



5 Hooper Ln, Petitedcodiac

# LOCAL NEWS & VIEWS

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

April Issue, 2015  
Volume 5 #12.

MONTHLY BULLETIN

In 1919 a few citizens of the Petitedcodiac and area made the decision to express their gratitude to all those who enlisted in WW1. 53 Persons sacrificed their life for the King and country, so citizens decided to undertake the erection of Soldiers Memorial Hall and War Memorial. It started in 1921 and was completed in 1922 with a Time Capsule in a front corner stone. It was located next to the existing Baptist Church. It was taken down in 1969. It served as a meeting place for retired veterans and a meeting place for the community.

After WWII the Legion was granted a room in the basement of the Memorial Hall.

A special meeting on the 1st of June 1944 with 15 members decided to form a legion in Petitedcodiac, at the date 107 members applied and received their charter June 15th, 1945. It was dated April 9th, 1945. It was known as the Canadian Legion of the Baptist Empire Service League. Petitedcodiac Branch 41 with 26 members.

The Ladies Auxiliary formed in 1945 and a charter was granted in September 6th, 1946 with 23 member. The Auxiliary raised funds from cooking sales, raffles, tickets sales, etc and donated most of the funds to the Legion that assisted in their expenses and helped in paying the mortgage in later years.

### History of Royal Canadian Legion Branch 41

Bylaws , rules, etc were in place in 1945 and are to date and are followed.

- 1945 care and concerns for Veterans, Service personnel, and their families and all dependants (referrals, employment, living quarters.)
- 1946 veterans visit and sometimes gift various to hospitals, homes, etc. The Chaplin and each committee assisted.
- All volunteers who were present in 1945 and are to date helping when needed at various functions and committees.
- Monuments with all veterans' names started in 1919 and at least one more.
- 1945 on visits, meetings, etc with other Legions, Districts rallies & conventions with Dominion and Provincials Commands.
- 1945 Remembrance Day tributes were started and are ongoing to date/Parades, services, banquets, selling poppies, wreaths, and crosses. School children are also involved
- 1947 a canteen was opened in the Legion Room
- First female war vet Mrs. B Dell joined.
- 1948 a booth in the July 1st fair and a dance floor for the September Fair.
- 1949 serious consideration for a new

- Legion Hall (\$3,331.00).
- 1950 Elgin requested assistance in erecting a war monument.
- 1933 berets replaced the wedge cap as official legion head dress. We participated in a Coronation Parade July 1st. May meeting in Elgin. Officially sold beer in the canteen. First weekly bingo in September.
- Dedication of The Elgin Memorial and yearly school scholarship of \$200.
- A flood in 1950, at the Memorial Hall destroyed the Legion and Auxiliary. Papers, minutes, and the like were also destroyed, They regrouped and carried on.
- In the late 50's-early 60's and old store (Stoctins Store) was purchased and the Legion was renovated. There was a small mortgage which was paid off later. A new heating system and air conditioning, smoke eaters, and a new electrical wiring was completed.
- More additions were added at a later date and as needed.
- Bar from an early beginning (1953) to date, 6 days a week with 10-12hrs.
- 1962 name changed to Royal Canadian Legion Petitedcodiac Branch 41.
- Westmorland County Fair from beginning to date.

- War Museum since 1998 to present, over 6000 artifacts and also previously mentioned a time capsule.
- Drivers examinations since 1948 to present.
- Activities
- 1947 worked with the community athletic association erecting a children's playground, completed in 1948.
- Tennis court started and dart boards were purchased. The tennis was taken over by Kiwanis Dart Tournaments have taken place since that time.
- 1950 a flagpole and flag for the new school.
- 1954 activities in organizing parties, raffles, and social nights and dinners.
- Crib 1950 to present.
- Gaming machines in early 1980's to present.
- Annual Diamond Ring Dinners 1991 to present.
- Walking Club 2006 to present.
- Merry Makers 2, 2012 to date.
- New convection oven purchased and installed in 2012.
- 2013 a new dishwasher installed.
- 2014 roof repairs and updated heating and cooling system installed.
- Air Cadets 1957 to present

Story Continued on page 3

LN&V Now Online at our website : [www.maritimemotorsporthalloffame.com](http://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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## GET YOUR TICKETS NOW !

### 4th Annual Diamond Ring Dinner with a Twist

Saturday, April 18 at the  
Maritime Motorsports Hall of Fame.

Tickets are \$50.00 per ticket  
Call the Hall for more details  
(506) 756-2110



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Wishing you and your Family a joyous Easter



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*"Happy Easter"*  
 from David Kierstead  
 and Staff



**FROM THE EDITOR**

I am wishing my life away, as each month I think that the next month will have better weather than the last.

Oh well April has got to have less snow.

Congratulations to the winner of the 4-wheeler, the \$1,000.00 and the \$500.00. There will be more info in May's bulletin with pictures.

The Diamond Ring Dinner is fast approaching; there are still some tickets left. This should be a fun girl's night out.

Hard to believe but the Poller river run is the last of this month, what to wear??

May 16, providing the snow is gone, is when the races start at the Petty Raceway.

The Petty Autofest is set for Saturday May 30th at the Maritime Motorsports Hall Of Fame. Deep fried turkey is on the menu again this year, by popular demand. When you pay your \$5.00 entry fee you will be given a ticket to win a generator. Your \$5.00 entry fee also gets you into the museum.

Wishing you all a "Very Happy Easter".

Your Editor:  
 Winona McLean

**WHY THE EASTER BUNNY BRINGS EGGS**

A European folktale, adapted by Jean Warren

glad he had his magician switch the hens. He sent word for the magician to bring back his hen. But the next day, when the king looked in his golden cage all he found was a white rabbit. "What's this?" said the King. "Little rabbit, how did you get in here?" The King opened the cage and had his footman take the rabbit back out to the woods where he belonged. Then he called for his magician.

"Where is my magic hen?", asked the King. I told you to bring her back. "I did bring her back," said the magician. "I put her in the cage"; I just didn't have time to change her back into a hen.

They never did find the little white rabbit, but the hen they found in the woods had colorful eggs hidden all over the kingdom. And so every egg that every once in a while someone found a golden one.

Once upon a time, there was a King who had a very powerful magician at his court. One day, the magician gave the King a hen that laid beautiful eggs for a present. The king liked the eggs but he was greedy and he told his magician that he would like the hen better, if she could lay eggs of gold. So the Magician worked another magic spell and sure enough the hen started laying eggs of gold.

The king was delighted. He became very rich and the envy of the other kings. He kept his special hen in a golden cage next to his throne. He knew that someday, someone would try to steal his hen, so whenever visitors came to see the hen, the magician would come and hide the special hen and substitute an ordinary hen in the cage.

Sure enough, one day someone ran off with the hen in the golden cage. The King was



**History of Royal Canadian Legion Branch 41**  
 Continued from front cover.

From sod turning to ribbon cutting. The 1989 executive of the Legion saw the need for the larger facility, thus began the planning for the new venture.

On May 18th, 1993 the long time plan was beginning to take shape in the form of a sod turning ceremony. This marked the beginning of the expansion of the Legion.

The new facility measured 50x70 and construction started in June.

The new facility housed the Air Cadets Squadron downstairs and will have a seating capacity of 250.



The Pettoctiac Royal Canadian Legion request the honor of your presence at the **70th Anniversary of Branch #41** to be held on the **11th of April, 2015 at 2:00pm**. A light lunch and refreshments will be served.

Our location is  
 18 Kay St. Pettoctiac, NB E4Z 4K6  
 Inquiries, please, call 756+-3383



2015 Pettoctiac Winter Carnival Pictures

**Greg Lane New Bike & Thank You**

I would like to take this opportunity to thank Claude and everyone that had anything to do with the presentation of a beautiful new bike. To Greg after he lost his new one in an accident. Greg was very lucky and suffered minor injuries however his bike and car not so much. Greg was very grateful for the help he received from the Fire Department, Gerald Jones and Peter Seaton. I would like to thank you for being there for Greg and his family. Greg with the new bike at the Pettoctiac Arena on behalf of the generous and hard working local business. I think it is absolutely remarkable that the people of a small village are so kind and caring. I don't think you will find this very often these days. Thanks to all the caring people of all ages, especially the young folk, who constantly help Greg when he is out and about on his bottle and can pick up strapping to help fix his equipment or just to see if everything is okay with him. Many of these young people have driven him home bike, car and all if he has a real problem. Thanks for giving him caps and vest for his safety. Unfortunately the caps usually end up in his pocket with his teeth. Thanks to all the people who he visits everyday, where he picks up cans & bottles saved for him how kind. When he gets home he is filled with happy stories from those who have taken the time to socialize with him. I also want to thank our neighbors Claude and Elsie Bamister who are so kind to him, always willing to help. Claude constantly repairs his tires and cart so he can be on his way. It isn't usual these days to find neighbours willing to help in any emergency. It is with sincere appreciation that I say thank you to all those people. Greg is a great person; he is as kind and sweet at home as he is on the street.

Sincerely  
 Arlene Lane.



Greg Lane being presented a new bike at the Pettoctiac Arena by Public Servants Peter Bamister and Gerald Jones on behalf of the local business who wishes to stay anonymous.

**Happy Easter**

Warm wishes at Easter may be filled with closeness of family & Friends

Drop in to see our large selections of toys and our fully stocked Easter Decoration & Candies New arrivals daily!

**Hours**  
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 Sat 9am to 6pm & Sunday 12pm to 5pm



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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:  
 5 Hooper Lane, Pettoicodiac, NB E4Z 0B4  
 Phone: 756-2110, Fax 756-2094  
 Email: [marritimotorsports@gmail.com](mailto:marritimotorsports@gmail.com)

**May Deadlines:**  
 Editorial..... April 21  
 Advertising..... April 20

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

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Great gift idea. Ph: 756-2110



**Elgin Women's Institute**

**"It was the night before spring and all through the snow..."**

The Elgin Women's Institute met at the local Seniors' Centre on the evening of March 19th. Even though the calendar said that the first day of spring was next day, how distant the green grass and apple blossoms ...

No matter. We all put on our rose-coloured glasses and planned to cheer and celebrate for warmer weather. I decided to hold the details pending. As a culture sover, Karen Davidson presented a short writer's workshop with a spring theme. She asked members to model their writing on several forward-looking children's poems. Participants were invited to list spring's personal appeal as ideas occurred, results were encouraging!  
 Evelyn Beaman served a delicious lunch to close the meeting.

**Who not consider joining the Elgin Women's Institute in April?**

April begins the new W1 year and we are looking forward to a year of fun and interesting activities and programs. Some events include our international themed supper in February, music and auction evening in May, and lunch and garden tour in June. Ongoing programs include the library and cooking classes.

The Women's Institute (formed in 1911) is an open gathering for women of all ages and backgrounds. Our aim is to encourage friendship and learning while being supportive of women's issues in our community. Monthly meetings (first Thursday of each month) include a business session, program and social time, games/quizzes, instruction

Membership fee is only \$5 which includes subscription to the quarterly magazine Home and Country (hard copy or e-copy available). This small fee also includes your membership to the District W1, the provincial NBWI as well as Federated Women's Institutes of Canada.  
 For more information, call 756-2331 or 756-8453.



**Weekly \$0.50 Draw**  
 Tri-County Boys and Girls Club Gold Rush  
 Only a Toonie  
 Remember your number and play it weekly  
 Help support the Boys and Girls Clubs of Havelock, Pettoicodiac and Salisbury  
 For more info check us out on Facebook @ Tri-County Gold Rush

**Pettoicodiac Community Calendar 2015**

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p><b>5 Easter</b></p> <p>Easter Services                      -Easter Breakfast @ Baptist Church</p>	<p><b>6 Easter Monday</b></p> <p>-Senior's Club                      -Pilates                      -Taking Time for Me                      -Air Cadets                      -Walking Club</p>	<p><b>7</b></p> <p>-Geri-fitness                      -Kids Cove                      -Badminton &amp; Volleyball @ PRS                      -Kiwanis                      -Kids Cove                      -Youth Group                      -A.K.A Dance Studio</p>	<p><b>8</b></p> <p>-Library Storytime                      -Plates                      -SJA Junior &amp; Youth                      -Legion Noon Meal                      -Cubs &amp; Scouts                      -Village Council                      -Dormines @ Legion                      -Walking Club</p>	<p><b>9</b></p> <p>-Book Club @ Library                      -Drop-in Play Group                      -Kickboxing                      -A.K.A Dance Studio                      -Yoga</p>	<p><b>10</b></p> <p>-Jam Session                      -Walking Club</p>	<p><b>11</b></p> <p>-70th Anniversary Celebration @ Legion</p>
<p><b>12</b></p> <p>-Church Services</p>	<p><b>13</b></p> <p>-Pilates                      -Taking Time for Me                      -Air Cadets                      -Walking Club                      -MerryMakers 2</p>	<p><b>14</b></p> <p>-Geri-fitness                      -Women's Institute                      -Kiwanis                      -Badminton &amp; Volleyball @ PRS                      -Kids Cove                      -Youth Group                      -A.K.A Dance Studio</p>	<p><b>15</b></p> <p>-Library Storytime                      -Plates                      -SJA Junior &amp; Youth                      -Legion Noon Meal                      -Cubs &amp; Scouts                      -ATV Club                      -Dormines @ Legion                      -Walking Club</p>	<p><b>16</b></p> <p>-Drop-in Play Group                      -Kickboxing                      -Foot Clinic                      -Pettoicodiac Spoken Word Studio                      -A.K.A Dance Studio                      -Yoga</p>	<p><b>17</b></p> <p>-Jam Session                      -Walking Club</p>	<p><b>18</b></p> <p>-Movie @ Library                      -Com Hill Nursery/Cedar Cafe opening                      -Pruning &amp; Grafting Seminar @ Com Hill Nursery</p>
<p><b>19</b></p> <p>-Church Services                      -SJA Adult Meeting</p>	<p><b>20</b></p> <p>-Pilates                      -Taking Time for Me                      -Air Cadets                      -Walking Club</p>	<p><b>21</b></p> <p>-Geri-fitness                      -Kickboxing                      -Badminton &amp; Volleyball @ PRS                      -Kiwanis                      -Kids Cove                      -Youth Group                      -A.K.A Dance Studio</p>	<p><b>22</b></p> <p>-Library Storytime                      -Plates                      -SJA Junior &amp; Youth                      -Legion Noon Meal                      -Cubs &amp; Scouts                      -Dormines @ Legion                      -Walking Club</p>	<p><b>23</b></p> <p>-Drop-in Play Group                      -Kickboxing                      -A.K.A Dance Studio                      -Yoga</p>	<p><b>24</b></p> <p>-Walking Club</p>	<p><b>25</b></p> <p>-LEGO Club @ Library</p>
<p><b>26</b></p> <p>-Church Services                      -Dinner and a Movie @ St. Andrew's</p>	<p><b>27</b></p> <p>-Pilates                      -Taking Time for Me                      -Air Cadets                      -Walking Club                      -MerryMakers 2</p>	<p><b>28</b></p> <p>-Geri-fitness                      -Kickboxing                      -Badminton &amp; Volleyball @ PRS                      -Kiwanis                      -Kids Cove                      -Youth Group                      -A.K.A Dance Studio</p>	<p><b>29</b></p> <p>-Library Storytime                      -Plates                      -SJA Junior &amp; Youth                      -Legion Noon Meal                      -Cubs &amp; Scouts                      -Village Council                      -Dormines @ Legion                      -Walking Club</p>	<p><b>30</b></p> <p>-Creative Writing                      -Corn Hill Library                      -Drop-in Play Group                      -Kickboxing                      -A.K.A Dance Studio                      -Yoga</p>		

**April**

**Air Cadets** - 639 FPMacLaren 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 Akana for info: 253-3052

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

**Church Services**  
 -Pettoicodiac Baptist - Sunday school at 9:30 am, morning worship 10:30 am.  
 -Pettoicodiac Memorial - 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.

**Corn Hill Nursery and Cedar Cafe**  
 opening for season, April 18th. Grafting and Pruning Seminar - April 18th. 10 am - 12. Free but call 756-3635 to register.

**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.

**Easter Services/Church Events**  
 April 2: Maundy Thursday Service-7:00 pm  
 April 3: Easter Breakfast - 8:00 am  
 April 5: Easter Celebration Service - 10:50 am. Music by children and the Adult Choir.

**St. Andrew's Anglican**  
 Wed. Apr. 1 - Wed. in Holy Week: Communion service -7pm  
 Apr. 2 - Solemn Potluck Supper and Eucharist - 6pm  
 Apr. 3 - Good Friday Service - 9am  
 Apr. 5 - Easter Sunday Service at 9am for everyone  
 Apr. 26th - Dinner and a Movie - "Exodus: God and Kings" - 4:30pm - all welcome!  
**Foot Clinic:** Pettoicodiac, Dugmar, April 14 & 16 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 Thanya at 756-2198 for details.

**Jam Session** - Fri. April 10 & 17 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. April 7 & 21. New members welcome. Call Clinton at 372-4144 for more information.  
 - \$80.00 per day for use of room in centre.  
 - \$20.00 extra for kitchen. Call Donna 756-9085 for details.

**Legion** 18 Key St. Pettoicodiac. 756-3383  
 -Dormines - Every Wednesday 7:00 pm  
 -Walking Club - Mon., Wed., and Fri. @ 9 - 10 am  
 -70th Anniversary - Sat. April 11 @ 6:00 pm. War Museum will be open at 5 pm for tours.  
 - Merry Makers 2 - Mon., April 13 and 27

**Petitcodiac** Continued from pg 4  
**Legion Noon Meals**  
 - April 1 - Turkey  
 - April 8 - Pork Chops and Sauerkraut  
 - April 15 - Liver & Onion, or Hamburger & Onion  
 - April 22 - Roast Beef  
 - April 29 - Cold Fish  
 Hall Rental: No charge if fundraiser. Other function: \$141.50

**Library** (756-3144)  
 - Hours: Open Tues, Wed, Fri, Sat, 10-11 & 2-5. Thurs, 1-5 & 6-8. Closed Sundays & Mondays. Closed Good Friday.

**Storytime** (Ages 2-5) Wednesdays from 10:30-11 am  
**Easter Egg Hunt** (Ages 3 - 10) - Thurs., Apr. 2, 2:30-3:30 pm  
**Adult Book Club** - Thurs., April 9 from 6:30-8 pm  
**Mid-Month Movie Matinee** (Ages 5-12) - Sat., April 18, 2:30-4:30 pm. Movie playing will be Aladdin.  
**LEGO Construction Club** (Ages 6+) - Sat., April 25, 2-4 pm  
**Creative Writing Corner** (Ages 18+) - Thurs., April 30 from 6:50-8:00 pm.

**Monday Morning Merry-Makers**  
 2 - April 13 & 27 @ the Legion from 10:2-11:30 am. \$6. Games/Bingo.

**Petitcodiac Sportsman Club** - Meets on 3rd Thurs of the month at 7:30 pm. New members welcome. Club house is located at 1030 Sanatorium Road. www.sportsmanclub.ca  
**Pety Trailblazers ATV Club** - Meets 3rd Wednesday @ the Legion building at 7:00 pm.

**Plates** - Mon, at 5:30 pm, Wed, at 6 pm at 800 Route 885 (Hayesbck 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

**2015 STOCK CAR RACING**

Congratulations to Sarah McKee at New Stryma Speedway, finishing 13, 8, 7, 11 in the feature races in the Pro Late Model Division.

**2015 RACES SCHEDULE**

**PETTY INTERNATIONAL RACEWAY**  
 May 16, 30, June 17, 31, 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, 18, 25, August 15, September 12

**SCOTIA SPEEDWORLD**

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

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

**MARSHMALLOW/PEANUT BUTTER SQUARES**  
 (These make a great treat for Easter)

In a large pot melt 1/2 cup butter  
 1/2 cup peanut butter  
 1 package butterscotch baking chips  
 Stir to blend and keep from burning  
 Remove from heat and stir in marshmallows  
 The marshmallows will still mostly hold their shape  
 Spread in a 9"x8" pan, cool before cutting in squares.



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APRIL

**Allison Watson Double Lung Transplant**

Cystic Fibrosis (CF) is a multi-system genetic disease, affecting the lungs and digestive system. In the lungs, thick mucus causes increasingly severe respiratory problems. It is difficult to clear bacteria, which leads to cycles of infection and inflammation. Mucus and protein also build up in the digestive system, which causes digestive difficulties and nutrients must be absorbed with the aid of digestive enzymes. A lung transplant can prolong the life of some people with CF when their natural lungs fail.

Allison Watson, 28, had a life-saving double lung transplant in Toronto at the end of 2013. She was diagnosed with CF when she was 12. She grew up trying her best not to let CF rule her life or limit us in any way. Of course, there were the daily aerosol masks, chest percussions, and a slew of medications but since I never had it any other way, it was just part of my routine.

After doing many school presentations about CF, I grew up knowing that my life expectancy was shorter than the average person. Knowing this, I tried my best not to delay any life goals. I travelled at every opportunity moment, got two degrees from university, and cycled, with my brother David, across this beautiful country.

I also always knew that one day I may require a lung transplant. A lung transplant was always something casually discussed in my family as though it was something that every person considered in their lives. As I hit mid-twenties, a possible lung transplant became less of an abstract idea and much more of a reality as my lungs dramatically declined.

In July 2013, my partner, Isaiah, and I flew to Toronto for an intense week of pre-transplant assessment testing. They ran, what felt like, every possible test to make sure that the rest of my body could handle such an intense procedure. I was in a hospital for a week in PEI. I received the good news that I was deemed eligible for a lung transplant and that I better start packing for the move to Toronto. As Canada only has five locations that does lung transplant surgeries (Montreal, Toronto, Winnipeg, Edmon-

ton, and Vancouver), everyone requiring a transplant from the Maritimes is required to relocate either Montreal or Toronto. Also, the hospital requires that each person listed live within a two and half hour commute from their transplant site. I was fortunate as my first call would be a false alarm, also I didn't have the energy for a celebration. I'm pretty sure the nurse was disappointed by my non-reaction as she said "Aren't you happy? Don't you want to call everyone? Yes, I did. Eventually.

The next morning I was moved to the other hospital and then proceeded to have surgery. I was very fortunate that my parents had decided to visit when my health kept declining as they were able to share my anxiety. The transplant did not happen that morning, in fact I had to wait until the next day before anything happened. To be honest, I was pretty out of it the entire waiting day and only remember bits and pieces. Such as, the doctor putting marks on my chest with a sharpie which I found hilarious for no reason. I recall being quite hungry while waiting and then I had a vague memory of seeing a doctor's face while on a gurney in an elevator.

And then nothing. I woke up 7 days later in a dark, empty, hospital room. There was no one around and I didn't know how I had gotten to anyone. I didn't know if I had reached to my room. I had a ton of lines attached to me. I was all alone, my vision was super blurry, and I

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APRIL

**Allison Watson Story. Continued on pg. 12**

room to tell me the news that I had been waiting 13 months to hear: I was getting my muscle mass. It was quite terrifying. I was on a ton of potassium and partly sodium, but not aware of it which didn't help my initial feeling of fear. A nurse eventually came back from the back of the room a lot of the time from the back of the room. I was filled in later with what happened. The operation was successful but not without complications. After the initial surgery, I had to be put on an extra corporeal membrane oxygenation machine (ECMO) which acted as an artificial heart and lung as my lungs were not working as well as expected. They then found a bleed in my new right lung so I was sent back to the OR for a second operation to clean everything up. My lungs worked much better after the second operation and I was able to come off the ECMO and bring me out of the comatose state.

The thing with waking up from a comatose state is that no one knows at what point you became lucid. I know when I woke up and was able to remember things again, even if it was still hazy, but my family couldn't really tell the difference between the previous day or that day. I was also unable to talk due to the ventilator, so communication was initially all done through a letter board. Simple communication took a long time. Eventually, I moved up to being able to write what I wanted to say which was much easier, took about two weeks before I was able to talk. When the ventilator was shut off, my voice was so hoarse, it was put in. I was finally able to have some ice chips which, after two weeks without any water, I took, were better than anything on earth. It took about another two weeks before I was strong enough for the trache-

omy. I found hilarious for no reason. I recall being quite hungry while waiting and then I had a vague memory of seeing a doctor's face while on a gurney in an elevator.

And then nothing. I woke up 7 days later in a dark, empty, hospital room. There was no one around and I didn't know how I had gotten to anyone. I didn't know if I had reached to my room. I had a ton of lines attached to me. I was all alone, my vision was super blurry, and I

complain about false alarms. It seems that about half of those listed receive one or two false alarms. In the thirteen months I waited, I received zero calls.

About two months before the transplant, my health further deteriorated. My oxygen requirements were raised and my ability to breathe was reduced. I was hospitalized on and off as the doctors tried to keep my lungs stable and me alive. It was during a hospitalization that a nurse came into the

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### HAPPY RETIREMENT



Thank you to my co-workers, customers, family and friends. Your cards, best wishes, and expressions of thanks were greatly appreciated. It is exciting to start the next chapter of my life after spending half my life at Canada Post. Thank You Kathy Thorne

### The Doctor Game

W. Gifford-Jones, M.D.

#### Waiter, Make Sure My Steak Moos only Once!

I've been told it many times, "One of these days you're going to push your luck too far". It's, because I stress to waiters I want my steak "blue". The worst that can happen is it arrives rare. But what is the risk of a blue steak? And can well done steak be bad for the heart?

No waiter has ever said to me, "You dummy, didn't you learn in medical school that ordering a steak rare may cause toxoplasmosis?" Go back and read about parasitology.

Toxoplasmosis is not a common household term such as measles. But if the parasite is contracted, it can cause enlarged glands in the neck, fatigue, fever, and an enlarged spleen. In rare instances it affects eyes.

The good news is that about 40 percent of North Americans have had this infection at one time and survived it. But most are unaware of its presence and it usually requires no treatment.

Today, I often hear people say, "I don't eat meat anymore." But does that make sense? After all, humans have been eating meat since cavemen discovered it was a good way to survive. Now, cows later, there are many valid reasons for eating meat.

For one thing, I've never enjoyed spinach. I'd have to ingest three cups of raw spinach to obtain the same amount of iron contained in a six ounce steak. So this is an easy choice for me.

Meat is also the complete protein. This means it contains the nine essential amino acids that are required for maintaining body tissues and a healthy immune system. These essential amino acids cannot be produced by our bodies.

Today, iron is the nutrient most often lacking in North American diets. The recommended daily allowance for iron is 18 milligrams (mg). However, the typical diet results only 6 mg. Low sources of iron can include:

Making steak a part of the diet overcomes eating a nutritional deficit. Meat is one of the prime sources of iron and is also

rich in "heme" iron. This is the type more easily absorbed by the body than "non-heme" iron.

Meat also contains vitamins B-6, B-12, and niacin. Vitamins B-6 and B-12, along with iron, are important for that people ever think about zinc in steak. But many do not consume sufficient zinc required for reproduction, growth, night vision and the manufacture of hormones.

Those who are concerned about calories should know that a six ounce steak trimmed of fat, contains just 6.0 grams of fat and provides only 866 calories. Compare this amount to roasted chicken with skin that has 22 grams of fat. And if you enjoy peanut butter, four tablespoons of it contain 32 grams of fat.

Some people who have developed "cholesterophobia" say this is why they just eat chicken and fish. But a six ounce steak contains 146 mg of cholesterol, the same amount in roasted skinless chicken.

But can a rare steak help the heart? In 1957 Dr. Frederick Crane was the first researcher to isolate coenzyme Q10 (Co-Q10) from beef heart. It's amazing that it escaped everyone's attention that meat is one of the major sources of Co-Q10. But if you like your steak well done, trout not only tastes like leather, but also destroys Co-Q10.

There is more bad news about the destruction of Co-Q10. Today millions of North Americans, one in ten over the age of 15, are taking one or more statin (C/D) drugs. This medication acts as an enzyme in the liver to decrease the production of cholesterol, but it also reduces the amount of Co-Q10, the energy of the heart. Since many patients taking statins are not taking Co-Q10 supplements, some researchers worry there may be an increase of heart failure in the future. Good sense indicates you cannot rob the heart of its energy year after year without expecting trouble.

"So, waiter, I'll still have my steak blue. Please tell the chef to spare the heart. And to increase my good cholesterol, don't forget a glass of cabernet sauvignon".

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1. cause for it, CCD is blamed on: the Varroa Destructor mite
2. loss of natural habitat
3. "monoculture" agricultural practices
4. wide spread pesticide use

#### What can the average hobby gardener do to help?

Considering that the average bee performs one forage trip every 15 minutes, it takes a bee 6 and 10 million trips of their bodies there is lots that you can do. First of all, I recommend that you plant plants that are attractive and useful to bees. My list includes:

- Borage
- Russian Sage
- Bee Balm
- Sunflowers
- Sage
- Oregano
- Basil

In addition Cathy recommends that we:

- a. Plant larger patches of flowering plants to encourage bee foraging.
- b. Diversify your blooming plant portfolio. Have bee-friendly plants in bloom throughout the season.
- c. Avoid the use of pesticides.
- d. Let some of your garden "naturalize". This will encourage bees to nest and tunnel without being disturbed. Note: bumble bees nest in the ground; some native bees build their nests in dead raspberry canes.

Provide a constant source of water. A hive will consume about 1/2 a liter of water a day. But our small containers of clean water and float a small piece of wood to provide a landing strip and access to the water.

Asked why Cathy and the volunteers at the Beekeeper's Co-op do it, she responds, "I feel privileged to have the opportunity to get up close and personal with honeybees, to teach others about their incredible world, and I see this as an easy way to make a significant contribution to making my world a better place."

\*'Imperfect' flowers exist on a host of important food plants including all members of the cucurbit or squash family. They have female and male flowers, usually on the same plants though not always, which require a visit from one of nature's flying pollinators in order to mix things up. It is the transfer of pollen from flower to flower (rather to stamen, to be exact) that fertilizes your pumpkin or cucumber and tomato.

About one third of every thing that we eat has been pollinated by a bee, according to Cathy Keenan, Past Chair of the Beekeeper's Co-operative.

**Are Bees in Decline?**  
The population of bees is in decline, this is a fact. According to Cathy the condition that is causing the decline in the bee population is referred to as CCD or Colony Collapse Disorder. While there is no one

### 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](http://www.markcullen.com).

#### Bees and the Bees: The Talk that You Never Had

Ask a kid today about the importance of fostering honey bees in the neighbourhood and chances are they will give you a blank stare. Come to that, most adults do not seem to understand that the future of civilization as we know it depends on a thriving culture of honey bees.

Albert Einstein said, "Mankind will not survive the honeybees' disappearance for more than five years." What, you might ask, did Mr. Einstein know that the rest of us don't? I wondered the same thing and did some digging for answers.

#### Why are bees important?

Bees are nature's primary pollinators. Seeing as reports over the last 60 years indicate that their population is steeply declining, the importance of the pollinating where you live is increasing and protecting them seems like a good idea.

#### Perfect and Imperfect Flowers

It is true that many plants have 'perfect' flowers, complete with both male and female sexual parts. This might lead you to think that a pollinator with wings is hardly necessary. But any experienced gardener will tell you that the greater the population of bees in a neighbourhood the more productive the tomatoes, peppers and potatoes (all members of the same solanaceae family).

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Congratulations to the Pettitodiac/Salisbury Peewee Flyers for winning Day of Champions and bring home the banner.

## Happy Easter

From Kevin & Staff

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**Allison Watson Story**  
Continued from pg 7

My discharge from ICU was delayed due to the fact that every time the doctors thought I was stable, another problem seemed to arise. The first complication post-transplant was that they found a blood clot in one of my new lungs. That was managed through medication and having a very thorough ultrasound done of my extremities to make sure there were no more clots elsewhere. After that, I had a GI bleed which required that I receive several pints of blood from the bloodbank and multiple stomach scopes to close the ulcers. That was fairly under control so I was moved to the "step-down unit", which was basically the ICU only unit, with fewer nurses. There, they noticed that the incision site around the sternum was inflamed, which required another trip to the ICU. Once there they removed it, cleaned the area, and removed it as one of my chest tubes. The area was treated with negative pressure wound therapy, also called a V.A.C. machine. A V.A.C. machine attaches to the wound and removes the moisture or drainage from the site allowing for faster healing.

Once I was finally stable, I was moved to a more hands-off floor where I spent several more weeks trying to strengthen my body, learning all about my new medications, and figuring out funding so I could have the V.A.C. machine at home for several weeks. I was discharged for one glorious week, until I had several medication-induced seizures which put me right back in the hospital for another two weeks. In total, I spent a little over 2 months in the hospital post-surgery. I had a longer stay than most people who have a lung transplant but then, not as long as some of the people I talk to at physiotherapy.

During the entire process, my family and friends visited as much as they were able, and I had an entire community of support back home that I heard from online and through mail. The support was precious. Not just having someone bring me delicious food when I was absent again, but hearing encouragement and love for me, for my husband, but my spirit when I was feeling overwhelmed.

**Would you like to know how to stay "Zippy After 50"?**

Join us on Tuesday, April 14 when the Healthy Active Living for the 50+ "Zippy After 50" Workshop is presented by Happy After 50+ of Chatham and Kentville. The event will be held from 12:30 to 4:00 p.m. at the Trinity Anglican Church Hall, 853 Main Street (at Fowler Avenue) in Sussex.

The afternoon will feature booths and displays with free information on health and wellness; fitness and nutrition demonstrations and activities; glucose, cholesterol and blood pressure testing; door prize draws and light refreshments.

Guest speakers will include Sleep Clinician Angie Cummings and Audiologist Angela Kaiser-Hansen.

Admission is free, but pre-registration would be appreciated. To register, or for more information, call Linda Goggin at 756-3956 or Pat Bell at 433-1232. Everyone is welcome...bring a friend or neighbour and join us!

Intersection had just turned red when a lovely green souped-up Pontiac GTO pulled up and stopped at the light. It sounded like a V8 and likely had quite a few horses under the hood. Now, this GTO had stopped over the marked crosswalk and on the other side of the street was a lady pushing a toddler in a stroller. The driver of the Pontiac thought he would be a gentleman and backed up his car so that she could use the marked walkway. She nodded in approval as she made her way to the other curb. In the meantime, 3 or 4 other vehicles pulled up behind him waiting for the light to change. The other salesman commented, "I'll bet you a buck that he puts his foot in it when the light changes! I replied that car and the I won't bet you. I know that car and the engine has been blueprinted and balanced. It's just barely street legal. He can burn the rubber off the rims. Sure enough, when the light turned green, he put the hammer down to the floor board and yes, he smoked her, however, the planned show of power turned to a show of anguish! He had for-

gotten to take it out of reverse and quickly pulled in to the front end of a beautiful cream colored Buick Electra behind him. Yes, you could say that the Buick got creamed, but you could also say that the Buick got creamed, pun intended. The strips of rubber he was thinking of depositing on the pavement were somewhat shorter than planned and the couple in the Electra were not happy campers! Ah yes...so much power and so much embarrassment. Explain that one to the insurance company. As the Clark would say...yesss, yes indeed!



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## News From The Maritime Motorsports Hall Of Fame

JOHN JOHNSON

Motorcycle – Recreation/Racing/Builder  
Inducted November 5, 2011

“An icon of the Maritime motorcycle racing in his own way.

For many years he was involved in selling and racing Norton motorcycles, that led him to participate in Vintage motorcycle racing throughout the region. His dedication over many years to the sport of motorcycles made him an example and an inspiration to others.

He was always willing to assist especially if it was going to get someone involved with motorcycles. Many times at his own expense. John was to say the least, a friend, racing companion, sponsor, extremely qualified machinist and mechanic. He ranks very high as a personage not to be quickly forgotten.



## Pollett River Run 2015

### Fast Water Tips

It all happens on the last Saturday of every April and it is already on people's minds. You got it. It is the Annual Pollett River Run. Each year the Elgin Fire Hall puts on a breakfast to raise money for their fire department. If you are in the area stop by and have a bite to eat the money goes to a good cause.

If you are lucky to make it to the end, after you put it. (Which usually takes a few hours with stops along the way.) The take out is where the Pollett River rushes under the Saanich Road Bridge. Don't worry you can stand in easily. This is easier done when wearing a life jacket.

At the end of the run you will see guys mud bogging with their trucks. ATV and side by sides. The last couple years people had food like sausages, hotdogs, hamburgers for sale increase you got hungry and some time the fry truck is there. Please be respectful and do not leave trash and garbage behind.

What you should keep in mind.

**Bring Extra Clothes**  
It is important to note that it is cold and the water is freezing. Once you are wet it does not take long to reach hypothermia. Taking extra clothes not only helps insure you have a comfortable day but could prevent you from making a trip to the hospital with hypothermia. Double bagged garbage bags tied at the top with extra clothing inside is simple and will do the trick.



Have Fun & Be Safe!

## Comedy at Large

by Laurie Blanchard Salisbury, NB

The little cabbage in the field was talking to his mother about life. The mother cabbage said to junior, life is a gamble. You have to withstand storms, drought, strong winds, ants, mals, bugs, lice, mold and not never give up. You will thrive and grow. But when do I quite growing asked the young cabbage. Mother replied, like any other gamble, quite when you're a head!

A patient called his dentist for an appointment. Sorry, said the dentist, I can't help you today. I have 18 cavities to fill. After hanging up the phone, the dentist put his golf bag in the trunk of the car and headed for the golf course. FORE!

When the crossword puzzle addict passed away, they buried him 6 feet down and 3 feet across.

A fella was telling his friend that his wife, who was a shopping addict, had a magnetic personality. Everything she lays her hands on, she changes! Hmmm...will that be the visa or master card?

What's in your wallet?

Sign seen in a restaurant kitchen when I was a counter and delivered wholesale food orders. THE COOK HAS AN ALCOHOLIC HUSBAND. TWO TODDLERS. AND OYERMANXED CREDIT CARD. THIS THAT? I THINK YOU GOT A PROBLEM WITH THAT? I think not. It would be like dealing with nitro-glycine... highly explosive!

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- Dances & Weddings
- Benefits
- Etc...



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For more information call 756-2110

## Sussex Farmers Market

Spring is coming sooner than you think. That's the sentiment among the ragout vendors at the Sussex Farmers Market in Sussex, NB. While most of the population hibernated along with the bears, the local farmers, crafters and artisans have been hard at work, planning crop volumes, designing jewelry and creating new soap recipes!

Ever since the final Christmas market held last December, vendors have been prepping for the upcoming year which starts May 1st, just a few short months away. The Sussex Farmers Market has been a mainstay of the community for the past several years, held between May 1st and October, each Friday from 11am to 6pm. The market and its vendors

start to take shape later this year.

Several new vendors have already made inquiries about joining along with the regulars that so many come to for their favourite local goods. The market is one of the most dynamic in the province with a wide swath of specialty foods and handcrafted goods.

One good tip most don't know about: Don't wait for produce to come in before visiting the market. Most artisans spend all winter designing and sculpting new products which they like to bring out as soon as possible, meaning most of their exceptional items will be purchased before the first batches of carrots and corn arrive. Plan to get out in July and pick up some unique birthday or Christmas gifts!

Sussex Farmers Market is starting up May 1st, 2015 11am to 6pm  
For more information please contact  
Lynn Tays at  
marketmanager@gmail.com or call  
(506) 443-1211



## Pollett River Run 2015

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Have Fun & Be Safe!

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# What's Happening Salisbury



## The MONARCH BUTTERFLY

Everyone Welcome

**May 5<sup>th</sup>, 2015 @ 7pm - Salisbury Baptist Church**  
Refreshments will be served  
Jim Wilson, well known and respected NB naturalist will present a fascinating slide and talk show on this amazing butterfly. The only insect in the world that makes an annual migration of over 4,000 kilometers - from a dry weathering area high in the mountains of central Mexico to southern Canada. Jim will also show how the collectors, historians, tags and releases declined precipitously in recent years. This talk includes wonderful photographs that help us to understand the Monarch's life cycle and explain how each of us can do our part to save this magnificent insect.

A new well offering with all proceeds to THE MARY MAJNA SCHOLARSHIP

Hosted by the SALISBURY NATURALISTS CLUB, part of the Village of Salisbury Parks and Leisure programs.  
The group meets the 2nd Tue. of each month 7pm @ the village office  
New MEMBERS and VISITORS Welcome

**SALISBURY CARING WOMEN**  
will be meeting April 12th 7pm @ JMA. This group of new women get together twice a year to make a difference.... For details visit: <http://www.salisburyhelpinghands.com> for "Terms of Reference"

**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@salisbury.ca](mailto:communitydays@salisbury.ca)



**Salisbury United Church**  
DUL SIM BUSHTON  
and@sulib.org.ca  
Weeks sermons available on line - Don't be about us  
Information Line updated weekly 372-511

**EASTER**  
Apr 3 Good Friday Service in Covenanta 7 PM  
Apr 5 Sunrise service in Salisbury 6:30 AM  
Apr 6 Easter 11:30 AM in Covell  
Apr 6 Easter 11:30 AM in Covell

**TAKE OUT SUPPER**  
SATURDAY April 18 LOUV take out ham and Potato salad supper \$8.00  
Delivered to your door.  
For tickets call Joanne 372-5271 or Dore 852-3468

**MARKEE**  
The Salisbury market week is starting 4, 11 and 25 and 22nd April 10:30-12:00. Call Tricia at 372-9193, or at the church office  
Friday April 10 to 10:30 Jordan Life Care monthly church service  
Thursday April 23 to 10:30 Salisbury Helping Hands for pastoral change in Salisbury at 7:30 PM

# What's Happening Salisbury

**Farm to School program at Salisburry Elementary**  
The students at Salisburry Elementary once again showed that they are not afraid of opening their minds and palates to new experiences this week. The grade one to four students were treated to locally grown carrot sticks and pearries sides with a ranch dressing dip during lunch on Tuesday and Thursday this week. Our taste test showed responded yes, while 132 gave the thumbs up for the pairing success!  
Thanks to Mrs. Laurie Moreton's culinary arts students at JMA Armstrong High school the preparation and service of the veggie sticks was a great success!  
This week the students will be testing out a blueberry, banana and carrot smoothie! The blueberries and carrots were used.  
This initiative is a part of our school's Farm to School grant received from Farm to Cafeteria Canada. The Farm to School program is part of a growing network of Farm to School programs championed provincially by the New Brunswick Food Security Action Network and nationally by Farm to Cafeteria Canada. It is also a part of the Nourishing Schools Communities project funded by the Canadian Partnership Against Cancer and Health Canada through the Nourishing Schools Communities project. For more information visit [www.farmtocafeteria.ca](http://www.farmtocafeteria.ca) and [www.nourishingschools.ca](http://www.nourishingschools.ca)  
The project is part of nation-wide movement to get more local healthy foods into students' minds, and onto their plates and into their tummies.

**Parks & Leisure News.**  
Summer sports registration including soccer, baseball, and a new tennis club  
April 17 6:30-8:30 at Parks & Leisure Office  
April 18 10-11 JMA high school cafeteria  
We are also accepting volunteer applications and coaching applications for summer sports during registration.  
Please see our website for more information on registration and contact Holly, 372-3280 [Parks.leisure@salisbury.ca](mailto:Parks.leisure@salisbury.ca)  
**Johnny's Coupon Books** available at \$50 each! Lots of gifting options!

**Announcements & Acknowledgments**  
Thank you to the Jason Coyne and Tracy Douthett for keeping our sidewalks clean and doing such a great job for Salisburry Elementary!  
We are lucky to have you!  
Salisbury's Amanda Hawkesworth, teacher friend and public school of Woolly Bitches and public school **Birthday** on April 11th! Mom remembers the day so well, happy Birthday Friends you'll see!  
**Bizriday** wishes to Connor business owners, mothers, and dad.  
Brenday wishes to Bryson Briedau April 15th (7yrs) from all his brothers and sisters,  
mom & dad  
**Wish your mom Happy Mothers** [mageer@rogers.com](mailto:mageer@rogers.com)

**Salisbury Village Office Update**  
Spring special sick, **SPRING SPECIAL PICKUP** **11, 2015**  
Any items residents wish to have picked up must be placed at roadside. Please be sure to have items at the curb early, as pick up can commence anytime after 5:00 a.m.  
- Limes and yard waste must be bundled and tied in 4ft. lengths, **NOT ACCEPTED**- Batteries, paint products, chemicals, propane tanks, and other hazardous materials.  
The Mobile Household Hazardous Waste Recovery Unit will be at the Salisbury Municipal Building, 56 Douglas Street on **Thursday, May 14, 2015 from 2:00pm to 7:00pm**. These are products such as solvents, pesticides and chemicals  
**PESTICIDE USE**  
Council are again asking for everyone's cooperation in reducing pesticide use in the village by using non-toxic methods or containing green spaces:  
By law, 4lbs max:  
- The lighting of any open fire to dispose of dry grass, brush, hay, straw, leaves, building, construction materials, automobile or garbage in the municipality is prohibited.  
Department of Environment and Local Government and its successors, no person shall light a fire outside a building for the purpose of disposing of any refuse or waste material.

**St. John's Anglican Church**  
Salisbury are held every Sunday at 11 am with Sunday School offered at the same time. Bible study is held each Tuesday at 7pm in the Church second Tuesday of each month at 7pm in the Church basement. Extra services being held during Holy Week, Easter, Pentecost, and the 700th Good Friday April 3rd 11 am and an Easter Vigil on Saturday April 4 at 7pm.

**Salisbury Baptist Church**  
Easter Events:  
April 5 Holy Week 7:00 am  
April 6 Holy Week 7:00 am  
Easter Breakfast April 5 @ 8:30 am  
Senior Choir Easter Cantata April 5 @ 11:00 am  
**George Canyon In Concert**  
at Salisbury Baptist - April 5 @ 7:00 pm  
at Salisbury Baptist - April 6 @ 7:00 pm  
[www.salisburyhelpinghands.com](http://www.salisburyhelpinghands.com) or at the church office  
**Semi-Annual Clothing Give Away**  
April 16 from 8:30 to 6:00 pm.  
Items can be dropped off April 14th and 15th between 9:30 and 2:30 pm.

# What's Happening Salisbury

**Salisbury Happening! Continued**  
from pg 18  
Magnesium Deficiency and Mining  
Magnesium is an important mineral that we need in our daily diet. Magnesium plays a role in more than 300 chemical reactions that occur inside our bodies on a daily basis. Most of us are magnesium deficient because magnesium is not an easy mineral to obtain through our diet, only a handful of foods provide it. Stress also depletes the body of its magnesium stores, and who doesn't have to deal with stress? The current Recommended Daily Allowance (RDA) for magnesium is set at 320-420mg/day, but new emerging research is suggesting that this should be doubled. New research is also showing that magnesium levels in the foods that we eat is also dropping, and the reason why this is happening is because of our reliance on chemical fertilizers in agricultural food production. Magnesium levels in our soil is dropping and if plants can't pick up magnesium from the soil while they are growing, then there will be no magnesium in the plant when we eat it.  
Symptoms of magnesium deficiency include insomnia, muscle cramps, low energy, anxiety, tension, heart palpitations, high blood pressure, weight gain, diabetes, constipation, migraines and inflammation. Inflammation in our arteries results in high levels of cholesterol and triglycerides, leading to our risk factors for heart disease. Fluoride in drinking water helps to magnesian in the body, preventing it from being absorbed properly. Alcohol consumption also has a detrimental effect on magnesium levels by lowering the minerals availability to the body's cells.  
So how do we get more magnesium into our diets? There are foods out there that are naturally high in magnesium. Here are the top sources and the amount of magnesium in a typical serving.  
Pumpkin Seeds - One cup of pumpkin seeds provides about 600 mg of magnesium, that's more than 100% of what we need each day.  
Nuts are also high in magnesium. A one cup serving of nuts will provide the following levels of magnesium: Brazil Nuts (67% of RDA), Almonds (48% of RDA), Cashews (44% of RDA), Pine nuts (43% of RDA), Peanuts (31% of RDA), Pecans (17% of RDA), and walnuts (16% of RDA).  
Chia seed - 2 tablespoons will provide 30% of RDA.  
Spinach - One cup of raw spinach provides 6% of RDA but 1 cup of cooked spinach provides 39% of RDA.  
Fish - One serving of trawlered 27% (97 mg of magnesium per 100 grams), other species of fish supply 10% amounts.  
Cocoa Beans - 100g of Flaking cocoa eat it, unweetened cocoa is good for you!  
One way to make sure that your vegetables are loaded with magnesium is to grow them yourself. Chemical fertilizers only contain three plant nutrients - nitrogen, phosphorus and potassium. Organic fertilizers contain these three plant nutrients plus a great variety of micronutrients like the zinc, calcium and

**Salisbury Public Library**  
magnesium. By using organic fertilizers or compost, not only do you get healthier plants that are naturally disease resistant, it is highly loaded with nutrients. You also buy locally grown organic produce at your local farmers market, but why let farmers have all the fun?  
**SALISBURY PUBLIC LIBRARY**  
**Events**  
**Easter Egg Hunt** - Thursday April 2nd at 2:00 pm. Children can come search the library for hidden chocolate eggs.  
**LEGO** at the Library - Saturday April 11th between 2:00-3:00 pm. Ages 6 and up. LEGO and put your creations on display in the library.  
**The Booklovers Reading Club** for adults will discuss My Journey by Olivia Chow on April 8th at 6:15 pm.  
**Welcome to Kindergarten Day** - This-day April 14th 10:30-11:30 a.m. Children starting kindergarten in the fall are invited to the library for a special event. There will be stories, games and crafts that are fun for the whole family. Younger and older children are welcome to join in as well.  
**Crafting Circle** - Wednesday April 22nd from 6:30 -8:00 pm. Bring your current craft project and join fellow knitters and crafters for inspiration and tips. All skill levels are welcome.  
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# What's Happening Salisbury

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\*\$208 in savings is based on \$100 hardware credit and \$108 in programming savings (\$18 savings per month for a total of 6 months). Offer available for a limited time and is subject to change without notice. Only one \$100 promotional credit available per new customer. Available to qualified customers who haven't subscribed to Shaw Direct for the past 180 days. Net \$0.00 HD receiver is based on a \$99 purchase price less a \$100 promotional credit. A valid credit card, upfront payment deposit, or approved credit score (where available) is required in order to qualify for the \$100 promotional credit. Basic installation is provided at no cost for first receiver. Installation fees apply to additional hardware and range from \$49.99 to \$99.99. Maximum of 6 receivers per account. A multi-receiver fee (MRF) of \$6.02 may apply for customers with two or more receivers. Shipping fees may apply. All Shaw Direct services are subject to our Terms of Service and Privacy Policy. Limit of one PPV/VOD coupon per customer, per month. Coupons are only available as long as account is in good standing; cannot be transferred to a new account; cannot be transferred to a new address; and are valued at \$7.99, or less. Coupon will not apply to events or adult titles.