



5 Hooper Ln, Petitscodiac

LOCAL NEWS & VIEWS

Promoting Local Business & People in
Our Surrounding Communities.



March Issue, 2015
Volume 5 #11.

MONTHLY BULLETIN

WELCOME TO SCOTT'S INDEPENDENT GROCER



The "Baguette" cutting ceremony took place Friday, February 13th, to officially welcome the new Franchise of "Your Independent grocer" a national banner which has 150 locations across Canada the store is affiliated with Loblaw's, and are locally owned and operated, changing it from the Save-Easy banner. Many renovations took place to upgrade the store for the new affiliation.

Bradley and Angela Scott, along with their two daughters, Krisanne and Kendra are excited to invite you, into their newly refurbished grocery store. Jay Keenan, from Mount Eagle, was site superintendent for RCS Construction the main contractor. Don Pickett of Pickett's Electrical from Upper Coverdale looked after the new energy efficient LED lighting. Valley Refrigeration was contracted to install the new refrigeration cases which were installed by Mike Melanson, from Colpitts Settlement. New up-dates included produce cases, fresh to go case with an expanded variety of produce, which will help keep the freshness of the produce. There is a new refrigerated deli case containing more varieties of fresh cheese and deli meats. Also new bakery fixtures, dairy refrigerated cases, meat case with an expanded variety of fresh cut meats; The old grocery shelving has been replaced with new shelving with more linear footage

Story Continued on page 7

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

Also like our page on facebook [Maritime Motorsports Hall of Fame](#)

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GET YOUR TICKETS NOW !

Maritime Motorsports Hall Of Fame 10th Annual 4-Wheeler Draw

March 27 at the Petitscodiac Legion.

Tickets on sale Now at the
Motorsports Hall Of Fame

Tickets are 1 for \$100 and 3 for \$200

Call the Hall for more details
(506) 756-2110



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From the Editor

From Your Editor

Oh My!! But I am looking forward to March. The weather should be warmer and the snow banks smaller.

February, or snow month, sure gave us a lot of exercise, maybe just to make some of us remember that New Year's resolution, to exercise more.

I think next year they should leave the Ground Hog in his den.

The Maritime Motorsports Hall of Fame is holding their 4-wheeler draw at the Petitediac Legion on March 27; tickets are available at the Hall office at 5 Hooper Lane. Good luck to all who bought tickets. I promise the snow will go away and you will be able to ride it.

Most of the Stockcar race schedules are out for the 2015 season. I just realized that it is 20 years since River Glade Speedway was sold to Pat Rodgers. Life did go on.

You can check out what is happening at the Hall of Fame by logging into the web site www.MMHF.com, there you will be able to access forms for our different programs. A new form will be added for Members and their families to apply for the \$500.00

Maritime Motorsports Hall Of Fame Bursary for students going on for their Post Secondary education in the automotive/mechanics discipline, such as: To become a teacher/professor of the trade, mechanical engineer, mechanical technician, or any other part of the automotive trade. However you may obtain forms from the office. This is new starting this year. The Bursary will

no longer be available at the Schools.

Wishing everyone a Happy St. Patrick's Day, and the wearing of the Green!

Your Editor,

Winona McLean



Ross Wetmore
MLA Gagetown – Petitediac
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The National Trust Launches I LOVE MY MAIN STREET contest



Ottawa, ON, February 10, 2015 – The National Trust for Canada is pleased to announce the launch of our **I LOVE MY MAIN STREET** contest. The contest gives Canadians a chance to show some love for Canada's main streets—whether it is a hometown, local village or

favoured tourist destination. By participating, you are not only entering the chance to win a VIA Rail travel voucher worth \$2,000, you are helping to fuel a dialogue about the importance of maintaining Canada's historic main streets and downtowns.

It's easy to enter... just **share a photo** of your favourite main street—include yourself if you want—and you will automatically be entered to win the VIA Rail Grand Prize Draw!

I LOVE MY MAIN STREET contest is your chance to show Canadians why you love your main street, and learn about other favourite main streets right across the country.

Stay connected with the contest, join us on Facebook and Twitter

A winner will be randomly selected on April 1, 2015 and will have a full year to use the VIA Rail travel voucher.

Heritage Canada The National Trust thanks its prize sponsor VIA Rail Canada.

For further information contact:

Carolyn Quinn

Director, Communications

cquinn@heritagecanada.org

613-237-1066 ext. 229; cell 613-797-7206

Brittle Hill

A Moncton couple are drawing teens and candy zombies together!

A Moncton couple have a fascinating project on their hands. Alan Spinney and his wife Helen Spinney are writing, drawing and printing a comic book series. The series involves teenagers in the town of Brittleville, who meet some colourful beings nearby. It turns out that these beings look like people, but are made of candy! And they are dead! They are Candy Zombies, looking for the reason why they are back from the dead, and curious about the town.

Together, the harmless candy zombies and the teens learn about each others' cultures. Issues come up regarding loyalty, family secrets, bullying and internet safety.

The comic series is appropriate for all ages, but especially interesting to teens and preteens.

Helen and Alan begin the story of each issue by brainstorming. They sit together and discuss the characters, and what they are up to in the new issue. What adventures would be fun to read about? As the story takes shape, Alan draws rough sketches to decide what happens on each of the 16



Alan Spinney and Helen Spinney, creators of Brittle Hill, at a Dartmouth comic festival (DCAF) last August.

pages in each issue. Then, he draws the entire comic in pencil, and puts in the word balloons. Next, the story is redrawn in ink, and coloured on the computer. Alan uses a digital drawing tablet for inking and colouring.

Brittle Hill is printed in Moncton, and the first three issues are available for \$3 each at Chapters in Dieppe, at Comic Hunter and Read's Comics in Moncton. It's also on sale in Saint John at Heroes' Beacon, and in Sackville at Black Bowser Comics.

Helen and Alan enjoy including local references in Brittle Hill. Although the town is fictional, they have used images of the Sackville library, Brydges Street in Sackville, and the Moncton Thomas Williams House in various issues. There is also a cool car in the comic too; a red BMW z8 convertible!

Brittle Hill is available online too. You can find out more information, download a preview of the comic for free, and purchase a digital copy of each issue for just 99 cents! Their website is www.brittlehill.com



Cover of Issue 1



Echo describes her experiences to Drake and Nyx

Our website is www.brittlehill.com



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Paul Forgrave, a long time supporter of the Hall of Fame, while in the hospital for several weeks; Pauls favourite nurse and favourite waitress Wendy Wilson, screens Pauls incoming calls in the "Hallway Suite" Thanks Wendy.

Along with one of my best friends Darryll Shipley a member of the Maritime Motorsports Hall Of Fame looking after the phone when Wendy was busy. Thanks Darryll.



LOCAL NEWS & VIEWS

MONTHLY BULLETIN

- Local News & Views Monthly Bulletin is published once a month by the Maritime Motorsports Hall of Fame Inc.
 - The purpose of the Local News & Views is to inform the general public what is happening in the Hall of Fame, as well as what is coming up with in each community.
 - It is also a venue for business to advertise their products and services each month.
 - It is intended to assist all the local Service Clubs in their endeavor to support their communities.
 - Local News & Views will tell the stories of Local people as they go about their day to day activities making a positive difference in their communities.
- The office is in the Maritime Motorsports Hall of Fame located at :
5 Hooper Lane, Petitcodiac, NB E4Z 0B4
Phone: 756-2110, Fax 756-2094
Email: maritimemotorsports@gmail.com

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

April Deadlines:

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Advertising.....March 19

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Let it Snow! Elgin W. I. Enjoys a Tropical Supper

What were the odds it would be snowing?

Outside, the flakes may have been falling, but inside the Elgin Seniors' Centre, W.I. members and guests were enjoying a timely "Taste of the Tropics" potluck. On the evening of February 19th, ten of us braved the elements: we wore sunhats and shades. Some of us were in sandals and capris. One of us had even packed a suitcase!

Each traveler was greeted Hawaiian style with a hopeful "Aloha" and a multicoloured lei from Karen Davidson. Co-captain Hazelanna Carter served drinks starboard.

Seaside bric-a-brac decorated the guest tables. Sounds of the South Pacific floated on the air, along with the tempting aromas of pineapple meatballs, enchilada casserole, chicken and asparagus, a fusion of German noodles and teritaki chicken . . . and more. Desserts were tiny perfect pillars and platters of tropical fruits . . . and more.

At the end of the evening, we could all sing "Though the weather outside is frightful . . . my dear, it was so delightful." Tasting the Tropics for one brief night in February was a great trip!

For more information on upcoming W.I. events or to become a member, phone 756-2531 or 756-8453.

Elgin W.I. will be serving lunch at the 2015 International Woman's Day celebration on Saturday, March 7th, 1 to 4 p.m. at the Elgin Fire Hall.

This year's theme is "Make It Happen."



Snow, snow and more snow seems to be the order of the day. That is good for members of the EEA

We've been giving baking classes and more to come. Our last class was well attended and fun. Children have made clear what other recipes they would like to learn to make. We have mentioned before, let us know if you want your child to take part in any of these classes. This way we can plan better and you are sure to be able to take part.

At our next meeting we will set a date for the family fun day in the park. We ask the members and guests to bring suggestion for the fun day in the park.

The EEA has bought 10 pair of snow shoes for children and adults. Snow shoeing could be one of the events to be held on the fun day.

WE will also continue our work toward conservation efforts of the Acadian forest. We all see the devastation caused by the large amounts of clear cuts taking place around us. We hope you will join us to try and have some of this beautiful forest for the use of the community. For educational and recreational use.

At our next meeting MARCH 5 STARTING AT 7 IN THE SENIORS HALL IN ELGIN we will also discuss our summer program.

WE are looking forward to an interesting and productive meeting

The Elgin ECO Association

13th Annual Elgin International Women's Day Celebration

"Make It Happen"

Saturday, March 7, 2015 at 1:00-4:00 p.m.
Elgin Community Centre Elgin, NB

Come and join us for fun, friendship, entertainment, education, music, refreshments and door prizes.

Everyone welcome.

No admission charge. Donations accepted.





Weekly 50/50 Draw

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For more info check us out on facebook @ Tri-County Gold Rush

Petitcodiac Community Calendar 2015

	SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
M a r c h	1 -Church Services -Public Skate	2 -Senior's Club -Pilates -Taking Time for Me -Air Cadets -Figure Skating -Public Skate	3 -March Break Craft- ernoon @ Library -Geri-fitness -Kickboxing -Badminton & Volleyball @ PRS -Kids Cove -Youth Group -A.K.A Dance Studio	4 -Marble Magnet Craft @ Library -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Cubs & Scouts -Can Skate/Learn to Skate -Public Skate -Figure Skating	5 -Board Game Drop-in @ Library -Drop-in Play Group -Kickboxing -Public Skate -A.K.A Dance Studio -Yoga	6 -Welcome to Kindergarten Event @ Library -March Break Movie Afternoon @ Library -Figure Skating	7 -LEGO Club @ Library 
	8 -Church Services -Public Skate	9 -Pilates -Taking Time for Me -Air Cadets -Figure Skating -Public Skate	10 -Geri-fitness -Kickboxing -Women's Institute -Foot Clinic -Badminton & Volleyball @ PRS -Kiwanis -Kids Cove -Youth Group -A.K.A Dance Studio	11 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Cubs & Scouts -Can Skate/Learn to Skate -Village Council -Public Skate -Figure Skating	12 -Book Club @ Library -Drop-in Play Group -Kickboxing -Foot Clinic -Public Skate -A.K.A Dance Studio -Yoga	13 -Jam Session -Figure Skating	14 
	15 -Church Services -Mothering Sunday @ St. Andrew's -SJA Adult Meeting -Public Skate	16 -Pilates -Taking Time for Me -Air Cadets -Figure Skating -Public Skate	17 St. Patrick's Day -Geri-fitness -Kickboxing -Badminton & Volleyball @ PRS -Kids Cove -Youth Group -A.K.A Dance Studio	18 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Cubs & Scouts -ATV Club -Can Skate/Learn to Skate -Public Skate -Figure Skating	19 -Drop-in Play Group -Kickboxing -Public Skate -Petitcodiac Sportsman Club -A.K.A Dance Studio -Yoga	20 -Jam Session -Figure Skating	21 - Petitcodiac and District Figure Skating Club Ice Show
	22 -Church Services -Public Skate	23 -Pilates -Taking Time for Me -Air Cadets -Public Skate -Figure Skating	24 -Geri-fitness -Kickboxing -Badminton & Volleyball @ PRS -Kiwanis -Kids Cove -Youth Group -A.K.A Dance Studio	25 -Library Storytime -Pilates -SJA Junior & Youth -Legion Noon Meal -Cubs & Scouts -Can Skate/Learn to Skate -Village Council -Public Skate -Figure Skating	26 -Creative Writing Corner @ Library Drop-in Play Group -Kickboxing -Public Skate -A.K.A Dance Studio -Yoga	27 -Figure Skating -MMHOF 4-Wheeler Draw & Roast Beef Dinner @ Legion	28 Wii @ the Library
	29 -Church Services -Palm Sunday @ St. Andrew's -Hymn Sing @ St. Andrew's -Public Skate	30 -Pilates -Taking Time for Me -Air Cadets -Public Skate -Figure Skating -Codiac Classics -Holy Week Service @ St. Andrew's	31 Geri-fitness -Kickboxing -Badminton & Volleyball @ PRS -Kids Cove -Youth Group -A.K.A Dance Studio	Maritime Motorsports Hall of Fame Winter Hours: Open Monday - Friday 10am-5pm. Closed Sat. & Sun. (Open by Appointment) War Museum - Tours by Appointment. See back for details.			

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 -Kodiak 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, Sunday school 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. Mar. 10 & 12 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.

Ice Show - Petitcodiac and District Figure Skating Club March 21. Two shows - 2:00 pm and 7:00 pm. It's the 40th anniversary of the ice show. The theme is "Let's Celebrate".

Jam Session - Fri., Mar. 13 & 20 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.

Kiwanis

-Tues., Mar. 10 & 24. 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
- **Friday, Mar. 27** - Motorsports Hall Of Fame 4 Wheeler Draw & Roast Beef Dinner
- **Legion Noon Meals**

- Mar. 4 - Roast Beef
- Mar. 11 - Meatballs & Gravy
- Mar. 18 - Cornbeef & Cabbage
- Mar. 25 - Codfish

Hall Rental: No charge if fundraiser. Other function: \$141.50

Petitcodiac Sportsman Club - Meets on 3rd Thurs. of the month at 7:30 pm. New

Petitcodiac Continued from pg 4

members welcome. Club house is located at 1030 Sanatorium Road. www.sportsmanclub.ca

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.

March Break Fun @ the Library (Mar. 3 - 7)

-**March Break Craft-ernoon** (Ages 5-12) - Mar. 3. 3-4 pm

-**Magazine Marble Magnets** (Ages 6-12) - Weds., Mar. 4. 2:30-3:00 pm.

-**Board Game Drop-In** (Ages 6-12) - Thurs., Mar. 5. 2-4.

- **Welcome to Kindergarten** - Fri., Mar. 6 from 10:30 am to 12 pm. A special celebration for pre-kindergarten children and families! Stories, games, crafts, and exploration of the library. If your child is starting Kindergarten in the fall, come to the library for some fun and learning.

- **March Break Movie Afternoon** (Ages 5-12) - Fri., Mar. 6. 2:30-4:30 pm. Movie playing will be Aladdin.

-**LEGO Construction Club** (Ages 6+) - Sat. Mar. 7. 2-4 pm.

-**Adult Book Club** - Thurs., Mar. 12 from 6:30-8 pm.

-**Creative Writing Corner** (Ages 18+) - Thurs., Mar. 26 from 6:30-8:00 pm.

-**Wii @ the Library** - Sat., Mar. 28. 2:30-4 pm

Petty Trailblazers ATV Club

-Meets 3rd Wednesday @ the Legion building at 7:00 pm.

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

Call Lee at 756-9008 for details.

Saint John Ambulance (at Kiwanis)

-**SJA Junior group** meets every Wed. at 6:30-7:30

-**SJA Youth group** meets every Wed. at 6:30-8:30 pm

-**Adult meetings** 3rd Sunday of the month at 1:30 pm

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

St. Andrew's Anglican Church

- **March 15th** - Mothering Sunday, St. Andrew's, 9am

- **March 29th** - Palm Sunday, St. Andrew's, 9pm

- **March 29th** - Hymn Sing at St. Andrew's, 7pm

- **March 30th**, Mon. in Holy Week service, St. Andrew's, 7pm

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

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: Mar. 11 at noon and Mar. 25 at 7:00 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.

Yoga - Thursday nights from 7 - 8:30 pm at St. James United Church. Contact Heather Mann at 756-3385 or tlmann@xplornet.com for more info.

Youth Group - Tuesdays, 7:30 pm @ Baptist Church. Middle School and High School.

2015 STOCK CAR RACING

Congratulations to Sarah McKay at New Smyrna Speedway, finishing 13, 8, 7, 11 in the features racing in the Pro Late Model Division.

2015 RACE SCHEDULE

PETTY INTERNATIONAL RACEWAY

May 16, 30,
June 27,
July 11,
August 2, International August 21 & 22,
September 25, 26

PARTS FOR TRUCKS PRO STOCK TOUR

May 23, 30,
June 13, 20, 27,
July 4, 18,
August 1, 8, 22,
September 12, 19

SPEEDWAY 660

May 17, 24, 31,
June 6, 13, 14, 20, 27,
July 4, 11, 18, 25,
August 8, 15, 22, 29,
September 5, 6, 7.

RIVERSIDE INTERNATIONAL SPEEDWAY

June 13,
July 17, 18,
August 15,
September 12.

SCOTIA SPEEDWORLD

May 23, 24,
Monster Tour May 29-31,
June 5, 12, 19, 20, 26,
July 5, 12, 19, 26, 31,
August 7, 8, 14, 21, 28,
September 4, 11, 18, 19.



Frosted Molasses Squares

Cream together
1 cup shortening
1 cup brown sugar
Stir in
1 cup molasses
1 teaspoon vanilla
1 cup milk
1 beaten egg
½ cup coconut
1 cup raisins
In another bowl mix
4 cups flour
3 teaspoons baking powder
1 teaspoon salt
¼ teaspoon soda
1 teaspoon cinnamon
Next combine flour mixture with molasses mixture.
Bake in 8 inch x 13 inch pan or 2 8x8 pans.
Bake at 350 F.
Frost when you remove it from oven
2 cups icing sugar
½ teaspoon cinnamon
1 teaspoon vanilla
2 tablespoons milk, maybe a bit more for right consistency
Spread thinly over top



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Story Continued from front page

to carry a larger variety of new items. There is also a new ice-cream case, as well as a new warm and welcoming vestibule just to name a few of the changes.

Bradley made a toast to the Grand Opening of Scott's Independent Grocer. He explained "For the grand opening, "where we are a grocery store, we like to keep it food related", so the tradition to open an Independent store, is the cutting of the baguette".

Mayor Terry Keating was in attendance on behalf of the Village of Salisbury. He congratulated Bradley and his entire staff on the wonderful job they have done, that is evident as you walk through the store. Mayor Keating also thanked him for all the work he has done in the Community and the Village. He finished by expressing, that by supporting Bradley and his store it would also be supporting the Village and the surrounding Communities.



The glorious days of CB radios

By Laurie Blanchard
Salisbury, New Brunswick
Citizen band radios began to grow in popularity in the mid-sixties in New Brunswick. I was introduced to them in the late sixties and upon purchasing my first car in 1969, a used Pontiac Acadian; I had to have two electronic devices in that vehicle. Firstly, an 8 track player and a 23 channel mobile CB radio along with a roof mounted magnatopper antennae. As time went on, I set up a base station with a Johnson 223 messenger 40 channel radio along with a D-104 Lollipop microphone hooked up to a CLR-2 rooftop house antennae. CB radios were a wonderful socializing tool. As you motored down the road, you could switch to any channel and were likely to hear much modulation from a variety of CBers. At times, you may pull into a parking lot on a main drag and be sitting in your parked car talking on the air and a few mobiles would pull in to say hello and see what you were running for equipment. It gave one the opportunity to meet people and make new friends. Before the days of cell phones, a CB radio in your car would be a plus if you encountered mechanical difficulties. A base station operator could call a tow truck for you or contact a relative to make them aware of your problem. At times, another mobile unit with mechanical knowledge may stop by to offer help. Back then a popular pastime was the so called "Fox Hunt". A group of CBers would organize a set date and time to meet at a local commercial parking lot with perhaps as many as 20 - 30 units. A name would be drawn from a hat and that CBer would have 10 minutes to hide his vehicle in a designated radius. He or she would have to transmit every 5 minutes

for 60 seconds and the SWR meter on your radio would indicate by the signal, if you were getting nearer or farther from the hidden mobile. Hiding between tall buildings was best as it could distort the signal as you transmitted and make it somewhat challenging for all to find your location. The unit that found the so called fox would then be the next mobile to venture out to a secretive location and hope to avoid detection. At times, small prizes would be awarded to make it interesting!

When Halloween came about, many local mobile CBers would organize to patrol the community to report any misdeeds. A local base station would be the headquarters with a direct link to police authorities. Although illegal, some CBers would hook up so called linears, to increase power, commonly known as "running sneakers". I remember a base station about 40 miles away who had 1,000 watts hooked up to his radio. Let me tell you that when he keyed the microphone on that unit, he would almost bend the needle on your SWR meter! You could feel the surge of power! Yes sir, those were the early days of distracted driving as you would be fiddling around with the channel selector and of course, talking on a hand held mike as you cruised on the asphalt. CB radios were also a great gossip medium. You would know who was doing what and where they were going! 10-4 rubber duck, copy that, c'mon!



**TICKETS
ON SALE NOW
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Diamond Ring Dinner With a Twist

April 18th, 2015
at the Maritime Motorsports Hall Of Fame
\$50.00 per tickets

Only 100 tickets being sold !!!

Call 756-2110 for more information
or stop in at the Hall Office 5 Hooper Ln, Petitcodiac NB



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

How Much Did You Learn in 2014?

These questions true or false.

1. If you want to increase the chance of picking up an infection on a plane, ask for an aisle seat.

2. A young woman who carried her cell phone in her bra developed a breast cancer that was the shape of her cell phone.

3. Swedish researchers discovered that when they treated brain tissue of mice suffering from Alzheimer's Disease with vitamin C, the amyloid plaques dissolved.

4. A report in the Journal of the American Medical Association followed 1,774 heart attack patients. It found that there was only a 20 in 1,000,000 risk of a second heart attack during sex.

5. DNA in the cell's nucleus comes from both parents. But mitochondria are passed down by the mother and they determine whether or not you inherit high amounts of energy.

6. Each year tobacco kills three million people worldwide. NicoBloc is a new, natural way to fight cigarette addiction with a 60 percent success rate.

7. Potassium, like magnesium, has a potent effect on blood pressure. Researchers have caused blood pressure to increase by simply restricting potassium intake for as little as 10 days.

8. Males whose index finger is longer than their ring finger are 33 percent more likely to develop prostate cancer. And the longer the leg the less risk of heart attack and stroke.

9. Obese and very thin Scottish males have a 40 percent chance of having sperm abnormalities compared to those with average weight.

10. High doses of vitamin C and lysine decrease the risk of heart attack, stroke, cataracts, knee and hip replacements and skin wrinkles. Intravenous vitamin C can also cure polio, meningitis, encephalitis and neutralize venom from the bite of a rattle snake.

11. 10,000 steps a day will only burn up 500 calories.

12. Fecal enemas may be the only way to stop having 40 bowel movements a day caused by too many antibiotics and an infection called Clostridium difficile.

13. One in five North Americans over the age of 65 have no teeth due to gingivitis.

14. A study of caregivers age 66 and over showed they had a 63 percent higher mortality rate than non-caregivers of the same age.

15. Central line infections are those that occur when patients are receiving antibiotics, medication or nutrition by the intravenous route. This causes a large number of deaths every year.

16. One person in five over the age of 60 and two in five over 80 cannot absorb vitamin B12 from food. This is because the stomach's lining becomes thinner as we age and produces less hydrochloric acid needed for the absorption of this vitamin. Researchers also discovered that patients even younger than 30 years who had been on Nexium, Prevacid and Prilosec for at least two years could have a B12 deficiency.

17. Coenzyme Q10 (CoQ10) delivers energy to the heart's muscle and the body's 100 trillion cells. Cholesterol-lowering drugs (CLDs) can rob the heart's muscle of up to 40 percent of CoQ10. This may set the stage later in life for heart failure unless CoQ10 is suggested by the doctor.

18. Millions of animals are sharing close quarters with North American families and defecating in the backyard or playground. If people swallow a parasite egg from not washing their hands after running their hands down Fido's tail, they may be frightened half-to-death when they see a foot long worm called Ascaris lumbricoides in the toilet bowl.

19. Large bowel cancer is a leading cause of death in this country. Because of the risk of bowel perforation during colonoscopy there is no reason to agree to this procedure as long as you immediately see the doctor when rectal bleeding occurs.

20. 65 years ago Type 1 diabetes was rare and 95 percent of all cases of diabetes was due to Type 2. Today, Type 1 diabetes causes 95 percent of the cases Type 2 diabetes is rare.

The first 18 questions are true, 19 and 20 are false.

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



2015 Petitcodiac/Salisbury Competitive Tournament

The Petitcodiac/Salisbury Minor Hockey Club welcomed their annual Competitive Tournament February 3 to February 8th.

They had eighteen teams competing that week. This tournament is supported by many local businesses and this would not be possible without the support and dedication from the parents and local volunteers of the Petitcodiac/Salisbury Minor Hockey Club



The Petitcodiac/Salisbury Bantam "AA" Flyers took home the Home banner for their division.



The David MacPherson Memorial Trophy Presented to the Petitcodiac/Salisbury Midget "AA" Flyers for winning in their division along with the home banner.

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Garden Column

March, 2015

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."



Plundering the Plant Inventory

I am plundering my existing inventory of herbs and indoor plants by taking tip cuttings. Multiplying my inventory of indoor plants and herbs through propagation is not as difficult as many people seem to think it is. Take the garden coleus that I rescued from the late autumn frost in October for instance. If ever there was 'low hanging fruit' in the cuttings department this is it.

Here is my 6 step recipe for cutting success:

- 1. Take the cutting.** After you have acquired new flats and a bag of 'seed and cutting mix' to get you started, it is time to take your cuttings. Each cutting should be 3 leaf sets long. This will vary from species to species, but the average geranium cutting will be about 10 cm long. The stem should be neither too stiff nor too soft. Cut just below the leaf node –where a leaf meets the main stem of the plant. Use a clean, sharp knife for cutting.
- 2. Prepare for take off.** Strip all but the top 2 or 3 leaves from the 'woody' or dense cuttings like geraniums, rosemary, thyme and many other common kitchen herbs. Cuttings should be cured in a bright room (but not direct sunlight) for a couple of days. This will cause the cutting to callous and harden off. Otherwise the stem will likely rot in the new soil. 'Soft' or watery stem cuttings can be stuck right into the soil – skip to step #3.
- 3. Stick it.** After dipping your stem cuttings into a rooting hormone gel or powder stick the cutting into the new soil. Use a pencil to make holes in the new soil before sticking the cutting into it. Firm the soil around the cutting using your fingers, making sure the cutting stands tall and as straight as possible. Water from the bottom of the pot using room temperature 'tepid' tap water.
- 4. Location!** Find a sunny window. A bright, naturally lit window that faces south or south west is best. If this is not available consider adding light using fluorescent 'grow' lights or one of the new

compact fluorescent bulbs that screw into an incandescent fixture. Using a greenhouse top above your tray of cuttings will ensure that humidity is maximized, which is important in the first few weeks. However, be sure not to leave the transparent top on too long or you will risk stem rot.

5. Eyes Open. Inspect your cuttings daily over the next couple of months. If you see white fuzzy stuff growing at the base, where the cutting meets the soil, open up the green house top and turn on a small room fan to get the air circulating around the flat. This is a sign that humidity has stagnated around the cuttings and morphed into fungus, which leads to the aforementioned rot.

6. Eureka! After 7 to 10 days many cuttings will have developed young roots, others will take 2 or 3 weeks –this is when things begin to get pretty exciting. Give your cuttings a gentle tug to test for roots – resistance means that they are popping out below the soil surface. Once the small growing cell is half filled with roots, it is time to pot them up into clean 4" sized pots to prepare them for planting come May or early June.

When you get to the potting up stage the maintenance becomes less burdensome. Check for watering every couple of days but allow the surface of the soil to dry between watering for the balance of the season, until planting time. Adding a transplant fertilizer is a good idea after roots develop. I recommend Plant Prod 5-15-5, a formula that encourages the development of young feeding roots.

.....

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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

Tickets are 1 for \$100 and 3 for \$200

Call the Hall for more details (506) 756-2110



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.

CLASSIFIED

Let the classified's help you list your apt for rent, items for sale, or announce up coming events and special occasions.

Cost: \$5.00 for 20 words or less & \$15 for over 20 words.

For more information call or e-mail the Maritime Motorsports Hall Of Fame at 756-2110 or maritimemotorsports@gmail.com

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Post your Items for sale with us
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Thank You

Members of the Petitediac Chapter of Beta Sigma Phi thank everyone who supported their annual Baking Box Ticket Raffle, winners were Doris MacKay and Betty Hooper. Funds raised go towards an annual scholarship to a graduating student at Petitediac regional School

EMPLOYMENT

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UP COMING EVENTS

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

Maritime Motorsports Hall Of Fame
10th Annual 4-wheeler Draw
March 27, 2015
more info call the Hall Office at
756-2110

Diamond Ring Dinner
April 18th, 2015
Maritime Motorsports Hall Of Fame
756-2110



GAMES DAY

Being held every Wednesday at the
Maritime Motorsports Hall Of Fame,
5 Hooper Ln, Petitediac.

Salisbury Lions Club
All you can eat pancake breakfast
Saturday March 21
7am to 10am
Cost \$7 adults
Ages 6-10 \$3
for more info please call 372-9961

Ice Show -

Petitediac and District Figure Skating Club
March 21.
Two shows - 2:00 pm and 7:00 pm.
It's the 40th anniversary of the ice show.
The theme is "Let's Celebrate".

UP COMING EVENTS

Foot Clinic: Petitediac Drugmart.
Mar. 10 & 12 from 9:00 to 4:15. By
appt. (756-3391). \$35.



Taking Time for Me Weight Group

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

OBITUARIES



Dyson Charles Brydges, of Penobscus, passed away at the Saint John Regional Hospital on January 22, 2015. He was a son to the late Robert and Ruth (nee Fraser) Brydges and a husband to the late Mabel

(nee Burlock) Brydges. Dyson worked at the Moncton City Hospital from where he retired. Dyson is survived by his daughters: Beverley Mitton (Robert) of Pine Glen and Kimberley Tiluk (Noah) of North Carolina; his grandchildren: Richard (Emily) Mitton, Amanda Mitton, Daniel Tiluk, Micah Tiluk and Charles Mitton; his great-grandchildren: Andrew and Joshua Mitton; his sister Lila Jean Clements of Shediac; his brothers: Tom (Ruby Ann) of Manitoba, Gordon (Betty) of Shediac and Gary (Pricella) Brydges of Oromocto; as well as several nieces and nephews. Besides his parents and wife, Dyson was predeceased by his sisters, Marilyn and Millicent and his brothers, Jimmy and Allison Brydges. In keeping with Dyson's wishes there was no visitation or funeral service. Arrangements have been entrusted to the professional care of Armstrong's Funeral Home, 33 Russell Street, Petitediac, (506)756-3361. Donations to a charity of the donor's choice would be appreciated by the family. On-line condolences are available at: www.armstrongsfh.com

OBITUARIES



Harriet Marie Demont, 85, of Petitediac and formerly of Harewood, passed away at the Moncton City Hospital on February 14, 2015. Born on September 4, 1929, she was a daughter of the late James and Hazel (nee Clowater) Stewart

and the wife of the late Basil Lloyd Demont who passed away in 1985.

Harriet is survived by her daughter Marie Harrison of Salisbury; her sons: Karl (Joanne) Demont of Allison and David (Helen) Demont of St. Stephen; 9 grandchildren, 14 great-grandchildren and 5 great-great-grandchildren; her sisters: Alice Vroom and Ferne (Karl) MacNaughton of Fredericton; daughter-in-law Sharon Demont of Doaktown; and sister-in-law Sadie McCully.

Besides her parents and husband, Harriet was predeceased by her sons: Sheldon, James and Lloyd Demont; her grandchildren: Robert and Alice Harrison; by her brothers: Carl and Cecil Stewart; and by her brother-in-law Charles Vroom. The family would like to extend their sincere thanks and gratitude to the 5600 and 3600 block of the Moncton Hospital, nurses and doctors for their care of Harriet during her last stay in the hospital. Also thanks to her home-care workers that allowed her to stay in her apartment as long as she did. Arrangements have been entrusted to Armstrong's Funeral Home, 33 Russell Street, Petitediac, (506)756-3361. Visitation was held on Friday, February 20, 2015 from 12:00pm - 2:30pm with a funeral service following at 3:00pm all in Armstrong's Funeral Home. Donations to the charity of the donor's choice would be greatly appreciated by the family. On-line condolences are available at www.armstrongsfh.com

MEMORIAL

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\$5 for 20 words or less



OBITUARIES



Norman William Gillcash, 87, of Lutes Mountain passed away peacefully Wednesday, February 4, 2015 at the Moncton Hospital with his beloved wife at his side.

Born in Glenwood, PE, November 7,

1927 he was a son of the late William and Elva (Matthews) Gillcash. At an early age the family moved to New Brunswick and Norman ran a General Store in Lutes Mountain, drove school bus and retired as a dairy farmer. He was member of the Lutes Mountain Church of the Nazarene. Norman enjoyed the outdoors, be it putting in his garden, hunting or gathering the next season's firewood and was always happy to share a cup of tea with company.

Survived and sadly missed by his wife of 61 years Phyllis (Edgar); their children Gloria Beverley (James) of Pickering, ON, Lorne (Linda) of Fawcett Hill and Darlene Keirstead (David) of Synton; nine grandchildren; thirteen great grandchildren; many nieces and nephews. Predeceased by his daughter Karla Gillcash; granddaughter Jennifer Keirstead; his sister Edna Eagles and brothers Wallace, Melvin, Victor, Vernon, Allie, Irving, and Lloyd. He was the last surviving member of his immediate family.

Resting at the Salisbury Funeral Home, 3350 Salisbury Road (372-4800) with visiting Saturday 2-4 and 7-9 p.m. and from where the funeral will be held in the Chapel on Sunday, February 8 at 2:30 p.m. with Rev. Dale Thistle and Rev. Harold MacDonald officiating. Interment at Birch Hill Cemetery at a later date.

If desired memorials to the Birch Hill Cemetery Fund or a charity of one's choice would be appreciated by the family.

www.keirsteads.ca



OBITUARIES



Clintonia (Toni) Anne Davis, 55, of Lewis Road, Colpitts Settlement passed away Wednesday, February 18, 2015 at the Dr. Georges L. Dumont Hospital, Moncton.

Born in Moncton she was a daughter of Gertrude (Mitton) Wilson and the late Ralph Wilson. Toni was employed for many years as a Pastry Chef at The Blue Bird Cafe. She enjoyed family gatherings and time spent with grandchildren.

Survived and sadly missed by her mother Gertrude Wilson; her husband and best friend Daniel; son Andrew (Jaimie); daughter Rebecca Davis (Troy); grandsons Zachary, Dylan and Connor; granddaughter Maranda; sisters Heather Wilson, April Wilson (Peter Green) and Shelly Robichaud; brother Dennis Wilson (Mary-Lynn); father-in-law Fred Davis and several cousins, nieces and nephews. Predeceased by her father Ralph Wilson and mother-in-law Florence Davis.

Resting at the Salisbury Funeral Home, 3350 Salisbury Road (372-4800) where a service to celebrate her life will be held Saturday, February 21 at 11 a.m. with Pastor Rodney Blyth officiating. Following a reception burial will be at Fairhaven Cemetery, Moncton.

If desired memorials to the Canadian Liver Foundation would be appreciated by the family.

www.keirsteads.ca



Bertram Oliver Price, 96, of the Jordan Lifecare Center and formerly Upper Coverdale passed away Friday February 13, 2015 at the Center.

Born in Moncton he was a son of the late Howard and Odessa (Watters) Price. Bertram was a retired self employed carpenter but even in retirement he continued building things in his woodworking shop mostly to give away to family and friends.

Survived and sadly missed by his sons Warren and his wife Judy of Berryton, David and his wife Carol of Wickham; grandchildren Christa, Steven, Sharon, Michael and Bryan; seven great grandchildren and several nephews. Predeceased by his wife Elmira Atwater; sisters Bessie Wilbur and Faulien Price.

Resting at the Salisbury Funeral Home, 3350 Salisbury Road (372-4800) with visiting Tuesday February 17 from 2-4 p.m. A family graveside service will be held at a later date at the Wesleyan Union Cemetery.

If desired memorials to the Jordan Lifecare Foundation or a charity of choice would be appreciated by the family.

www.keirsteads.ca

OBITUARIES



Teresa Marie Cook, 68, formerly of Havelock and Saint John, passed away Thursday, February 5, 2015 at the Drew Nursing Home.

Born in St. Stephen, she was the daughter of the late William and Evelyn (Dickinson) Thurlow. Teresa was a former florist with Peacocks in Saint John. She attended the Havelock Wesleyan Church, was a member of the Havelock W. I., the Memorial Hall Committee, a volunteer at Havelock School and the Boy's and Girl's Club. She was also a former volunteer with the Saint John Ambulance (Simons Division).

She is survived and sadly missed by her daughters Norma Hutchinson (David) and Sherri Cook-Carson (Dennis) both of Havelock; grandchildren Nicole Stright (Michael), Zachary Hutchinson (Chelsey), Chance and Crystal Carson; great grandchildren Liyla and Leah Hutchinson and Sawyer Stright; brothers Austin Thurlow (Colleen), Malcolm Thurlow (Sharon) and Joey Thompson (Amy); sister-in-law Brenda Thurlow-Hunter (Lloyd) and several nieces and nephews. Besides her parents, she is predeceased by a brother John Thurlow.

Resting at Salisbury Funeral Home, 3350 Salisbury Road (372-4800) visiting will be Sunday, February 8 from 6-9 pm and from where the funeral will be held in the chapel Monday, February 9 at 1:30 pm with Rev. Chris Hayes officiating. Interment at Salem Community Cemetery at a later date.

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

www.keirsteads.ca



OBITUARIES

James Robert "Jim" Steeves, of Union Road, PE, passed away at the Queen Elizabeth Hospital, Charlottetown, PE, on Monday, February 9, 2015 at the age of 64. Beloved husband of Carolyn (Robinson). Dear father of Matthew (Jane Hennessey) and Andrew. Son of Mary Steeves and Robert (deceased). Brother of Wayne, Brenda McLaughlin (Bill) and Bruce. Lovingly remembered by nephews and nieces David, Heather, MacKenzie, Mary Beth, Julie Ann and by special niece Rhiannon Rushton (Fraser). Arrangements entrusted to Belvedere Funeral Home, Charlottetown, PE, from where visitation was held on Wednesday, February 11, 2015 from 2-4 and 6:30-8:30 p.m., then was transferred to Petitediac Baptist Church, Petitediac, NB, for visiting hours Thursday, February 12, 2015 from 1-2 p.m., followed by the funeral at 2:00 p.m. Memorial donations may be made to Forest Foundation of NB or to the Canadian Cancer Society. On-line condolences are available at www.belvederefh.com



Dean Sidney Fawcett, 89, of Salisbury and formerly of Intervale, passed away Saturday, January 17, 2015 at the Kenneth E. Spencer Memorial Home.

Born in Moncton, he was the son of the

late Harry and Glen (McFee) Fawcett. In his early working years he was a farmer and lumberman and he retired as a truck driver from Cement Cartage. Dean enjoyed the outdoors be it fishing, hunting, trapping, fourwheeling or working in his woodlot.

He is survived by his wife of 67 years Marion (Lounsbury); children Braden (Debbie) of Sherwood Park, AB, Rebecca (Becky) MacKenzie (Paul) of Boundary Creek and Lenora Fawcett (Dave Constantine) of Edmonton, AB; grandchildren Harmony, Joel, Tyler, Brett, Taylor and Eric; great grandchildren Reuben, Jude and Jahnaya and several nieces and nephews. Predeceased by four infant brothers.

The funeral will be held at Salisbury Funeral Home Chapel, 3350 Salisbury Road (372-4800) Wednesday, January 21 at 11 am with Rev. Debbie Fawcett officiating. Interment at First North River Baptist Cemetery at a later date.

If desired, donations to the Lewis Mountain Cemetery or a charity of choice would be appreciated by the family.

www.keirsteads.ca

Everyday People

Submitted by Sheila Boissonneault



Back before Highlandview Lewisville became a part of Moncton it was known as a rough area and it was there that Lloyd O'Blens grew up. Lloyd said as a teen you can get caught up in what was going on, he did. But not to the extent as some of the guys that ended up in prison. It is at this point he paused and quoted "Except for the grace of God go I". Lloyd's mother took him to Sunday school; his teacher was Lynn Reed. At 15 he was baptized but then he began to drift away, "sowing wild oats", as the saying goes. He got away from the church and the activities he was involved in and hung out with a crowd that partied. A good number of that group have since become involved in the church; three have become ministers, some deacons, and a number heavily involved in the church. Even though as youths they were wild, partying etc. he believes that God was looking after them even then.

Lloyd met his wife Jackie who was an "army brat" when her father moved from Camp Borden Ontario to retire in Moncton. They lived on Wesley Street and Jackie became part of Lloyd's group. Five years later, in 1971 they were married; in two years they had their first child, their daughter (Trina). Seven years later they were expecting their second child. The Lord works in mysterious ways to get you where He wants you to be, Lloyd tells us, because Jackie was having some difficulties so she

told God that if their son survives she would go back to church. God blessed them with a healthy son (Shawn). Jackie had been brought up Roman Catholic; when she and Lloyd started going together she had begun to attend church with him, some, then they all drifted away.

A local church had a group come up from the Southern States, the week he decided to go, Archie Neal preached all week on The Prodigal Son. He felt that the evangelist was preaching just to him; he didn't know anything about Lloyd's life...but God did. Sunday he met with the evangelist along with the Pastor of the church, Ralph Morris, and he rededicated his life to Christ. Lloyd now believes that at 16 his Christian life didn't take as it should; we don't look to see what the Holy Spirit wants us to do. Lloyd feels that in the Baptist churches we neglect the Holy Spirit's work in our lives. So in this new rededicated life he thought on the work of the Holy Spirit in his life, wanting to know what gift the Lord gave to him. He read books but found no answer so he knew he had to wait on God; God is the giver of gifts. Ralph Morris turned out to be the catalyst that brought them all together. God used him to teach Lloyd to guide him to where he was to be.

Ralph Morris, his pastor invited Lloyd to "Lay Sunday" where members of the church are involved and he wanted him to preach the sermon. So Lloyd took his Bible, prayed and asked the Holy Spirit to give him the words to say. His first sermon was on Faith. He preached that Sunday in River Glade. His friends Gary Taylor, who preaches in Lower Cape and Harold Bentley, were there. Harold told Gary that Lloyd was going to be a minister; Gary laughed and said I don't think so. They were in "that group" as teens; but Harold was sure. Mr. Morris, who preached at The Glades, had left to go to Boundary Creek and he was taking a month's leave and he wanted Lloyd to fill in for the summer; this continued for three years. Lloyd preached in Forrest Glen and a few other outside churches. It was New Year's Day in Steeve's Settlement, where he was asked to preach, that after the service Alberta Henry wanted to speak with him; she asked him to preach in Wheaton Settlement, he did and was asked to return.

After their annual meeting he was asked to stay for a year, he agreed. He became the Pastor of Wheaton Settlement. That was in 1988; in Jan 2014 it has been 26 years. An extension has been built, the kitchen upgraded and they added classrooms. There have been a number of baptisms and some who had wandered away from the church have returned and are involved.

In the 70's Lloyd had worked in the burner business and he bought the business in 1983. He wanted to be in a spot where he would have a certain amount of freedom at thirty. In 2008 he got rid of his burner business and went to work for another company, to try to lighten the responsibility in his life.

Janet and Lloyd started singing together, their first song was Amazing Grace; they sang for thirty three years, they still go to "People's Park Tower", they enjoy it. Lloyd is involved in the Westmoorland Kent Association, he became Vice Moderator and then Moderator, and he and the late George Beverly rewrote the constitution, George had a passion for the association and did a lot to keep it going. Lloyd played hockey until he was 58, a group that he had played with before returning to church - they had a respect for him; he has been called on to marry their children and to bury their parents and do their funerals. They knew that he was there when they needed someone. That's an aspect of what we should be doing as Christians. I asked him if he felt we should change the way we do church to try to reach the unchurched of today. Lloyd feels too much emphasis has been put on the church building it's self in the past - there lays the problem. We just have to try to do what we are doing a little bit better; we Christians are good telling about what we do but not very good at doing it. The Holy Spirit hasn't got a hold of us. We haven't got to the point where we can love our brothers and sisters the way God asks. Our churches will suffer because of this. Also the Bible clearly speaks that we are to care for the orphans and widows. They have a men's breakfast with the desire to reach out to the local men. There are 25-30 attending. They have children's programs and they never charge for these.

Lloyd and Jackie get away for a holiday every year. One trip to Jamaica they were pleased to meet a bus driver who was listening to Christian music and had a nice talk with him, also they met a girl who was a believer. These people seemed so happy with so little and we have so much and are so unhappy.

Madeleine L'Engle has said, "That's the way things become clear. All of a sudden you realize how obvious they've been all along"

WANTED

If you or someone you know has a great human interest / feel good story please send it to the Local News and Views. E-mail is:

maritimemotorsports@gmail.com
or drop it off at the office in Petitcodiac, 5 Hooper Lane between the hours of 10am and 5pm Monday to Friday. We are always looking for local editorial and stories from Petitcodiac, Elgin, Havelock, Salisbury, Anagance, Boundary Creek and surrounding areas.

Also if any clubs have stories on the history of your club or write ups on event functions please let us know.
From the staff of the Local News and Views

Fun Facts About the Month of March

March is the 3rd month of the year and has 31 days.

Season (Northern Hemisphere): Spring

Holidays

Read Across America Day (Dr. Seuss Birthday)
Saint Patrick's Day
Pi Day
Daylight Saving Day
Women's History Month
National Nutrition Month
American Red Cross Month
Fire Prevention Month

Symbols of March

Birthstone: aquamarine and bloodstone
Flower: daffodil
Zodiac signs: Pisces and Aries

History:

The name March comes from the Roman god of war, Mars. For many years, March, being the start of spring, was also the start of the New Year. Much of Europe used March as the start of the year. Britain used March 25th as the beginning of the New Year until 1752.

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March 13, 14 & 15

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Pet Column

EVER THOUGHT ABOUT GETTING A PET RABBIT



Have you ever thought about getting a pet rabbit, but aren't quite sure how to take care of them? Dr. Kenneth Welle, a veterinarian at the University of Illinois Veterinary Teaching Hospital in Urbana who sees exotic pets—birds, reptiles, and small mammals—on a daily basis, explains how to properly care for a rabbit.

Dr. Welle recommends adopting a pet rabbit from a rabbit rescue organization. Animal shelters for cats and dogs may also have rabbits waiting for their forever home. Look for a healthy rabbit, one with clear eyes and no nasal discharge or swelling around the face.

"If you plan to keep your rabbit in a cage, the cage should be large," says Dr. Welle. "The minimum optimal size is at least four times the length of the rabbit by two times the length of the rabbit. The larger the cage, the more exercise the rabbit will get and the healthier and happier your pet will be.

Rabbits can also be kept loose in a room of the house—so long as you "rabbit proof" the room first. There can be no electrical cords or other things lying around for the rabbit to chew on or get into. A rabbit that has a whole room to roam is a healthy rabbit, if the room is free of hazards.

A soft and absorbent substrate, such as a paper based non-aromatic product, is ideal for lining the bottom of the cage. Rabbits should also be provided with a litter box, since they can be trained to use one just as a cat does.

Since rabbits are a prey species, they like to feel enclosed and to have a sense of security within their habitat. Dr. Welle recommends giving rabbits a second box, in addition to their litter box, so they have somewhere to hide and feel safe. They enjoy burrowing, digging, and foraging, so additions that encourage these natural behaviors would be ideal. Adding a tubular structure to their cage or room for them to crawl through will engage them and help keep them active.

"The bulk of the rabbit's diet should consist of grass hay, including timothy hay, oat hay, or Bermuda grass, which should always be

available to them," says Dr. Welle. "Rabbits' teeth grow continuously, and the grinding action of eating grass hay keeps their teeth at an appropriate length."

A couple of cups of fresh, leafy greens, such as romaine, lettuce, and kale, should also be provided every day. Pelleted food—without seeds—can also be given, but should be done so on a restricted basis. Rabbits chew pellets in a way that does not grind down their teeth, so too much of this type of food can lead to dental problems.

"Upon adopting a rabbit, owners should bring their new pet to their veterinarian for an initial exam and information on proper husbandry," advises Dr. Welle. "If there are no ongoing health issues, a rabbit should visit the veterinarian each year for an annual exam, just as is typically done for a cat or dog."

According to Dr. Welle, there are no commercially available vaccines that are appropriate for rabbits. While rabbits occasionally get fleas, owners should consult a veterinarian to treat this problem because some commercially available flea medications can kill rabbits.

Some common health problems in rabbits include dental disease, gastrointestinal stasis (when the food does not move through the digestive tract), bacterial infections of the upper respiratory tract, Encephalitozoon cuniculi (an intracellular parasite), and uterine cancer. Rabbits typically live from 8 to 10 years of age, and their lifespan is improving.

Whether it is safe to house rabbits in a household with other pets is very dependent upon the other animal. For example, a dog or a cat may hunt the rabbit. Dr. Welle also explains that rabbits have a certain naturally occurring bacteria in their respiratory tract that may cause pneumonia in guinea pigs, and therefore rabbits and guinea pigs should not be housed together.

For more information about rabbit husbandry, contact a veterinarian familiar with rabbits.

By Sarah Netherton

- See more at: http://vetmed.illinois.edu/pet_column/bunny-basics-proper-rabbit-husbandry/#sthash.KA0QN5k.dpuf



Comedy at Large

by Laurie Blanchard Salisbury, NB

On January 23rd 2015, Richard Dean Anderson, better known as MacIver of the past TV adventure show turned 65. I wonder if he can still blow his way out of a padlocked building using pieces of string, bubble gum, cow dung and a book of matches? DRIVER MACIVER !!

Punsters wrote this story to a newspaper advice column quite a few years ago. This is in response to all those horticulturists who talk to their plants. It doesn't work. My wife and I had our first tiny plant in 1994. We put little Fern's flowerbed next to the phone and even gave her a room of her own. Everything was just vine at first, but now all problems seem to stem from her. After she blossomed, too young to be thinking about roots, she started going out with dates and they wouldn't leave her alone. Then, some nut got her in trouble. We wanted to force them to get married but they'd make a terrible pear. Now, her reputation has been soiled and she can no longer rest on her laurels. Fern is older now and refuses to go out unless we give her a vase-lift. We may be out on a limb, but it doesn't work to talk to plants.

The reply from the columnist ...

Lettuce face it, you're bloomin' pun-ishment is beyond be-leaf !!

Thought for the day...

If you don't succeed at first, skydiving is not for you. CHUTE !!

Putting a mouse trap on your alarm clock will prevent you from shutting off your alarm in the morning and going back to sleep! Ouch! Oh, don't forget the cheese.



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News From The Maritime Motorsports Hall Of Fame

EDWARD HANLEY JR.

Being Inducted for Competitor/ Builder Stockcar.

Junior Hanley is a North American stock car racing legend, A Maritimer who made it.

He was born in Port Mouton, Nova Scotia.

Started racing in 1961 as a drag racer. In 1965 he changed to stockcar racing. By 1970 he was a champion at the Halifax Dartmouth International Speedway near Halifax, driving "The Hound" # 10 by night, and a dump truck by day.

By the mid 70s he decided to leave his trucking job in favour of a full-time career in motor sports, moving to Oakville, Ontario, where he combined his talents as a builder and a driver. With this his reputation became widely known by his peers as the best Canadian short track racer of all time.

His battles with many legendary racers are in themselves legendary, but perhaps none so much as the fierce rivalry he had with "Daytona" Don Biederman.

Hanley's reputation as a master car builder travelled far beyond the borders of Canada, with his customers including household names like Bill Elliott, Dale Earnhardt, Alan Kulwicki, Mark Martin, Kyle Petty, Dick Trickle, and Darrell Waltrip. Perhaps it was his test-drive policy that helped earn his acclaim... he would only deliver a car to a customer after he had driven it in racing conditions... and it met his winning standard.

Junior honed his driving talents on short tracks all over Eastern Canada and all up and down the eastern seaboard and mid-western U.S.

In 1990 he was mostly responsible for bringing a standing room only crowd to Riverside Speedway near Antigonish, as race fans from near and far packed the stands to see if he could win the \$50,000 Bud Triple Crown bonus in the ACT Tour. As usual, he didn't disappoint, driving his car to the win, and the bonus, on the rim as he had a flat tire in the closing laps.

Junior Hanley has served as a mentor to more Maritime stockcar racers than you can imagine, and likely some we'll never know about, but to name a few: Frank Fraser, the late Scott Fraser, Rollie MacDonald, Junior Kelly, the late Scott Kelly, and the late Caleb Dunn – all inductees into the Maritime Motorsports Hall Of Fame.

Hanley has been a hero to countless more Maritime racers and race fans. His influence as an innovative car builder took Maritime stock car racing to the next level for more than three decades: he built cars for many Maritime racers, and trained both Frank Fraser and Scott Fraser as protégés – so much of what they built into race cars is a result of Hanley's expertise and "originality".

He raced in the ASA, ARTGO, NASCAR All Pro, NASCAR Grand National North, Kendall Oil Series, CASCAR, and others – but he was more a money racer, showing at big paying events, rather than racing for championships; and the cars he showed up with at times are just about as legendary as he is.

He is a multi-time champion, has won far too many races to count, he even won the River Glade International in 1971.

He was inducted in to the Canadian Motorsports Hall Of Fame in 2000.



Nutrition Month 2015 Eating 9 to 5!

The goal of the 2015 national Nutrition Month campaign is to inspire Canadians to eat better at work and make other positive changes for a healthier workplace and nutrition environment. Eating well at work can boost concentration, productivity and vitality. It can also reduce missed days of work by helping to improve overall health.

45 % of Canadians say that eating healthy meals and snacks while at work is challenging!

Did you know that almost 40% of Canadians skip breakfast?

Rushed mornings can leave little time for breakfast. Skipping the morning meal can deprive your body and brain of fuel which can make you less alert and able to concentrate at work. Also, research shows that eating breakfast is linked to healthy weights and reduced weight gain over time, improved appetite control and a better intake of key nutrients including calcium, vitamin D, potassium and fibre. Here are a few tips for prepping breakfast ahead to save time during rushed mornings;

- Make oatmeal the night before and refrigerate in portions. Reheat the next morning with mix-ins, such as fruit, seeds and milk.
- Other breakfast foods you can make ahead: breakfast sandwiches or burritos and breakfast parfaits.
- Bake and freeze whole grain muffins, pancakes and mini-frittatas.
- Mix up some muesli with toasted oats, dates, coconut and almonds to enjoy with fruit and yogurt.
- Stock up ready-to-eat items such as fruit, cut up cheese, containers of yogurt, individual portions of trail mix or granola bars to grab'n'go.
- Make a batch of hard-boiled eggs. Refrigerate for up to one week.

Bored with the same old sandwich? Think outside the lunch box! Reinvent dinner leftovers!

- Leftover chicken or turkey + avocado + cheese + baby kale or romaine lettuce = scrumptious southwestern wrap.
- Leftover rice, pasta or quinoa + diced tomatoes + black beans + cheese + red onion + lime juice + hot sauce = Delicious vegetarian bowl.
- Leftover roasted vegetables + feta cheese + lentils + a drizzle of olive oil and balsamic vinegar = savoury dish that's hot or cold.

Give your brain a boost with dietitians' top smart snacks to pack in your lunch bag;

- Whole grain crackers with a hard boiled egg or cheddar.
- Handful of grapes with a chunk of cheese.
- Veggie sticks with hummus.
- Apple slices and almond butter.
- Fresh fruit added to yogurt.
- Handful of nuts with dried fruit.

- Snap peas with black bean dip.
- Banana with peanut butter.

A little planning goes a long way! Eating well during the work day makes for a healthier you! For tasty meal and snack ideas, visit www.cookspiration.com. or download the free app on your iPhone/iPad. For other brown bag lunch ideas, visit <http://www.dietitians.ca/Nutrition-Resources-A-Z/Factsheets/Lunches/Brown-Bag-Lunches.aspx> (Source: Dietitians of Canada)

Claudette Bernard-La France
Public Health Dietitian

World Literacy Canada

Would like to invite you and your students, or any young learner in your life, to take part in our national children's writing contest, Write for a Better World.

Write for a Better World is a contest targeted at Canadian students in Grades 5-8 that aims to inspire exploration and reflection into what it means to be a global citizen. The contest challenges students to engage with new cultures and to creatively express their ideas and discoveries in a short piece of narrative prose. The program has attracted the support of numerous award-winning Canadian children's authors, including Kenneth Oppel, Arthur Slade, Deborah Ellis, Eric Walters, and Kelley Armstrong.

This year's theme was created by renowned children's book author, Kathy Stinson, whose work includes: Red is Best, The Man With the Violin, and Becoming Ruby. Kathy is also the final judge for Write for a Better World.

Prizes will include:

Top 10 Winners:

Become published authors in a collectable magazine and online! Receive a copy of "The Man with the Violin", signed by Kathy Stinson. World map and atlas!

World Literacy Canada swag!

Top 9 Finalists:

\$50

Grand Prize Winner:

\$500 and One-on-one Skype time with Kathy Stinson and An amazing surprise item to be announced! Stay tuned!

Please visit our website, www.worldlit.ca, for more contest details and teaching resources.

World Literacy Canada (WLC) is a small, registered charitable organization that uses literacy to fight poverty and advance the cause of social justice. We support and deliver a range of community-based education projects in Canada, India, and Nepal. With 60 years experience successfully delivering literacy education, we see literacy as an essential element in the struggle for equality. It is about much more than just reading and writing, it is how we successfully participate in an increasingly interconnected world.

Through our Canadian Programing, WLC works to inspire young people to read and write and to see themselves as global citizens, while encouraging them to be explorers, thinkers, and effective communicators.

Feel free to send any questions or inquiries to write2015@worldlit.ca

Thank you, and we look forward to all of the wonderful entries!

- The World Literacy Canada Team

What's Happening Salisbury



OOPS...could have been wrong...sorry

"Salisbury Golden Age Club, meets at the Lions Centre every 1st and 3rd Thursday of the month. A pot luck lunch at noon followed by various activities, games, speakers and events. Everyone welcome. For more info call Sue @ 215-0212, Jay @ 227-0320, or Harry @ 372-1093.

MOVING ON Salisbury Helping Hands Inc. held their annual meeting on February 8th 2015. This meeting marked the end of the first year for the charity. The Salisbury Helping Hands group run the Salisbury Food Bank and is partnered with other organizations and groups within the community to help those less fortunate. At the annual meeting I (Rose MaGee) and the board of directors welcomed a new board to take over. The new people that are taking over the charity are the same people that have been volunteering at the food bank since it started. These individuals have been helping with the daily running of the food bank and will continue to run it and move it forward. The new members are Bruce Cunningham (President), David Miller (VP), Debby Brown (Treasurer), Fran Bowdridge (Secretary), Walter Sherwood, Lois Budd, Judy Wortman, Darlene Williams, Linda Steeves, Joyce Deveau, Bonita Miller, Alice Bourque, Jay Moores and Sue Purdy. These individuals are all volunteers and give their heart and time to our community. I would like to thank them for stepping up and taking this organization over and helping it move forward with your new ideas and organizational skills. To all those members of the food bank, I wish you all the best and I am thankful I have had the privilege of meeting you. I thank all those that have given to the food bank and our Christmas program the generosity has been amazing. I have been blessed with knowing many people in our village and surrounding area. God Bless!

SPRING EQUINOX March 20, 6:45 P.M. EDT
SUMMER SOLSTICE June 21, 12:38 P.M. EDT
FALL EQUINOX September 23, 4:21 A.M. EDT
WINTER SOLSTICE December 21, 11:48 P.M. EST

April Appreciation and Special Milestones Month...if you would like to acknowledge a birthday, anniversary, graduation, or a special person in your life please e-mail mageer@rogers.com before March 19th.

SALISBURY COMMUNITY DAYS COMMITTEE

Salisbury Community Days 2015 will take place August 13-16, 2015. It is time once again to discuss a theme! Please send us your ideas!! Anyone interested in helping with this year's events please contact communitydays@salisburynb.ca



Guess who comes next month

The Salisbury Parks & Leisure Department

would like to thank everyone who had a part in making the Winter Carnival Week a huge success! Thanks to all of our volunteers at the pond hockey tournament, spaghetti supper, skating party, and family carnival day! We'd also like to thank the Salisbury Lion's Club for their help and the local business who donated to the supper and prizes!!

POND HOCKEY 2015 CHAMPS



Brandon LeBlanc, Cameron Alward, Kyle LeBlanc, Joshua Moore, Riley Keith, Cody Alward

FUN IN THE SUN



Get involved in the community there is something for everyone call Holly @ 372-3225.



Would you like to volunteer at the Salisbury Food Bank contact a volunteer at 372-9787.

Salisbury Baptist Church

Mon. 6:00pm Junior Choir
 7:00pm Senior High Youth
Tues. 6:30pm Adult Volleyball
Wed. 9:30am Genfitness
 1:00pm Prayer Time
Thurs 7:00am Men's Prayer Time
 6:30pm T3
Sat. 6:30pm Junior High Youth
Sunday 9:30am Sunday School
 11:00 am Morning Worship
 6:30 pm JAM
 March 5 from 6 to 8 pm.
 Family movie night Thursday

The Salisbury Lions Club will be holding an "all-you-can-eat" pancake breakfast
 Date: Saturday 21 March
 Time: 7 am to 10 am

Location: Salisbury Lions Club, 63 Peter St., Salisbury

Menu consist of pancakes, sausages, pure maple syrup (ED Smith syrup avail), donuts, muffins, coffee, tea and juice.

Cost: Adults -\$7; Ages 6 -10 - \$3.

Pre-school - Free

All proceeds for community work

If you have any questions please contact Dale Prosser Salisbury Lions Club 372-9961

The Community Seniors Group is holding...

MARCH INTO WELLNESS

with

Dyson Jones

(Pharmacist & Owner of the Guardian Drug)

Information and Q & A about Your Medications

&

Ashley Merrithew

(Certified Athletic Therapist)

What Seniors Should Know as they Age?

Thursday, March 12th

10:00 am- noon

Salisbury Baptist Church



WORLD DAY OF PRAYER

is being held at St. Jude's church this year on Friday March 6th at 7pm.

St. John's Anglican Church,

Kaye Street, Salisbury holds services every Sunday at 11am with Sunday School offered at the same time. Bible study is every Tues. at 7pm and ACW is every second Tuesday at 2pm. On March 22 we will be holding a "Dinner and a Movie" evening at 4:30pm. Bring something for a pot luck supper and watch "Son of God". During Holy Week services at St. John's will be held Tues. March 31 at 7pm, Good Friday April 3 at 11am and Holy Saturday April 4 at 7pm. Everyone is welcome to join us for any or all of these events.

Salisbury United Church

DLM Sim Rushton

Sunday Church and Sunday School 10 AM

Monday 3:30 - 8:00 pm TaeKwonDo
 7:00 PM Men in Black Practise

8:00 PM AA Group

Tuesday 9:30 AM Quilters

6:30 PM Girl Guides

Wednesday 1:00 PM Spiritual Seekers at Manse

Thursday 3:30 - 8:00 Tae Kwon Do

Mar 1 2:00 PM UCW

7:00 PM Salisbury Council

Mar 6 7:00 PM World Day of Prayer at St. Jude's

Mar 13 10:30 AM Monthly service at Jordan Life Care Centre

Mar 29 Soup Fest following church. Free will offering for church repairs

Thank you to the Parks and Leisure people your doing a great job and your efforts are noticed and greatly appreciated!

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