasonable resolutions so you can keep them for a while.

My resolution is to enjoy life to its fullest.

For all you people that are going or gone south have a great vacation.

Your Editor
Winona McLean



Maritime Motorsports Hall Of Fame will be closed from
December 23, 2014 to January 5, 2015 (unless posted)

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*Hope you have a great new year
2015. Let the celebration begin.
Cheers to 2015. May all your
dreams come true.. !*

Ross Wetmore
MLA Gagetown – Petitcodiac
1-877-632-2083

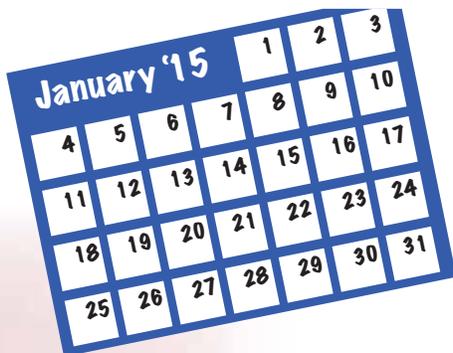
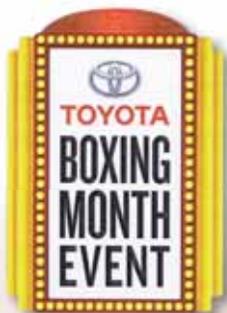



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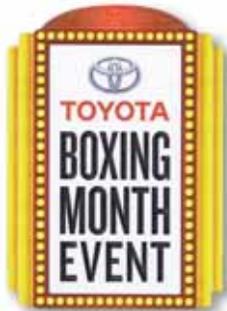
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Petitcodiac Biggest Loser WEIGHT LOSS Competition



Everyone that was doing this had a rule that people need to weigh in on the same scale. This keeps things consistent.

You go by the percent of body weight loss. The calculation is the take your actual weight (today) and subtract it from your initial weight. Then divide that number by your initial (starting) weight. Take that number and multiply it by 100 and you get your weight loss percentage.

$((IW-AW)/IW) * 100 =$ weight loss percentage

So if I start at 211, and I lose 5 lbs in a month and end up at 206.
That's 211-206 (5 lbs.)

Take 5 lbs. and divide it by my starting weight (211). $5/211 = .023697$
Multiply that by 100 and you get 2.37%

- The first weigh in will be on Wednesday, January 7th, 2015 at Killam's Pizzeria
 - Weigh-in's will occur every Wednesday at the Pizzeria.
 - There is a one time \$50.00 registration fee which must be paid during your first weigh in and \$5 if you miss a weigh in or gain.
 - We can have one person win all the money, or divide between the top 3 players. Money can be a nice motivator. Which can be decided after everyone joins.
- Further information and rules can be picked up at Killam's Pizzeria.



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Grand Opening

You are all invited to come to the Grand Opening of the SPOT food bank in Petitcodiac on January 13th at 2 pm!

The food bank and clothing store has been rebuilt after a fire destroyed the building last year. Come out to support S.P.O.T. and celebrate this great community group



80 Easy-to-Follow New Year's Resolutions

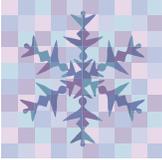
It's 2015. How are you going to make this year the best yet? Sticking to a New Year's resolution takes work; make sure to choose something worth working for! Here are 101 ideas for simple resolutions that can make a big difference.

1. Take the stairs.
2. Walk or ride your bike more
3. Schedule "me" time
4. Don't use your cell phone during work meetings, social events or dinner.
5. Don't text and drive (as a matter of fact, don't use your phone at all while driving).
6. Cook at home more often
7. Be more than punctual
8. Write one handwritten letter a month to someone special.
9. Do something out of your comfort zone.
10. Start running a little further each time you run.
11. Read one new book each month.
12. Turn off the Internet and television and read a book before falling asleep.
13. Make more eye contact during conversations.
14. Use your credit cards for emergencies only by removing them from your purse or wallet. Only spend with what-
15. ever cash you bring with you.
15. Refrain from gossiping
16. You know it's the most important meal of the day, so why skip it? Give yourself an extra 15 minutes in the morning to prepare and eat a good breakfast.
17. Participate in "Meatless Monday" by forgoing meat once a week.
18. Make healthy food swaps when you can.
19. Try portion control when eating meals.
20. Use products that are eco-friendly and don't contain harsh chemicals.
21. Take time to spend outside.
22. Stop late-night snacking.
23. Floss your teeth more often.
24. Do more of what you enjoy doing.
25. Spend a few hours a week enjoying time with your family.
26. Start recycling.
27. Grow a simple garden: start with herbs that are easy to grow and maintain.
28. Don't litter.
29. De-clutter your home. Get rid of anything you don't use or haven't worn in a year.
30. Learn something new every day.
31. Start saving for a family vacation today.
32. Invest in your retirement.
33. Incorporate more vegetables in your meals.
34. Designate a family dinner night that everyone must attend.
35. Walk your dog every evening after dinner.
36. Keep in touch with loved ones
37. Pick up a new hobby.
38. Make a spa day once every few months – whether it's pampering at home or booking at a salon.
39. Help others by volunteering.
40. Donate furniture and clothes that you no longer use to those in need.
41. Do a safe walk of your house – replace smoke alarm batteries, check locks on windows and doors.
42. Save energy this year – replace old appliances and light bulbs.
43. Plan birthday and holiday gifts ahead of time to save with sales and deals.
44. Pay off your credit cards.
45. For everything negative you say, say two things that are positive.
46. Eat more high quality dark chocolate - it's loaded with antioxidants.
47. Listen to more of your favorite type of music.
48. Boost your energy and health by enjoying fresh juices or green smoothies
49. Invite more friends and families over for a monthly gathering.
50. Quit smoking or cut down.
51. Cut out processed/prepackaged foods.
52. Have more fruit available throughout the day to refuel your energy.
53. Drink water or green tea instead of coffee to reduce caffeine intake and keep you hydrated.
54. Get on a solid sleep schedule.
55. Prepare ahead of time.
56. Replace sugar with natural sweeteners like agave, honey and Stevia.
57. Bring your lunch from home more often.
58. Cut down your sodium intake by using spices and herbs to flavor your dishes instead of salt.
59. Prepare some of your week's meals in advance to help cut down on cooking time.
60. Invest in a few kitchen utensils that save you time.
61. Preserve seasonal fruits and vegetables by learning how to can them.
62. Take preventive measures to minimize the risk of getting sick by washing your hands frequently.
63. Don't let things out of your control overwhelm you. Realize there are certain obstacles to challenge us, but never defeat us.
64. Improve your quality of life by getting more involved in your community and connecting with nature.
65. Support local small businesses and keep your money where you live.
66. Help reduce your carbon footprint: go car-less one day a week by staying at home, walking, taking public transportation or riding your bike.
67. Eat five new foods this year. Have you tried kale, quinoa, coconut oil or almond butter yet?
68. Loosely track your goals. Don't be too specific on deadlines.
69. Keep a journal
70. Listen more in conversations.
71. Learn others' resolutions and help them achieve their goals.
72. Give someone a compliment once a day, but really mean it.
73. Give your dishwasher and washing machine some love. Check for leaks, mold or clogged drains.
74. Bring some of the items that make you happy at home to your workspace, like photos of family or small trinkets.
75. Make your bed daily. This simple, three-minute chore.
76. Take the time to clean as you go and clear away any clutter that has accumulated over time.
77. Not everything is going to be easy or enjoyable, but try to appreciate the challenge and look on the brighter side.
78. Spend money on things that create memories.
79. Give yourself more credit. More than likely, there is no one who will master everything on their list. The fact is, you're trying and nothing is better than that.
80. As always, keep it simple

Will you be trying any of these goals for 2013? What's your simple resolution?



Petitcodiac Community Calendar 2015

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
War Museum - Tours by Appointment. See back for details. Maritime Motorsports Hall of Fame Open Monday- Friday · 10am-5pm. Winter Hours				1 New Year's Day -New Year's Day Levee @ Legion 	2 -Figure Skating	3
4 -Church Services -Public Skate	5 -Senior's Club -Pilates -Taking Time for Me -Air Cadets -Figure Skating -Public Skate -Merry Makers 2 @ Legion	6 -Geri-fitness -Kickboxing -Badminton & Volleyball @ PRS -Kids Cove -Youth Group -A.K.A Dance Studio	7 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Cubs & Scouts -Can Skate/Learn to Skate -Public Skate -Figure Skating	8 -Book Club @ Library -Drop-in Play Group -Kickboxing -Public Skate -A.K.A Dance Studio -Meeting @ Legion	9 -Jam Session -Figure Skating	10 
11 -Church Services -Public Skate -"One More Moment of Christmas" @ Baptist Church	12 -Pilates -Taking Time for Me -Air Cadets -Figure Skating -Public Skate	13 -Geri-fitness -Kickboxing -Foot Clinic -Badminton & Volleyball @ PRS -Women's Institute -Kiwanis -Kids Cove -Youth Group -A.K.A Dance Studio	14 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Cubs & Scouts -Village Council -Can Skate/Learn to Skate -Public Skate -Figure Skating	15 -Drop-in Play Group -Kickboxing -Foot Clinic -Public Skate -Petitcodiac Sportsman Club -A.K.A Dance Studio	16 -Jam Session -Figure Skating	17 -Movie @ Library - Petty Raceway Dinner @ Legion
18 -Church Services -SJA Adult Meeting -Public Skate	19 -Pilates -Taking Time for Me -Air Cadets -Public Skate -Figure Skating -Merry Makers 2 @ Legion	20 -Geri-fitness -Kickboxing -Badminton & Volleyball @ PRS -Kids Cove -Youth Group -A.K.A Dance Studio -Village Council	21 -Library Storytime -Pilates -SJA Junior & Youth -ATV Club -Legion Noon Meal -Cubs & Scouts -Can Skate/Learn to Skate -Public Skate -Figure Skating	22 Drop-in Play Group -Kickboxing -Public Skate -A.K.A Dance Studio	23 -Figure Skating	24
25 -Church Services -Public Skate	26 -Pilates -Taking Time for Me -Codiac Classics -Air Cadets -Public Skate -Figure Skating	27 -Geri-fitness -Kickboxing -Badminton & Volleyball @ PRS -Kiwanis -Kids Cove -Youth Group -A.K.A Dance Studio	28 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Cubs & Scouts -Village Council -Public Skate -Can Skate/Learn to Skate -Figure Skating	29 -Drop-in Play Group -Kickboxing -Public Skate -A.K.A Dance Studio	30 -Figure Skating 	31 -LEGO Club @ Library -Gagetown-Petitcodiac PC Riding Associates Roast Beef Dinner

January

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

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

Arena
-Public Skating every Sun., Mon., Wed., and Thurs. from 1:00 pm - 2:30 pm. Sunday \$3 for adults and \$2 for students.
-Adult only skate every Thurs. from 12:30-1:30 pm.
-Figure Skating Mon. 3-6, Wed. 3-7. Fri. 3-6.
-Can Skate at 6 pm and Learn to Skate at 6:15 pm. Both every Weds.

Badminton & Volleyball - PRS Gym. 7:30-9 pm. Tues. \$2.

Church Services
-Petitcodiac Baptist - Sunday school at 9:30 am, morning worship 10:50 am.

-Petitcodiac Mennonite - Sunday School 9:45 am and Worship Service 11:00 am.
-St. Andrew's Anglican - Sunday Service at 9:00 am
-St. James United - Sunday School & service at 11 am.

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

Cubs & 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 & parent/caregiver. No charge. Call Christine 756-2296 for info.

Foot Clinic: Petitcodiac Drugmart Jan. 13 & 15 from 9:00 to 4:15. By appt. (756-3391). \$35.

Geri-Fitness - (50+) Tuesday mornings from 10:00 - 11:00 am at the Kiwanis

building. All welcome. Please call Tanya at 756-2198 for details.

Jam Session - Fri., Jan. 9 & 16 at Kiwanis. 7-10 pm.

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

Kids Cove - Baptist Church. Tuesdays, 6:15 - 7:15 pm. Children K-5. Games, crafts, and drama. Starts Jan. 6

Kiwanis
-Tues., Jan. 13 & 27. New members welcome. Call Clinton at 372-4144 for more information.
-Kiwanis Club \$80.00 per day for use of room in centre. \$20.00 extra for kitchen. Call Donna 756-9085 for details.

Legion - 18 Kay St, Petitcodiac. 756-3383
-Thurs., Jan. 1 - New Year's Day Levee - Colleen Bannister and Marshal Hill Band playing 1 - 4 pm

- Mon., Jan. 5 & 19 - Merry Makers 2
- Thurs., Jan. 8 - Legion Meeting - Instillation of Officers
- Sat., Jan. 17 - Petty Raceway Dinner - Chicken Breast
- Sat., Jan. 31 - Gagetown-Petitcodiac PC Riding Associates Roast Beef Dinner
- Legion Noon Meals
- Jan. 7 - Pork Chops
- Jan. 14 - Meatloaf
- Jan. 21 - Roast Beef
- Jan. 28 - Codfish
Hall Rental: No charge if fundraiser. Other function: \$141.50

Library (756-3144)
-Hours: Open Tues, Wed, Fri, Sat. 10-1 & 2-5, Thurs. 1-5 & 6-8. Closed Sundays & Mondays.
-Storytime (Ages 2-5) Wednesdays from 10:30-11 am.
-Adult Book Club - Thurs., Jan. 8 from 6:30-8 pm.
-Mid-Month Movie Matinee (Ages 6-12)- Sat., Jan. 17 from 2:30-4:30 pm. Movie

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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."

Tried and True

One of my favourite Holiday traditions included picking up a poinsettia or two for the house. I'm hoping that by the end of today's column, you will have a deeper appreciation for the one 'living' decoration this season and one of the few gifts that did not require batteries.

The poinsettia is one of the few plants that will provide reliable colour through the New Year. And like the batteries it doesn't need, it lasts. And lasts. Sometimes it outlasts our desire to keep it alive. On many occasions I have met people who feel conflicted between preserving the poinsettia for another year and tossing it on the compost come February or March. I am inclined towards the 'composting' group as the red-bracted plant does not have a place in my spring and summer garden.

It may interest you to know that the poinsettia you buy today is much improved from the original species that was imported to the U.S. from its native Mexico in 1828. The annual 'poinsettia trials' this year included over 50 varieties and concluded with 14 hand-picked specimens as 'winners'. Over the past 20 years, these North American trials, which include an important contribution from the research station in Vineland, Ontario, have produced over 200 varieties which show improvements over each previous generation of poinsettia.

In short, yesterday's poinsettia is today's foundation for a better performing plant.

Another interesting note is that the price of poinsettias has not gone up appreciably for more than 20 years. This reflects the vast improvement in production processes and an increasingly competitive market. I am pleased to report that most of the poinsettias sold in Canada are grown here.

Welcome to the Family

The poinsettia (*Euphorbia pulcherrima*) is a member of a large family of plants that includes over 2,000 cactus and succulent species. They have a white liquid sap (the latex) in common and a tendency to grow upper leaves that turn colour when days get short. These bracts are what we enjoy each Christmas. The flower is actually a non-descript yellow thing that springs from a pea-sized green bud in the middle of the bract spray. When shopping for long-lasting poinsettias, avoid the specimens that are in flower and seek out the ones with the green peas in the middle of the red leaves.

To extend the life of your poinsettia, follow my five care tips:

1. Make your poinsettia pick-up the last on your shopping trip. They do not like a cold car (or anything cold).
2. For best performance indoors, place your poinsettia in a bright room or window: remember that they originated in the desert and love sunshine.
3. Keep from drafts: opening doors and heating vents are the enemy.
4. Do not let it sit in water. If it is in a decorative sleeve or pot cover, either remove it or punch holes in the bottom for drainage.
5. Water ONLY when the soil is dry to the touch or, for larger plants, a centimeter below the surface. Fertilize only after the first month if you are not ready to compost it. Use a half strength 20-20-20 solution every 2 weeks.

With all of the attributes that a poinsettia has to recommend it, I propose that we celebrate the poinsettia.



Snowmobiles: Safety tips for families

Before you go out

- Check the weather forecast.
- Check the condition of the trails. Do not snowmobile on ice if you're not sure how thick it is or what condition it is in. In some areas, you may need to assess whether there is danger of an avalanche.
- Be careful when fueling your snowmobile to avoid burns.
- Take care when loading snowmobiles on and off trailers to prevent strains and crush injuries.
- Learn the signs of hypothermia (when body temperature drops to dangerously low levels) and what to do if this happens.
- Have the right equipment
- Wear well-insulated protective clothing including goggles, waterproof snowmobile suits and gloves, and rubber-bottomed boots.
- Drivers and passengers should wear helmets that meet Canadian standards.
- Snowmobiles should have brightly coloured antenna flags mounted on rods that are 1.2 m to 2.4 m long, located on the back of the snowmobile. This is especially important if you're driving in a hilly area, so that others can see you.
- Carry a first-aid kit, an emergency tool kit (with spark plugs, and drive and fan belts), an extra key, and a survival kit that includes flares. Carry a cellular phone if you're in an area with service.

Drive safely

- No one younger than 16 years old should drive your snowmobile.
- Never allow children younger than 6 years old to ride as passengers.
- Do not carry more than one passenger.
- Don't pull people on saucers, tubes, tires, sleds or skis behind a snowmobile. If you must tow someone, the safest way is to use a sled or cutter attached to the snowmobile by a rigid bar connection. Travel at a slow speed over level terrain away from trees, rocks and other vehicles. A spotter should always watch when someone is being towed.
- Beginners should stick to groomed trails and drive during the day.
- Always travel at safe speeds. Many trails have posted speed limits.
- Be extra careful on unfamiliar or rugged terrain where you might run into hazards you can't see, such as barbed wire.
- Always keep headlights and tail lights on so that you can see, and so that others can see you.
- Travel in groups of 2 or more, and only on marked trails away from roads, waterways, railroads and pedestrian traffic.
- Never drink alcohol or use non-prescription drugs before or while operating a snowmobile.

Are there laws in Canada about operating snowmobiles?

Every province and territory has its own rules about the use of snowmobiles. It's best to check with your provincial/territorial transportation authority for specifics.

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HAPPY NEW YEAR!

Petitcodiac Continued from pg 4

TBA.
-LEGO Construction Club - Sat., Jan. 31.
2:30-4 pm

“One More Moment of Christmas” -
Christmas music on Sunday, January 11 at
6:30 pm at the Petitcodiac Baptist Church.
Freewill offering.

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

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

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

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

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

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

Village 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: Jan. 14
at noon and Jan. 28 at 7 pm.

War Museum - Tours by appointment.
Please call Cathy at 756-2068 for more info.
Free admission.

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

Youth Group - Tuesdays, 7:30 pm @ Bap-
tist Church.

Middle School and High School. Starts Jan.
6.



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And brother! That’s not all –
There’s carpet underneath your feet
That car sure has class;
For when the windshield needs a rub
It sneezes on the glass.
I felt so bad for our old car
When that car came to stay.
Her tail pipe dropped between her wheels
As she sadly slunk away
The Salesman said she steered so hard
Her valves just must be ground –
The sparkplugs missed, and she leaked oil
So many faults he found.
But that old car had served us well,
There’s no use to pretend
I didn’t weep a little bit
I felt we’d lost a friend.
-Author unknown



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

CHEESE PASTRY

Love this for tiny Quiche

Blend until smooth

½ package cream cheese

¼ cup butter

Stir in 2/3 cup flour

Need to fully combine

With fingers press dough into

tiny muffin tins.

Fill with favored filling.

Bake at 350 F.



**Events Happening at the
Maritime Motorsports Hall Of Fame 2015**

10th Annual 4-Wheeler Draw to be held March 27 at the
Petitcodiac Legion. Tickets will be on sale at the Hall
Ticket are 1 for \$100 and 3 for \$200

The 4th Diamond Ring Dinner this year will be
Saturday, April 18th 2015.

More details to come in following papers
Tickets will be \$50 per person.

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

Glaucoma: Could Low Blood Pressure be a Cause?

Three million North Americans suffer from glaucoma, the second leading cause of blindness in North America. Glaucoma has been called the “sneak thief of sight” as half the people with this disease do not know they have it. Now Dr. Patrick Quaid, Head of the Guelph Vision Therapy Centre, says that physicians treating hypertension must be cautious that blood pressure doesn't get too low.

Fluid is continually forced into the eye to nourish the lens and other structures. It normally dribbles out of the eye at a controlled rate through a narrow channel. But with increasing age the control valve of this channel has an increased chance of becoming plugged. This increases the pressure within the eyeball, squeezes blood vessels, and decreases nutrition to the retina and optic nerve.

Increased pressure initially damages peripheral vision causing the optic nerve to send smaller and smaller images to the brain. Eventually all peripheral vision is lost leaving patients with “tunnel vision”. Patients now see things as if they were looking through a telescope. If treatment is still delayed, central vision will also be destroyed.

90 percent of glaucoma is due to the chronic type. A few patients have warning symptoms such as seeing coloured rings around lights, difficulty adjusting to darkened rooms, blurring of vision or failure of new glasses to improve vision. But unfortunately, most people remain unaware of glaucoma's presence. And it's possible to go blind in one eye before glaucoma is diagnosed.

10 percent of victims are struck by acute glaucoma. It's a major emergency and left untreated can destroy sight within 24 hours. Fortunately this is rare, but it is painful. Chronic glaucoma is usually painless, hence the term “silent thief of sight”. Some people in this category make a bad error. They believe the intense pain, blurring of vision and redness is due to conjuncti-

vitis (red eye). But severe pain and visual changes are not present in this commonly called “pink eye”. So it's imperative to seek immediate medical attention.

It's interesting and puzzling that 20 percent of patients diagnosed with glaucoma have normal eye pressure yet the nerve cells still die.

The late Sir Duke-Elder, a renowned London, England ophthalmologist, claimed that glaucoma often strikes highly strung and anxious patients.

If there is a family history of glaucoma, relatives are five times more likely to develop this disease. And African Americans are four times more likely to suffer from glaucoma and six times more likely to go blind from it. The disease also develops at an earlier age in blacks and progresses more rapidly. It's estimated that 12 percent of African-Americans, age 70 and older, suffer from glaucoma.

When glaucoma is diagnosed eye drops are prescribed to help drainage and decrease eye pressure. Some drops, however, may decrease the production of fluid. If this treatment fails, laser surgery or other operative procedures are done to establish new drainage sites.

But prevention is better than cure. Dr. Quaid's research did not include anyone on hypertension drugs. Nevertheless it shows a critical balance between blood pressure and eye pressure. In effect, forcing blood pressure too low can result in eye pressure that does not push fluid out of the eye. He calls this “perfusion pressure”.

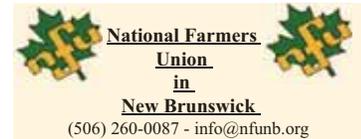
For example, someone with a normal pressure of 120/80 and an eye pressure of 20 would have a perfusion pressure of 60 (the difference between the diastolic pressure of 80 and the eye pressure of 20). The difference between these numbers is what Dr. Quaid thinks is the vital factor and ideally should stay above 50-55 (below 50 is a problem).

But if a patient is being treated for hypertension and blood pressure drops to 105/65, the perfusion pressure would be 45 (65 minus the eye pressure of 20), not a good sign

for glaucoma. Dr. Quaid says any perfusion pressure lower than 50 is a dangerous indication of disease progression. Dr. Quaid's research has been published in Investigative Ophthalmology and Vision Science, a respected international Journal.

Once again, it appears that moderation in all things is important. After all, we can have an underactive or an overactive thyroid. Now we must think of blood pressure in the same way.

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



For immediate release, December 17, 2014

Cattle prices are the highest that farmers have seen in over ten years. Prices plummeted after the BSE crisis in 2003 and are finally back up to a level where farmers are able to recover the cost of production. Based on sales averages from the Sussex & Studholm Agricultural Society in early-October prices have increased over 85%. Sales prices were up an average of \$.84/lb for bulls and \$1.23/lb for steers over the same time last year.

Over 50% of NFU-NB members keep cattle and the rise in prices means a stable financial year for many of them. The high prices will particularly benefit farmers with a cow/calf operation; meaning they sell the young cattle at a weight of 500 – 600 pounds. Trends are expected to keep up for at least the next few years due to market demand.

Even with positive projections for stable prices, the NFU-NB encourages all farmers to do their research and make an informed decision regarding the market outlook of cattle prices before committing to any major, long-term investments in cattle.

The National Farmers Union in New Brunswick is one of two accredited general farm organizations in the province. NFU members believe that the problems facing farmers are common problems, and that farmers producing diverse products must work together to advance effective solutions. The NFU works toward the development and implementation of economic and social policies that will maintain the family farm as the primary food-producing unit.



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You may be interested to know about a website that has a lot of healthy aging information.

The organization that publishes information on this website has a large membership representing many professional/ healthcare organizations such as VON Canada, Canadian Healthcare Association, Canadian Physiotherapy Association, Canadian Association of Occupational Therapists, etc. (<http://www.alcoa.ca/e/whoware/membership.htm> to see complete list).

You can also subscribe to receive their emails by going to the website.

Everyday People

Submitted by Sheila Boissonneault
 "If you don't build your dreams someone will hire you to build theirs." Tony Gaskin
 Wayne Wagner was not interested in "higher learning" so he decided rather than going on to High School he would go to Vocational School. He was born in Annapolis Royal Nova Scotia. His family moved to Bear River and then to Deep Brook and it was there he met his future wife, at the Cornwallis Naval Base; her father was in the military. They went to the shows, bowling and other entertainments offered at the base. While attending the Vocational School in Middleton he would travel back and forth until he graduated; his first job as a welder was to be in New Glasgow at Maritime Steele. Wayne and Jackie were married on July 10, 1971 and moved to Moncton, New Brunswick, where they lived for two years before moving to Salisbury. Wayne worked at the Lime works, Moncton Foundry, NB Wire and Fence as a welder making galvanized gates and then eventually he went to work for CNR. Also he and Jackie brought their first home in Salisbury in 1973. They raised their family and resided in Salisbury for the past 41 years. But after 17 years CNR closed down; it was during his last two years with them that he took an interest in carpentry. Along with some other people he began building a home for Jackie and him in 1984; he also hired contractors which gave him more experience. After leaving CNR he worked for contractors like Ry-Dor Renovations, Atlantic Home Improvements and W.A. Construction. Way-Ja Carpentry and Painting Ltd. Was officially formed in February 2000 and now, in 2014, the work is still good and the clientele is great.

Wayne said it was so interesting to take a pile of lumber and with your own hands make something out of it. His son Paul has worked with him for the last seven years. Doug McPhee has worked with him for 13 years but at 70 has now retired. Wayne expects to keep on working as long as he can, as long as his health is there. He keeps a small crew; doesn't feel the need for a large one.

"Way-Ja Carpentry & Painting Ltd" has been building a house in Salisbury for their daughter (Tracy), her husband (Doug) and her daughter (Haleigh). Their son Paul also lives in Salisbury and their other son David

and his wife Liz live in England, for five years now; they have two boys – Sammy three and James eight months. Jackie has been to England three times and Wayne twice, David's home is in a village something like Sussex, somewhere between London and Oxford.

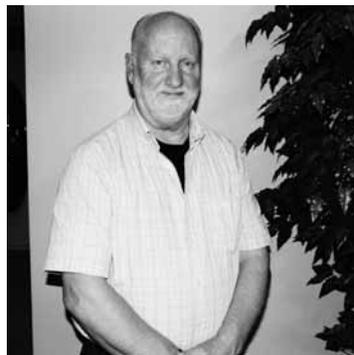
Wayne enjoys racing; he also enjoys music and sang with "Heaven Bound" for 22 years. He sang with "Judy and the Boys" when there was just three – Judy Ayles and Doug McPhee and Wayne. Judy now has a flock of boys. He enjoys singing in small country churches and Benefit Concerts. This time of year his main thing is Christmas programs and it's a big deal. He wrote five songs, one with his daughter. There's a couple on the older "Heaven Bound" CD. Wayne has taught guitar lessons in the past and really found it rewarding to see the young people do so well. He was also a Councillor for a three year term. He said it is good for one to do this and see how your village is run and the money it takes to run it. He says he still attends the council meetings and enjoys it.

I think that we need more men of his caliber taking part in village affairs, don't you?

Well this busy man and his wife get away for five to six weeks and go to Florida. He says while there they relax and do nothing.

Wayne's business does everything, windows, siding, doors, decks, small renovations and painting; I might add it is amazing what he did in my home, transforming my small kitchen into a spacious one. Now he is into building houses, so far three, he didn't plan that it just happened.

"To be yourself in a world that is constantly trying to make you something else is the greatest accomplishment." Ralph Waldo Emerson.



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Writers' Federation of New Brunswick launches 2015

writing competition More \$2,500 in cash prizes to be awarded

Fredericton (NB), December 10, 2014 - The Writers' Federation of New Brunswick (WFNB) is now accepting submissions for its 2015 Writing Competition, with more than \$2,500 in cash prizes to be awarded.

The prize purse includes the David Adams Richards Prize in the long fiction category, which is awarded for a collection of short stories, a novella, or a substantial part of a longer novel.

The Federation's Writing Competition recognizes outstanding work in other genres through the Douglas Kyle Memorial Prize for short fiction and the Alfred G. Bailey Prize for poetry manuscripts. In addition, WFNB offers awards for top entries in the single poem, creative non-fiction, and books for children and teens categories.

The competition also honours the writing talents of youth by presenting the Sheree Fitch Prize for young writers, ages 14 to 18.

This competition is open to members of the Writers' Federation of New Brunswick and residents of New Brunswick.

Entries must be postmarked by February 7, 2015 and mailed to WFNB, 527 Dundonald Street, Suite 151, Fredericton, NB, E3B 1X5. For more information, a complete list of competition guidelines and submission fees, visit www.wfnb.ca, telephone 506.366.3079 or email info@wfnb.ca.

About WFNB

WFNB is about to celebrate its 30th Anniversary in May 2015. It is the only organization that serves New Brunswick's community of writers in all disciplines and at all levels of development, fulfilling its mandate to recognize, encourage and promote their work in the province.

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Rick's Rant

OUR KIDS ARE THE FUTURE OF THE CAR HOBBY

Let's face it, yes we're all getting older. I can remember, as a wide-eyed kid in the 1950's, going to the local dealerships in September to peer through the windows or through knotholes in the backyard fence to get that first glimpse of the "new" models debuting in October.... Now the next years models can be seen in May or June, and even before that in magazines!!!! And then there was the excitement associated with "old" cars...whether it was the first car you purchased/afforded?!?! or one that your best bud bought and you'd get to ride in. A car or truck or whatever the vehicle was, it meant you were free.... free to move about, free to work on it, free to decorate it, even free to spend money on it!!!

Having your own ride today doesn't seem to have the same appeal it did when I was a kid, and I still have today. Even getting a drivers license is low on the teenager's priority scale. Old cars, new cars, strange cars, just about anything with wheels and a motor still keeps me active.... both in mind and body. Today's generation of kids need saving.... we must turn them into "hot rodders", "street rodders", and "car nuts" starting yesterday, or the whole car culture thing will become non-existent.

Here's a few suggestions that every adult can do to help kids be enthusiastic about all things motorized!

Teach them to ALWAYS wear a seatbelt. Always follow the rules of the road and be as safe and responsible as possible. Let them help you work on your car. Even be the assistant when you build a project car with them. Get your kids to teach you how to use the new high-tech gadget you just installed. Show them how to drive before they are sixteen.

Teach them to race...not on the street, but at go-cart tracks or commercial tracks where young persons can drag race, drive motocross, even stock cars..... At the very least, go to the races as a pit crew, official, or a spectator.

Take a road trip every year in something cool, or to a cool place. Equip them for when they are alone...how to change a tire or a fuse; get un-stuck; top up the fluids; listen for strange noises and identify a source....their car should be a friend not an object.

Once they can drive an automatic, teach them the tricks for a manual transmission. But always keep in mind to make it about them. By definition, all kids won't be into the same things their parents are. There's always new stuff competing for your kid's time and attention, trying to displace those things you, the older generation, are in to.... even the cool old cars we love..... and that's OK. They'll come around....we did! Long live hot rodders and street rodders and car nuts.....

----Rodder-Rick

2014 Festival of Lights Parade Petitcodiac




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Some c



Children stopped at the fire hall following the parade to see Santa

The Little New Year

by Ellen Robena Field

One cold morning Maurice awoke from his dreams and sat up in bed and listened. He thought he heard a knock at his window; but though the moon was shining brightly, Jack Frost had been so busily at work that Maurice could not see through the thickly painted panes. So he crept sleepily out of bed, and opened the window, and whispered: "Who is there?"

"I am," replied a tinkling voice. "I am the little New Year, ho! ho! And I've promised to bring a blessing to everyone. But I am such a little fellow I need somebody to help me distribute them. Won't you please come out and help?"

"Oh, it's so cold!" said Maurice; "I'd rather go back to my warm bed;" and he shivered as Jack Frost, who was passing, tickled him under the chin with one of the frosty paint brushes.

"Never mind the cold," urged the New Year; "please help me."

So Maurice hurried into his clothes, and was soon out in the yard. There he found a rosy-cheeked boy a little smaller than himself, pulling a large cart which seemed to be loaded with good things. On one side of this cart was painted the word "Love," and on the other "Kindness." As soon as the New Year saw Maurice he said, "Now please take hold and help me pull;" and down the driveway and up the hill they travelled until they came to an old shanty.

"Here is where I make my first call," said the New Year. Maurice looked wonderingly at him. "Why, nobody lives here but an old man who works for us; and he hasn't any children!" "He needs my help," said the New Year; "for grown people like to be thought of just as much as children do. You shovel out a path to his door, while I unload some of my blessings; and the little hands went busily at work, piling up warm clothing, wood, and a new year's dinner, the New Year singing as he worked:

"Oh, I am the little New Year; ho! ho! Here I come tripping it over the snow, Shaking my bells with a merry din; So open your door and let me in."

Old Joe, hearing some noise outside, came to the door, and when he saw all the nice gifts the tears ran down his cheeks for gladness; and as he carried them into the house, he whispered: "The dear Lord has been here tonight."

"Where am we going now?" asked Maurice, as they ran down the hill. "To take some flowers to a poor sick girl," answered the New Year.

Soon they came to a small white house, where the New Year stopped. "Why, Bessie lives here," said Maurice. "I didn't know she was sick." "See," said the New Year,

"this window is open a little; let us throw this bunch of pinks into the room. They will please her when she wakes, and will make her happy for several days."

Then they hurried to other places, leaving some blessing behind them.

"What a wonderful cart you have," said Maurice; "though you have taken so much out, it never seems to get empty." "You are right, Maurice, there is never any end to love and kindness. As long as I find people to love and be kind to, my cart is full of blessings for them; and it will never grow empty until I can no longer find people to help. If you will go with me every day and help me scatter my blessings, you will see how happy you will be all the long year."

"A happy New Year!" called some one; and Maurice found himself in bed, and his sister standing in the doorway smiling at him. "Have you had a pleasant dream, dear?" she asked.

"Why, where is the little New Year?" said Maurice; "he was just here with me."

"Come into Mamma's room and see what he has brought you," answered his sister. There in a snowy white cradle he found a tiny baby brother, the gift of the New Year. How happy Maurice was then! But he did not forget his dream. Old Joe and Bessie had their gifts, too, and Maurice tried so hard to be helpful that he made all his friends glad because the happy New Year had come.



Happy New Year Wish

My Happy New Year wish for you
Is for your best year yet,
A year where life is peaceful,
And what you want, you get.

A year in which you cherish
The past year's memories,
And live your life each new day,
Full of bright expectancies.

I wish for you a holiday

With happiness galore;
And when it's done, I wish you
Happy New Year, and many more.

By Joanna Fuchs



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Happy New Year 2015

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Saturday 9am-6pm & Sun 12-5pm



Lots of laughs at Elgin W. I. Christmas Party!

Though Santa didn't make an appearance (yet), there was still plenty to be enthused about at our Christmas party and potluck held on December 18th at Winona McLean's. In its beautiful Pleasant Vale setting, Winona and Ernie's home seemed to shine with Christmas spirit. And as always, Winona was the "hostess with the mostest" as she welcomed members to our annual W. I. celebration. Good food was enjoyed, gifts and cards exchanged, silly hats appeared on heads, and one gal sported Rudolph's nose, but promised to give it back before the 24th. Thanks to Winona, and special credos to Moranda and Zaheera for planning such jolly entertainment. Outside as we left, it was snowily postcard-like as we planned the safest routes home, all of us agreeing to avoid Turkey Trail. We would have other turkeys to deal with after all, in the busy days to come. HAPPY NEW YEAR, EVERYONE!



The Elgin ECO Association wishes everyone a Happy, Healthy New Year.

We hope that many people will benefit from the EEA'S many different adventures in the coming year.

Once again we plan to put on a weekly summer camp if enough volunteers will be available.

Our skating rink will be refinished in the spring with new asphalt. Again in partnership with the Elgin Women's Institute we will be cooking classes for children. Adults to if there is an interest.

Next year there will be focus on preservation of the Gibson property if everything we are currently working on falls in place.

As soon as the weather turns to cold

with lots of snow we will hold special outdoor events in the park.

Members receive monthly newsletters with current information and e-mail updates of current events to take place.

We like to report that the EEA has surpassed its goal of 100 members with currently having a membership of one hundred and five people. For membership forms go to our website at www.elgineco.com

It is not what we talk about what we can do but doing what we talk about and hope we can make a lasting positive contribution to our society.



Petitcodiac Boys and Girls Club

January Newsletter

All the staff and children at the Petitcodiac Boys and Girls Club would like to take this time and Thank everyone who joined us for our annual Christmas Concert this year. It certainly is a warm feeling to see the children's smiles everyday.

The After-School Program has children from grades k-6. The staff pick up the children from the school and will also take your child to school depending on their needs. The children have the option to do their homework here at the Club. The children also have the opportunity to do arts/crafts, science, baking, outings, and much more. With a big room filled with lots of toys, dress up clothing, games, trucks, air hockey table, lots of Lego, and a kitchen area, there is lots to play with and to explore.

We have been very busy in the Pre-School program so far this year. It is a great experience for your child to get ready for school next year. Working on our letters, sounds, colors, shapes and much more. We have also had lots of fun playing games and activities. Pre-School is on Tuesdays and Thursdays from 9am to 12pm.

The Junior Toddler Room right on up to our 3's & 4's year old room, love to get creative. We are always taking the children's ideas and expanding them. We have fun doing arts/crafts, baking, doing science activities, going on outings and learning many skills to help the children with their developmental needs. We enjoy going on our walks around town or visiting the community Library to have story time. We would like to Thank the Mother Goose program that we attended on Monday Mornings at the Teen Centre. There is so much to see and learn about, around our community.

The Infant Room is geared towards the needs of the children, to their specific needs. It is amazing to watch them grow and help them develop physically and emotionally. The infants too, enjoy having the opportunity to do sensory play. They do an art activity and play games, sing songs and much more.

It is hard to believe that we have already reached 2015 and that Santa has already come and gone. We would like to wish everyone A Happy New Year to you and your family. Happy Holidays!!!

General Meeting Announcement

At the January 15th, 2015 General Meeting of the Petitcodiac Sportsman's Club the Petitcodiac Watershed Alliance (PWA) and the Fort Folly Habitat Recovery Group (FFHR) are scheduled to make presentations that will most definitely be of interest to the general public. Both of these groups have already done considerable restoration work on the Petitcodiac Watershed and will continue to do so in 2015.

Information regarding habitat projects, endangered species, the fish trap at Salisbury, smolt wheel on the Pollett River, introductions and transfers of fish, etc. will be discussed.

It is also expected that the FFHR group will shed more light on the controversial issue of releasing adult Atlantic Salmon that are being raised in at-sea aquaculture cages in the Bay of Fundy into the Petitcodiac watershed in 2015.

As it now stands members of the Petitcodiac Sportsman's Club are not in favour of this occurring given the potential for the spread of disease/parasites that is prevalent in at-sea aquaculture salmon.

Members of the general public who may be interested in hearing these presentations are invited to attend this meeting which will be held at the Clubhouse at 1030 Sanatorium Road, the Glades, at 7:30 PM.

For more info check out our website at www.sportsmanclub.ca

Thanks

Ron Whitehead

President

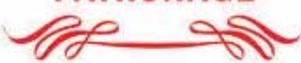
Petitcodiac Sportsman's Club



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Pet Column

7 Small Pets That Could Be Right for You

By Dennis Thompson Jr. | Medically reviewed by Jennifer Garcia, DVM

Want to enjoy the benefits of pet ownership without the commitment of owning a dog or cat? One of these seven small pets might be your best bet.

Pets can be great sources of companionship and comfort, and the health benefits of keeping a pet are well documented. Pet owners often experience increased self-esteem and reduced feelings of loneliness, and they may even gain physical health benefits such as lowered heart rate and blood pressure.

But maybe you aren't up to the challenge and responsibility involved in owning a dog or cat. If that's the case, don't overlook the benefits of small pets! From pet birds and rabbits to ferrets and pet rodents, these guidelines can help you choose the best small pet based on personality and the level of care needed to safeguard its pet health.

Is a Rabbit Right for You?

Pros:

- Rabbits are social and friendly animals, and adapt very well to human companionship.
- They have one of the longer life spans of small pets, living between 7 to 10 years.
- Their floppy ears, soft fur, and wriggly noses make them popular with kids.

Cons:

- Companionship rabbits should be kept in the home, rather than in an outside coop or in a basement or garage. You will need room for a fairly large cage.
- Rabbits need daily handling and care to become socialized. You need to pet your rabbit regularly and let it out of its cage for at least an hour each day.
- Rabbits have a delicate digestive system and need a varied diet that includes fresh vegetables.
- Rabbits and small children do not go well together. Rabbits are skittish animals that need a quiet environment, and the quick movements of excited children could startle and stress them.

of attention that other small pets do. However, you will need to provide them with a variety of toys to enjoy.

•Hamsters are solitary creatures, so you only need to buy one.

•Hamsters are nocturnal and won't be awake for much of the time you are. They may also make some noise rattling around at night while you sleep.

•Hamsters must be handled gently or they could bite. Children under 8 might not possess the motor skills needed to handle a hamster correctly.

•Hamsters carry diseases like salmonella, so you should be sure to wash your hands after handling them.

•Hamsters only live 2.5 to 3 years, so be prepared to explain death if you purchase one as a pet for a young child.

•Guinea pigs live 5 to 7 years, longer than hamsters.

•Guinea pigs can be kept in an open-topped pen rather than a cage, as there's less chance they will try to climb out and escape.

•Guinea pigs have long hair that will require grooming.

•They are herd animals, you should get at least two guinea pigs so they will have companionship.

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- Honda GX200T2, OHV, 4-stroke engine
- Variable speed hydrostatic transmission
- 12 VDC electric start, and electric chute with joystick control

**HSS1332 TC | MSRP \$4,399
Toys Price \$4,099**
SAVE \$300 For a Limited Time

- Track drive, 2-stage snowblower with improved Honda performance and durability
- 31.0 cm (12.2 in.) clearing width / 51 cm (20 in.) clearing height
- Moves up to 65 metric tons of snow per hour with a discharge distance up to 17 metres (56 ft.)
- Also available with 12 VDC electric start, shear bolt guard system, hour meter and electric two-stage chute with joystick control
- HSS1327TC - MSRP \$4,999 - Limited Time Price \$4,699 plus freight & PDI

POWER THROUGH WINTER

STARTING FROM \$799
EP2500 MSRP PLUS FREIGHT & PDI

EP2500CX1
Economy Series Generator

- Easy starting, fuel-efficient and low-emission Honda GX160H1 OHV, commercial-grade engine
- 2300 watts rated (19.2 amps)
- 14.5 L (3.2 gal imp.) fuel tank, larger than most of the competition
- Light construction, camping, boating, street vendors, operating lights, stand-by power source

EU2000K2

- Light and easy to transport, perfect for marine shore power, camping or home standby power
- Inverter technology and 2,000 watts of power, suitable for sensitive electronics and many small household appliances
- Quiet operation at 53-59 dB(A) (normal speech is 60 dB(A))
- Provides up to 4 hours of continuous power at maximum rated output, or up to 10.5 hours at 25% output on a single tank of gas

EU3000ISKC

- High-tech 2 layer enclosure and unique muffler design offers whisper quiet operation
- Reliable Honda GX200T2 OHV four-stroke engine
- Dependable 12 volt DC electric start with enclosed low maintenance battery
- Power for your furnace, fridge, microwave, most 13,500 BTU/h RV AC units, and more

EM6500S2C

- Portable power with premium features and traditional Honda durability and performance
- 6500 watts maximum AC output
- Home backup and Commercial usage (for non-GFCI applications)
- Suitable for rental applications

EU7000IS

- Electronic Fuel Injection (reduces maintenance associated with carburetors and fuel storage issues)
- 7000 Watts (45.8/22.9 A) 120/240 VAC of Honda inverter power
- Super Quiet - 60 dB(A)
- Large capacity fuel tank, 19.2 litres
- Eco-Throttle standard - Runs up to 12.1 hours at 1/2 load on 19.2 litres of fuel

633 Salisbury Road, Moncton • 858-8088 • www.toysforbigboys.ca

*All prices plus tax, freight and pdi. See dealer for details.

•Ferrets are solitary creatures, so you only need to buy one.

•Ferrets are nocturnal and won't be awake for much of the time you are. They may also make some noise rattling around at night while you sleep.

•Ferrets must be handled gently or they could bite. Children under 8 might not possess the motor skills needed to handle a hamster correctly.

•Ferrets carry diseases like salmonella, so you should be sure to wash your hands after handling them.

•Ferrets only live 2.5 to 3 years, so be prepared to explain death if you purchase one as a pet for a young child.

•Guinea pigs live 5 to 7 years, longer than hamsters.

•Guinea pigs can be kept in an open-topped pen rather than a cage, as there's less chance they will try to climb out and escape.

•Guinea pigs have long hair that will require grooming.

•They are herd animals, you should get at least two guinea pigs so they will have companionship.

•Guinea pigs live 5 to 7 years, longer than hamsters.

•Guinea pigs can be kept in an open-topped pen rather than a cage, as there's less chance they will try to climb out and escape.

•Guinea pigs have long hair that will require grooming.

•They are herd animals, you should get at least two guinea pigs so they will have companionship.

periods of time. They need to be out spending time with you when you are home.

•Ferrets can be pretty smelly, as their fur contains a natural musky odor.

•Ferrets require gentle handling and can bite if threatened or harmed.

Take a Gander at Guinea Pigs

•Guinea pigs are considered the sweetest and most social of the pet rodents.

•Guinea pigs live 5 to 7 years, longer than hamsters.

•Guinea pigs can be kept in an open-topped pen rather than a cage, as there's less chance they will try to climb out and escape.

•Guinea pigs have long hair that will require grooming.

•They are herd animals, you should get at least two guinea pigs so they will have companionship.

•Guinea pigs live 5 to 7 years, longer than hamsters.

•Guinea pigs can be kept in an open-topped pen rather than a cage, as there's less chance they will try to climb out and escape.

•Guinea pigs have long hair that will require grooming.

•They are herd animals, you should get at least two guinea pigs so they will have companionship.

friendly to humans.

•Chinchillas can be easily startled and should be handled carefully. Also, patches of fur can come loose and slip off with rough handling.

•Chinchillas require dust baths once or twice weekly to maintain pet health. The dust must be provided deep enough so your chinchilla can roll around in it.

•Chinchillas can be large and hard to handle.

Get Acquainted With Gerbils

•Gerbils tend to be very clean pet rodents.

•Gerbils are independent and can keep themselves entertained for extended periods.

•Unlike hamsters, gerbils are not nocturnal. They will be up when you're up.

•Gerbils are smaller and can slip out of wire cages. You'll need to purchase an aquarium in which to keep them.

•As with other pet rodents, gerbils must be treated gently or they can bite.

•You will need to clean your gerbil's aquarium regularly. As desert animals, they tend to pass highly concentrated urine that can have a strong odor.

•Gerbils live for 3 to 4 years, so you may have to explain death if you have a young child.

There are plenty of pet alternatives to choose from, especially if you are more comfortable welcoming a small pet into your home.

CLASSIFIED

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

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

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

ADULT EDUCATION

Salisbury Adult Learning Center
372-5025
or
South East Regional
Adult Learning Board
857-9912
FREE GED & PRE-GED PROGRAM

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

For Rent

Kodiak Place

Adult Living 55 & over
Secure building with grocery/pharmacy delivery. Large common room where people gather to do different activities, mail delivered to building. 1 bedroom \$507 cable included and 2 bedroom \$572 cable included. For appointment call 860-0338 ask for Bev

BIRTHDAYS

An open house to be celebrate Tennessee Schwetz's 90th birthday will be held Jan 17, 2015 from 2-4pm at the Kiwanis Building Pettitcodiac. Best wishes only please

EMPLOYMENT

Looking for an employee to work for a special care home in the Pettitcodiac area. For more information please call 866-4480

FOR Sale

1956 Oldsmobile
Super 88. Good condition \$7500.00 or best offer. Ph: 756-8982

Garage tools and equipment for sale.
Ph 756-8982



UP COMING EVENTS

GAMES DAY

Being held every Wednesday at the Maritime Motorsports Hall Of Fame, 5 Hooper Ln, Pettitcodiac.
Will start back up January 7th, 2015

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

We at Salisbury Baptist are hosting the screening of the Watoto Fundraiser which is documentary about the choir. The event will be January 16 at 6:30 pm.

"YOGA classes, 10 week session, beginning January 12th in Salisbury and January 15th in Pettitcodiac. Please contact Heather to register or for more information at 756-3385 or tlmann@explornet.com"

One More Moment of Christmas
Sunday January 11th, 2015
Pettitcodiac Baptist Church

Several churches in the greater Pettitcodiac area will be presenting Christmas music and prayer for New Year on Sunday, January 11, 2015 at 6:30pm at Pettitcodiac Baptist Church (storm date Jan 18, 2015-same time and location)

An offering will be taken to honour Elva Greer, who, for a number of years has organized and supported many fundraisers. Come, bring a friend, and enjoy, for one more time, the celebration of the Christmas season.

For more information, contact Fran Jones at 756-2240

Thank You

THANK YOU

It was a great pleasure greeting you at our Anniversary.

Ernie & I wish to Thank You for your beautiful cards, thoughtful gifts and best wishes.

To our Children - Thank you for all your love, thoughtfulness and labor, for preparing our beautiful 60th Anniversary Celebration.

Thanks to you all with love.
Ernie & Winona McLean

UP COMING EVENTS

SALISBURY HEALTH & WELLNESS EXPO

JANUARY 17, 2015

10 AM - 4 PM

JMA ARMSTRONG HIGH SCHOOL CAFETERIA

EVERYONE is welcome to join us at our first annual Health & Wellness Expo held at JMA Armstrong High School on January 17 from 10 am - 4 pm. There will be over 25 exhibitors from a variety of health & wellness professions and 21 info sessions!! Admittance is free (excluding an adult cooking class-fee \$18).

Some info sessions will include "A Prostate Cancer Survivor's Story", organic farming, dietician, line dancing, ballroom dancing (registration required by Jan 12-preferably partners), fitness class, yoga, Zumba, reflexology, children's cooking class (registration required by Jan 12-max 10 kids), adult cooking class (registration required by Jan 12-fee \$18-max 25), physical & emotional wellness, electromagnetic field remediation, etc.

Some exhibitors will include experts from Fork in the Road Holistic Health Counselling, Forever Healthy, Adult Learning teacher, Celiac disease, diabetes educator, travel vaccines, dieticians, mental wellness, physical wellness, fitness experts, first aid, etc!! The day will end with a concert from 3-4 pm by Ivan & Vivian Hicks!! This will be an event you won't want to miss so mark it on your calendar. A detailed schedule of the day will be posted on the Parks & Leisure Website <http://salisburynb.ca/VillageOfSalisbury/ParksAndLeisure/> and social media in early January!! For more info call Holly at 372-3280 or email parks.leisure@salisburynb.ca



OBITUARIES



Doreen Mary MacDonald, 87, of Salisbury passed away Wednesday, December 17, 2014 at her residence.
Born in St. Martins, she was the daughter of the late William and Belle (Bradshaw) Greer. Doreen was

a retired medical receptionist. She attended St. John's Anglican Church and was a member of the ACW, a past member of the former Coronation Chapter OES and former volunteer for the Salisbury St. John Ambulance. She enjoyed cooking, knitting, quilting, but most of all time spent with her family.

She is survived and missed by her daughter Mary Allen (Kenneth), Salisbury; sons Ralph (Muriel), Salisbury, David (Rhea), Winnipeg, Robert (Vanessa), Salisbury and Douglas (Jennifer), Quispamsis; fourteen grandchildren, twenty great grandchildren and five great great grandchildren and several nieces and nephews. Predeceased by her husband Henry A. MacDonald; infant granddaughter Marsha Lee MacDonald and sister Helen Nelson.

Resting at Salisbury Funeral Home, 3350 Salisbury Road (372-4800) visiting will be Friday, December 19 from 2-4 and 7-9 pm and from where the funeral will be held in the chapel Saturday, December 20 at 2 pm with Rev. Chris Hayes officiating. Interment will follow at Fairhaven Cemetery.

If desired, donations to the Salisbury St. John's Anglican Church or charity of choice would be appreciated by the family.
www.keirsteads.ca



MEMORIAL

Place your memorial here
\$5 for 20 words or less

OBITUARIES



Bruce MacKenzie Lewis, 84, of Salisbury passed away Friday November 28, 2014 at the Moncton Hospital following a brief illness. Born in Monteaule he was a son of the late Chesley and Robie (MacKenzie) Lewis. Bruce was a retired employee of CNR with

30 years service. In his early life he was a member of Second North River Baptist Church and later he became a member of Salisbury Baptist Church and was a Deacon and choir member in both churches. He served as a Councilor with the Village of Salisbury, enjoyed bowling, his vegetable garden and time spent at Grand Lake. Survived by his beloved wife of 59 years Dorothy (Bonnar); his daughters Karen Lewis of Riverview, Janice Prosser (Danny) of Upper Coverdale; a cherished granddaughter Shawna Collins (Adam) of Upper Coverdale; his sister Bessie Lutes (late Harris) and brother Keith Lewis of Monteaule; sister-in-law Joanne Lewis of Riverview and by several nieces, nephews and cousins. Predeceased by his brother Reginald and sister Myrna Sherwood.

Resting at the Salisbury Funeral Home, 3350 Salisbury Road (372-4800) with visiting Monday 6:30 - 8:30 p.m. The Funeral will be held from the Salisbury Baptist Church on Tuesday December 2 at 1:30 p.m. with Pastor Tim Mackinnon officiating. Interment at the Monteaule Cemetery.

If desired memorials to the Monteaule Cemetery Fund or the Friends of the Moncton Hospital would be appreciated by the family.
www.keirsteads.ca



Myrtle Booth Geldart of The Glades, Westmorland Co., passed away peacefully at the Moncton City Hospital on November 26, 2014 at the age of 96. Born on September 27, 1918 in The Glades, Myrtle was a daughter of George and Mary

(nee Graves) Geldart of The Glades. In earlier years she worked at The Glades Sanatorium. She moved on during the war years to work in Ajax, ON and then on to Sackville, NB. In 1949, after the war, she moved to Brantford, ON, where she worked until her retirement. Myrtle then returned to The Glades in 1979 where she made her home. She was a member of The Glades Baptist Church and the WMS.

Myrtle is survived by one sister, Evelyn Adair of Petitcodiac; as well as by several nieces and nephews.

Besides her parents, Myrtle was predeceased by three brothers: Henry, Francis and Walter; and by her sister Olive Johnson.

Arrangements have been entrusted to Armstrong's Funeral Home, 33 Russell Street, Petitcodiac, (506)756-3361, from where the family received visitors on Saturday, November 29, 2014 from 10-11 am, followed by a Celebration of Life at 11:00 am with Pastor Lloyd O'Blenes presiding. Interment took place at The Glades Baptist Cemetery. Donations to the Jordan Lifecare Centre, the Friends of the Moncton Hospital, or a charity of the donor's choice would be appreciated by the family. On-line condolences are available at www.armstrongsfh.com.

OBITUARIES



John Alexander Bleakney, 53, of Salisbury, passed away Monday, November 24, 2014 at his residence.

Born in Espanola, Ontario, he was a son of the late Charles Bleakney. John was a graduate of the former Salisbury Regional High School and DeVry Institute of Technol-

ogy. He was a skilled welder and was a former employee of D.E.L. Equipment and the Buddy Gate Company.

John is survived and missed by his brothers Lloyd of Salisbury, David and Michael both of Moncton; sisters Debbie MacCauley of BC, Barbara Simpson of Hillsborough, Elizabeth Bleakney of ON and Rose Steele of Dorchester; special Aunt June Wilson of Salisbury and several aunts, uncles, nieces and nephews.

John's family and friends are invited to gather at the Salisbury Funeral Home, 3350 Salisbury Road (372-4800) on Thursday, November 27 after 1 pm for a time of memory sharing. Interment to follow at Fairhaven Cemetery.

The family wish to express sincere thanks and appreciation to Neil, Wendy, Jason and staff at the Silver Fox Special Care Home for the wonderful care given to John.

If desired, donations to the Salisbury Legion, Branch #31 would be appreciated by the family.
www.keirsteads.ca



Linda Ann Killam, 67, of Moncton passed away Sunday, December 7, 2014, following a brief illness, at her residence surrounded by her family.

Born in Moncton, she was the daughter of the late Harry and Doreen (Casey) Mitton. Linda worked at the Jones Farm on Coverdale

Road for 32 years and was also a cook at Serena Care. She enjoyed her house in Little River (Lin Haven) and gardening, cooking, professional baking, knitting and reading but most of all she loved spending time with her family and friends. Her special saying was "I will meet you at the river and we'll skip a stone or two, hugs and love".

She is survived and sadly missed by her pride and joy, daughter Dawn-Ann Killam (Stephen Melanson), Moncton; her sister Shelly Mitton (Kirk Taylor), The Glades and brothers David (Joanne), River Glade, Benny, The Glades and Harry (Madeline), River Glade and several nieces and nephews including a special niece who was dear to her heart Melissa Mitton and her baby Myla. Linda is also survived by her four legged friend Roxi who was always by her side. Predeceased by her husband Jeffrey Killam; son Dustin Killam and brother Sam Mitton.

By personal request there is no visitation or service. Interment at Boundary Creek Cemetery will take place in the spring.

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

Arrangements are in the care of Salisbury Funeral Home and Crematorium (372-4800).
www.keirsteads.ca

OBITUARIES



Gilbert Ellery Keirstead passed away at this residence in Riverview, N.B. on December 4th, 2014 at the age of 91.

Born in Collina, Kings County, N.B. on March 5th, 1923 he was the eldest son of the late Oliver and Margaret (Chamberlain) Keirstead.

Gilbert was a life member of the Collina Baptist Church and a World War II Veteran serving in the Air Force overseas followed by a career as an Air Traffic Controller until his retirement.

His hobbies were many including fishing on the Miramichi, golfing, ham radio, and driving his motorcycle, just to mention a few. He was a life member in the Shriners, Masons, Legion and various lodges. The happiest memories for his family was the camp at Brown's Yard where summers were filled with family and friends boating, swimming and having a great time together. It was Freda's favorite place.

He is survived by his son's Darryl (Joanne) Larry (Lynda) Dale, Ron; daughters Wendy Langille (Stephen), Marsha Keirstead (Bill Gillcash), Pam Krueger (Danny); brother Herb (Velma); sister-in-law Doris Keirstead Thorne; second wife Hildegard Russell; grandchildren Trevor, Christa, Ben, Michael, Christopher, Willow, Samantha, Dustin; great-grandchildren Dillon, Zach, Oliver, Julia, Addison, Phinley and Piper. Besides his parents Gil was predeceased by his first wife of 50 years Freda (Read) Keirstead, brother Ronald Keirstead, sister Betty Keirstead and brother-in-law Harold Crealock.

We will be forever grateful for the kindness, friendship and caring people at Canterbury Hall where Dad always was loved and cared for.

In honoring Gilbert's request there will be no funeral service or visitation. A spring graveside service for family and friends will be held at the beautiful Riverbank Cemetery, Riverbank, N.B. If desired, donations to the Riverbank Cemetery or charity of choice would be appreciated by the family.

Arrangements are in the care of Salisbury Funeral Home & Crematorium (372-4800).
www.keirsteads.ca



Poem

afterglow

I'd like the memory of me to be a happy one.
I'd like to leave an afterglow of smiles when life is done.
I'd like to leave an echo whispering softly down the ways,
Of happy times and laughing times and bright and sunny days.
I'd like the tears of those who grieve, to dry before the sun;
Of happy memories that I leave when life is done.
Unknown

OBITUARIES



Sherry Mina Stewart, 60, of Petitcodiac, passed away Monday, November 24, 2014 at the Moncton Hospital with her family at her side.

Born in Woodstock, ON, she was the daughter of the late Charles and Eva (Young) Chapman. Sherry placed family as

her first priority and treated everyone with the utmost respect. She loved from deep within and absolutely adored her grandchildren. Sherry had a nurturing personality and was the first to lend a hand. Truly, her attributes are too numerous to mention. Sherry enjoyed travel, bingo, cards and doing puzzles.

She is survived and sadly missed by her beloved husband of 39 years Laurie; children Jody (Becky) and Jolene O'Blenis (Chris) both of Petitcodiac; cherished grandsons Dylan, Connor, Chase, Jackson, Chandler and Lincoln; sister Pam Mills (Carl) of Kinnear Sett.; brothers Conrad of Rothesay, Roger (Brenda) of Georgetown, ON, Graham (Marjorie) of Brantford, ON, and Keith (Mike) of Kinnear Sett.; sister-in-law Carol Chapman of Havelock; mother-in-law Audrey Stewart of Elgin; brother-in-law Darrell Stewart (Darlene); sister-in-law Linda Steeves and several nieces, nephews, aunts, uncles and cousins. Besides her parents, she is predeceased by brothers William and Garry and father-in-law John Stewart.

Resting at Salisbury Funeral Home, 3350 Salisbury Road (372-4800) visiting will be Tuesday, November 25 from 6 - 9 pm and from where the funeral will be held in the chapel Wednesday, November 26 at 2 pm. Interment at Greenhill Cemetery, Havelock at a later date.

If desired, donations to SPOT Building Fund or Friends of the Moncton Hospital Palliative Care Unit would be appreciated by the family.
www.keirsteads.ca



Barbara Anne von Richter, 82, passed away Wednesday, November 26, 2014 at the Dr. Georges L. Dumont Hospital.

Born in Saint John, she was a daughter of the late Arthur and Bertha (Southern) Osburn.

Barbara was a loving

mother and Nana, neighbourhood babysitter and an animal lover.

She is survived and missed by her daughter Daphne Lynn Silliker (Terry) of Salisbury, sons Christopher Alward von Richter (Crystal) of Calgary and Michael Sean von Richter of Miramichi; grandchildren Andrew Silliker of Arlington, Virginia, Jeremy Silliker of Elgin, Natacha von Richter of Calgary and Katie von Richter of New Denmark, NB; great granddaughters Jayleigh von Richter and Ryleigh Holt; sisters Mary Hall and Jeanette Staddon and several nieces and nephews. Predeceased by her husband Christopher (Sonny) von Richter; infant daughter Sally Ann; sister Lillian and brothers Arthur, Sterling and George.

There is no visitation or service by personal request. Interment will take place at a later date. If desired, donations to the Kidney Foundation, Red Cross or charity of choice would be appreciated by the family.

Arrangements are in the care of Salisbury Funeral Home and Crematorium (372-4800).
www.keirsteads.ca

Salisbury Happenings

Salisbury Happenings Continued on page 18 as well

Nutrition and Food Security Working Group News.. WHAT IS THIS ?

What comes to mind when you think of food security? With the recent outbreaks of bird flu in the province of British Columbia, perhaps it is the safety of the food supply that is being sold to us - and that is true, but it is so much more. Food security has to do with the availability and affordability of the food we eat. There are a lot of factors that currently threaten our food security, some of them are global in nature - the loss of pollinators, loss of topsoil, China having to take millions of acres out of production due to soil contamination, droughts in the western provinces and US states, aquifers used for irrigation running dry or being depleted faster than they can be replenished and these are just a few examples. These problems may temporarily interrupt the supply of certain products to our area or they may drive up prices and make our food less affordable so these are two of our local food security issues. In a province like ours where 87 percent of our food supply is imported, what happens globally will impact us locally.

Nutrition is also a food security issue, with rates of obesity, diabetes and cancer steadily on the rise in North America, a lot of research is being done on the North American diet and how it may be impacting our health. The research shows that many of our illnesses have strong links to poor diets. Even more alarming is the research that shows much of the food grown by conventional agriculture methods are less nutritious than they were 50 years ago and we're eating meat that is often contaminated with antibiotic resistant strains of bacteria that could make us ill if it is not handled properly. The proper preparation of the food that we eat is another food security issue.

Your local Nutrition and Food Security Working Group is working on finding solutions to the issues that threaten our food security. We are a small group of people from diverse backgrounds including nutrition experts, educators, food bank representatives, health professionals and farmers. Our primary goal is to work at the community level, engaging citizens from our own communities, in actions that will ultimately increase our own food security and nutrition. Some of the problems that we have identified are: poor nutrition in our institutions (schools and hospitals), growing numbers of visitors to foodbanks, the loss of the Meals on Wheels program for seniors unable to make their own nutritious meals, strengthening our farmers markets in Salisbury and Petitoodiac and the poor nutrition choices, in general, of our population.

We are hoping that our communities will support our work and we invite you to participate in two projects that we are working on for 2015. The first is a Health and Wellness Expo that is set for January 17th at the JMA Armstrong High School in Salisbury. Come and visit us at the expo, learn some facts about nutrition and meet your local food security team. We will also be showing the documentary "Vitality" which reveals and explains the secrets to living a long and healthy life. You may even be able to sample some nutritious local food and learn which foods have medicinal benefits that are as effective as some of the drugs we are buying to treat common illnesses. We are still working on the details, so stay tuned for more info.

The second project that we are actively working on is an effort to increase our own local food supply and for this we are looking for some entrepreneur minded people who would like to grow vegetables to sell at our local farmers markets. We are hoping to attract youth who would like to make some money and we plan to help them succeed, every step of the way. So, if you want to learn to grow a market garden and would like to have some help getting started be sure to contact us. One way we can increase our own food security is by growing more of our own nutritious fruits and vegetables, and who knows, maybe we can perk the interest of some of our youth to invest in agriculture as a career through this project. There are many ways that the community can help us with this project, we need people to support these entrepreneurs by coming to the farmers markets and purchasing the products for sale and we need some land suitable for gardening that can be used to grow the vegetables. So if you own some acres that you are tired of mowing, we can help you with that! If you know something about growing vegetables, would you be willing to share your knowledge with somebody who wants to learn that skill? If you want to be a grower, a mentor or you have some suitable land, then please contact us and help us get this project off the ground. We cannot do this alone, our group is working hard to increase community connectedness and our success is dependent upon your involvement and support!

Susan Linkletter
Certified Organic Farmer
Tel.: 506-372-1085
selinkle@aol.com

Claudette Bernard-La France, Dt.P. / RD
Public Health Dietitian
Tel.: 506-856-3832
claudette.bernard-lafrance@gnb.ca

Salisbury Helping Hands Inc. board of directors would like to say THANK YOU to all those that took part in making this Christmas special for 83 children and their families. Each and everyone of you helped in your special way to show that Salisbury is a caring and compassionate community. Your who makes this community a great place to live. God Bless

Salisbury Golden Age Club resumes in

September. It 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.



A Business that cares about the Community

Staff from CRC RV Centre and Leisure Days RV delivered over 600 pounds of food and presented the Salisbury Helping Hands Inc. with a cheque for Christmas needs and future food.

Salisbury Parks & Leisure 1st Annual Winter Carnival

Feb. 21, 2015 (tentative date). Anyone interested in getting involved and help with the planning of this community event please contact
Holy @ 372-3280 you can also find her at
64 Douglas St
or e-mail at parks.leisure@salisbury.ca.
Check out the web page at
<http://Salisbury.ca/VillageOfSalisburyParksAndLeisure/>

HAVE YOU EVER NOTICED..

the yellow \$2.00 coupon at the checkout in the Salisbury Save Easy? ALL donations go to your local food bank from this program. Thank you to those that added \$2.00 to their grocery bill because your local food bank received \$530.00 this year. We encourage you to add 2.00 each time you shop, it is a great way to help and it adds up fast.



SALISBURY PUBLIC LIBRARY EVENTS

- Computer Classes** - Free 30-minute computer tutorials available by appointment at the library. Call to register or for more info. **The Booklovers Reading Club** for adults will discuss / *Am Malala* by Yousafzai and Christina Lamb on January 14th at 6:15 pm. New members welcome.
 - LEGO at the Library** - Saturday January 10th from 2:00-3:00 p.m. Ages 6 and up. Bring your friends and family to build with LEGO and put your creations on display in the library. **E-Reader Clinic** - Tuesday January 20th from 10:30-11:30 a.m. Bring your e-reader in for tips on how to use it, and learn how to download library books to your e-reader for free.
 - Hackmatack Club** - Children in grades 4-6 are invited to read books nominated for the Hackmatack Children's Choice Book Award. The next meeting is Tuesday January 20th at 3:00 pm. **Family Literacy Day** - Drop-in the library during open hours on Tuesday January 27th to Celebrate Family Literacy Day. We'll have stations set up with literacy games and activities, snacks, and a craft.
 - Crafting Circle** - Wednesday January 28th from 6:30-8:00 p.m. Bring your current craft project and join fellow knitters and crafters for inspiration and tips. All skill levels are 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 3215 Main Street in Salisbury.
Library Hours: Tuesdays, Thursdays, Fridays, Saturdays 10am-12pm & 1-5pm, and Wednesdays 1-5pm & 6-8pm.

Salisbury United Church

Pastor SimRushton DLM
Sunday: 10:00 AM Church Service
Sunday School
Monday: 3:30 -8:00 PM Tae Kwon Doo
7:00 PM Men in Black Choir Practice
8:00 PM AAA Group
Tuesday 10:00 AM Quilters
6:30 PM Girl Guides
Thursday 3:30 -8:00 PM Tae Kwon Do

Jan 4 2:00 PM UCW meeting
Jan 9 10:30 AM Monthly service at Jordan Life Care Centre
Jan 23 1:00 PM M & P Meeting in Coverdale, snow date Jan 30.
Please check info line 372-5112 Medication, Spiritual Seekers and other unlisted regarding events. New messages post each Tuesday.

OBITUARIES



It is with sadness the family of **Connie Lillian (nee Carter) Harper**, announce her passing at the Jordan Lifecare Center on December 18, 2014 at the age of 89. Born on September 19th, 1925 in Elgin, she was a daughter

to the late Waldo and Rachael (nee Hayre) Carter and the wife to the late Aubrey Harper. Connie was a WWII Veteran, a member of the Royal Canadian Legion #41, Petitediac, and she was also a member of the Legion Ladies Auxiliary. She was also a long time member of the Women's institute of Anagance. Connie was a hairdresser and had her own business working out of her home. She loved playing cards and enjoyed her cribbage games. She was a great cook, loved her cats and especially loved her grandchildren.

Connie is survived by her son Donnie (Beverly) Harper of Petitediac; her daughter Sandra Harper of Alberta; grandchildren: Steven Harper, Shawn (Sarah) Harper, Sandy (Robyn) Harper, Bonnie Barchard and Becky Barchard; great-grandchildren: Colton, Adelaide, Carlea, Zoe, Lia, Skylar, Hadessa and Jaxon; her brothers: Leland, Hudson and Wayne (Jane) Carter; her sisters Daurice (Ken) Harper, Edith (Oscar) Corey and Sharon (Donald) Bishop; as well as many nieces, nephews, extended family and friends. Besides her parents and husband, Connie was predeceased by her brothers Herbert and Waldo Jr.

Arrangements have been entrusted to the professional care of Armstrong's Funeral Home, 33 Russell Street, Petitediac. Visitation was held on Sunday, December 21, 2014, from 2-5pm and the funeral service was held on Monday, December 22, at 11:00am with Rev. Keith Adams presiding all in Armstrong's Funeral Home. Interment will take place in the Anagance Cemetery at a later date. Donations to the Jordan Lifecare Center or Chrohn's would be appreciated by the family. On-line condolences are available at www.armstrongsfh.com.

OBITUARIES



The death of **Robert Lawrence Sipprell** of Port Elgin and formerly Parkindale occurred on November 27, 2014 at the age of 86. Born in Annapolis Royal, Nova Scotia, he was the son of the late Elsie Grace Dunn. His birth-name was Lawrence Earl Dunn. His adoptive

parents were Halden A. Sipprell and Edythe Sipprell who predeceased him. He became known as Robert Lawrence Sipprell. Robert is survived by his daughters: Darlene Whalen and Shannon Gillcash (Dana); his step-daughters; Debra Bowser (Allan) and Ravada Benjamin (Andrew); his step-sons; Carl Bowser, John Bowser (Tracy) and Donald Bowser; 15 grandchildren; 7 great-grandchildren; his sisters: Audrey Newbery, Margaret Curry, Mary Muise, Nancy Hussey (Donald); his brother, Lorne Sipprell (Dorothy); as well as several nieces, nephews, extended family and friends. Besides his parents, Robert was predeceased by his first wife, Bernice (nee Martin) Sipprell; his second wife, Helen Marie (nee Jones) Sipprell; and his sister Phyllis Martin.

Arrangements have been entrusted to the professional care of Armstrong's Funeral Home, 33 Russell Street, Petitediac, (506)756-3361 from where visitation was held on Monday December 1, 2014 from 12pm - 2 pm, followed by the funeral service at 2:00 pm, Armstrong's Funeral Home Chapel with Pastor Leonard Geldart officiating. Interment will take place at Parkindale Cemetery at a later date. Donations made to the Parkindale Cemetery would be appreciated by the family. On-line condolences are available at www.armstrongsfh.com



Comedy at Large
by Laurie Blanchard Salisbury, NB

A comedian on TV was telling his audience that he was out grocery shopping and when he came to the cashier to pay for his groceries, the clerk rang in his purchases and said.... thank-you for shopping at the Supersaver! His reply to her....hey, I'm not doing this for you, I'm doing this for me. If I don't eat, I starve!
He went on to say that one of his buddies stopped in to visit one day as he was putting on a pot of coffee. I was having a problem picking out one coffee filter from the pack, like they were glued together and I told my friend, geez Louise, these filters are so darn hard to separate! His chum replied....well, maybe you should get a good lawyer that deals in separations. Order in the court!

Occasionally, I enjoy putting out the hook line sinker to see if the fish are biting. Recently, the handle on the scooper to clean out the cat's litter box broke so off I went to buy a new one. While at the store, I picked up a couple of other items and when I came up to the cash I placed those 2 items on the counter but kept the scooper in the other hand and out of sight. The lady asked....and how are you today? Fine thank-you I said, I decided to take a break from my training course to come shop. Much to my liking, she inquired, oh and what are you training for? My thought at that moment, I think I've got a BITE! I quickly replied, I'm training to be a news paper reporter then reached up and placed the scooper on the counter and said....
AND HERE'S THE LATEST SCOOP!

Well the groan that she let out could have passed for the fog horn on Deer Island! It takes very little to make my day! Clint Eastwood needs a 44 magnum to make his day.



People Who Laugh a lot Live Longer

AUTOMOTIVE NUMBERS MATCHING

When purchasing a restored automobile, numbers matching can certainly affect the asking price. Here's a numbers matching story with a different twist. Many years ago, I was scheduled to meet someone at a given location with my commercial vehicle. The meeting time had been set for 2 PM. Not wanting to make the other driver wait, I arrived at the meeting location early. As I sat there waiting, I just happened to look at the odometer and the mileage read 142,142 kms. When I reached for the radio control to change the station, lo and behold, the time showing on the clock1:42 PM! But wait, it gets better. The sticker on the windshield showing the mileage for the next oil change ... 142,500 kms!
Now that's numbers matching on steroids!

Submitted by Laurie Blanchard Salisbury, NB



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Abandoned Cat Rescue is a charitable organization who rescues cats and kittens. All of our pets, including Cheddar, are spayed/neutered, have their first vaccination, have been treated for parasites, and have been tested for feline leukemia. We ask for a minimum donation of \$90 – please call Kim at 215-0059 to adopt any of our cats and kittens today!



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Happy New Year Salisbury

YOUR KIDS MAKING A DIFFERENCE



The children from Here We Grow Early Learning and Child Care Centre delivered presents to the Salisbury Helping Hands @ Christmas Program that they purchased and wrapped at the centres family night Christmas event. The children were happy to be helping another child in the area at this time of the year.

Salisbury Boys & Girls club

where out caroling and visiting local businesses during the Christmas season.

Salisbury Baptist Senior Youth group raised funds through out the year and sponsored a child this Christmas.

Next holiday February 13th



JMA Armstrong Grad class encourage their students to donate food and extra change to the local Food Bank. Students also helped stuff stocking for local children. These four future grads even helped organize the shelves and unpack.



SMS SHARKS take a Bite out of poverty

Salisbury Middle School collected over 400 pounds of food for the Salisbury Food Bank and made a donation from their Ginger Bread House Campaign.

Salisbury Parks and Leisure will be getting the skating rink ready for use. Lets hope for cold weather.



Cougars Saving Lives!

As a class assignment in grade 12 English, students created a list of 25 things they wanted to do/accomplish by the time they are 65. For many students, Donating Blood was listed. Therefore, we organized a trip to Canadian Blood Services on Mapleton Road. On Friday December 12, students boarded the cougar bus, and headed into town for a 9:00 appointment. Students found the experience extremely rewarding and have expressed interest in donating again. We have planned another trip in February, and hope to go again in May. Those who participated were: Jesse Coates, Deanna Corey, Joshua Homberger, Kennedy Kitchen, Emily Kyle, Joshua MacDougall, Natalie McMackin, Shayna Perry, Samantha Rogers, Joshua Vienneau, and teachers Heather Dixon and Jason Lewis.

BUSINESS CHRISTMAS DECORATING CONTEST

The Village of Salisbury held a Business Christmas Decorating Contest on December 14th. A big thank you to Salisbury Electronics and Fork in the Road, Salisbury Home Hardware, Country Corner Convenience, K & B Takeout, and McTavy's General Store for entering the contests and decorating this holiday season. Winners received a donation to their choice of a local charity or organization. Congratulations to McTavy's General Store for winning 1st, Salisbury Electronics & Fork in the Road for winning 2nd, and Salisbury Home Hardware Building Center for winning 3rd. Hoping to expand to household next year!!!!

VILLAGE UPDATE FOR YOU..



WINTER PARKING

Just a reminder that for the purpose of snow removal no person shall stand or park a vehicle on any highway within the Village of Salisbury between the hours of 1:00 a.m. and 7:00 a.m., from the first day of November in any year until the first day of April in the following year.

CHRISTMAS TREE DISPOSAL

Natural Christmas trees will be collected by Village staff from **January 5 to 16, 2015**. Tree bags, tinsel, ornaments, nails, tree skirts, string, stands, etc., must be removed before placing the tree at the curb. Christmas wreaths will not be collected as part of the tree disposal program. Trees should be clear of snow and ice and easily accessible for collection.

Residents who wish to drop-off their Christmas tree can do so at the following site from **December 29, 2014 to January 16, 2015**:
Village of Salisbury Wastewater Treatment Facility, 47 Government Road (In Designated Area)

Christmas trees are shredded for the production of compost.

DOG TAGS

Just a reminder that dog tags are to be purchased before March 31st each year. **A \$15.00 penalty will be added to the regular registration fee for tags not bought by March 31st and a \$50.00 penalty will be added to the regular registration fee for tags not bought by June 30th.**

Registration fees are:
- \$10.00 spayed or neutered dogs,
- \$30.00 unspayed or unneutered dogs,

Every owner of a dog(s) over the age of three (3) months, shall have such dog(s) vaccinated against distemper and canine parvovirus and must repeat this process every two (2) years thereafter.

Every owner of a dog(s) over the age of four (4) months, shall have such dog(s) vaccinated against rabies and every three (3) years thereafter.

An official receipt from a licensed veterinarian hospital with the breed, color, name of dog showing on receipt and also the veterinarian hospital tag number is required. **NO ONE WILL BE ISSUED A REGISTRATION TAG WITHOUT THE OFFICIAL RECEIPT.**

Jessica MacDonald will be our 2015 Animal Control Officers for the Village of Salisbury. She has been authorized by the Village Council to sell dog tags door to door. Dog tags are also available at the Village Office and at the Salisbury Veterinary Clinic. Please direct any complaints or inquiries to Jessica MacDonald at 378-3627.



News From The Maritime Motorsports Hall Of Fame

HEIDI COOKE

Inducted 2011 as a Motocross Competitor

“She is one female rider that made it in Motocross”.

Heidi started racing at age 16, the reason being that she crashed her brother’s bike one night and she was immediately hooked.

Motocross took her too many different locations.

She traveled across Canada, the USA, Bermuda and even as far as Dubai.

Heidi rides for KTM Canada and Freedom Cycle wearing the # 1 East.

June 8, 2009 Heidi won the Women pro Nationals- overall at Kamloops, BC.

For many years she wrote a column for a Canadian Moto Magazine called IMX.

Motocross also took her into the film world as a stunt double in a half dozen films. She spent 3 months in Montreal filming a major motion picture.

A Quote: “If you’ve ever had the chance to watch Heidi Cooke on a dirt bike, you know she hauls. Heidi is one of the coolest, most amazing women I’ve ever met, both on and off the track. Her aggressive style and her incredible commitment to training

have made her a standout in the Canadian Women’s field, and have also earned her some impressive WMA finishes south of the border.”

Heidi’s been on almost every color bike in her long motocross career and it doesn’t seem to matter what bike it is as long as it runs top notch.

She has met and raced with amazing women.

In addition to racing motocross she runs Hurricane Heidi’s Café in Nova Scotia. She also plays soccer in the summers. Now she has taken on the job of motherhood with her small infant son.

Heidi feels motocross will always be part of her life, to quote her, “once you get a taste of that #1 you’re going to want to do it again.”

Heidi Cooke at this time I would ask you to come up and receive another first... the first motocross lady to be inducted into the Maritime Motorsports Hall Of Fame.



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Your Community Funeral Homes

Armstrong's Funeral Home

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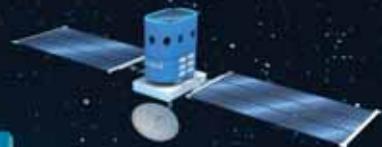


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