MARITIME Motorsports HALL OF FAME
5 Hooper Ln, Petitcodiac

LOCAL NEWS & VIEWS

Promoting Local Business & People in Our Surrounding Communities.

April Issue, 2018
Volume 8 #12
MONTHLY BULLETIN

Federal and Provincial Governments Refuse to Meet With Community

On April 14th,2014 the Clark Covered Bridge (Cherryvale Covered Bridge) located in Canaan Forks N.B. was washed away in the spring Freshet. The bridge turned off its abutments and travelled 12 miles down the Canaan River coming to rest under the Moncton to Fredericton Bridge crossing the Canaan River at Coles Island. As our icon travelled down the river it stayed mostly intact and months later was removed from the river. The bridge was 87 years old at the time of this devastating loss to our community.

We inquired about having our bridge replaced. We wrote e-mails to government , individuals wrote letters to DTI expressing the need for our bridge to be replaced. For two years the reply was " no decision has been made". Finally , Mr. Bill Fraser , Minister of DTI , replied to a letter written by a concerned citizen and stated the bridge would not be replaced. The reasoning for this decision was another route existed and the financial position of the government would not allow for a new bridge.

The community was very disappointed with this decision. We knew this bridge was needed. The Cherryvale Road floods each year and our residents on the south side of the river are unable to get in or get out. No medical services, no vets , no hydro trucks, or fire trucks etc. Everyone isolated until Mother Nature allows the river to recede. The McDonald bridge which is 6 km away also floods and usually damages the floor of the bridge and that route can be out of service for two to three weeks after a flood. The only route in or out is through the Salem Road which is a 40 km detour when the other routes are impassable.

The provincial Liberal Government decided to make improvements to the Salem Road to make it accessible year round. They built the road up and chip sealed the road. Prior to the work commencing we explained to local MLA Wetmore that this would not rectify the problem for 3 reasons

1) When Cherryvale Road floods the residents on the southside of the river can't get to the Salem Road ;

2) Thornes brook bridge only rated for 15 ton resulting in service vehicles needed in an emergency would not be able to reach stranded individuals;

3) Loss of provincial snowmobile and atv trails if bridge not replaced.

Mr. Wetmore took concerns to Minister Fraser and requested Minister come meet with community but Minister refused.

As a community we felt we needed to be proactive in getting a bridge. We formed a committee and started investigating different opportunities for funding for a replacement bridge. We discovered Disaster Financial Assistance was a Federal program designed to replace Infrastructure lost due to weather events. It is based on a funding formula and we qualified for 90 % funding towards a replacement bridge. To obtain the funding the Department of Transportation replaces the infrastructure and then Federal Government reimburses Provincial Government based on formula. If Provincial Government does not replace the infrastructure , then funds go to other provinces. Funding has a 5 year deadline.

con't on pg. 2

LN&V Now Online at our website: www.Maritimemotorsporthalloffame.com
Deadline for May Issue - April 23, 2017 - Phone 506-756-2110

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con't from pg. 1

Refuse to Meet with Community

The community was very excited knowing that the biggest hurdle was funding and we felt we had a reasonable solution. We felt we had a viable opportunity to have a replacement bridge which the Province would own and the Federal Government would pay 90 % of the cost. We started contacting government departments asking them to come to our community so we could explain our findings and explain how the bridge was essential for Tourism due to Snowmobile and AtV use. We e-mailed several Ministers and asked them to attend a public meeting. We expressed our desire to meet with the Ministers or staff in our community. We felt this was very fair as other communities had lost bridges and Minister Fraser went and met with their communities. We invited MP Lockhart or her staff and no one from her office would attend either.

It is not fiscally responsible for the Provincial Liberal Government to not access Federal funds based on a 90% Federal- 10% Provincial split on funding for a replacement bridge. Disaster Financial Assistance funding exist for this very type of situation. It should not matter if it happens in a rural area or an urban area.

The fourth anniversary of losing our bridge is on April 14th, 2018. After 4 years we still have not had a public meeting with any represented from DTI or from MP Lockhart in our community. As tax payers we feel the liberal governments are turning their backs on Rural N.B. Our committee is starting a petition to have Minister Fraser and other Government officials come meet with our community at a public meeting.

We are planning a rally at the bridge site at 1pm on April 14th. In the coming weeks you will see lawn signs at the end of residents driveways that say "Rural Lives Matter". All communities in rural N.B. have their own concerns and we hope others will help us by signing our petition or purchasing a lawn sign. Any support would be greatly appreciated.

CelebrateService
National Volunteer Week

From the Editor

April starts out with Easter Sunday and April Fools Day on April 1st. One-way for April Fools day to get a Holiday. I think April Fools day should be in March as the weather fooled us several times this March.

April 2nd is World Autism Awareness Day.

Is it time to replace your car or truck? The week of April 3rd Prestige Auto will have a sales lot here at the Maritime Motorsports.

April 9th is the anniversary of the Battle of Vimy Ridge.

Speed Sport Show Friday April 13 through April 15, set up Thursday evening. Look for for the Maritime Motorsports Hall Of Fame display.

The third week of April is National Volunteer Week. A thank you to all the volunteers for their generous time and work .

Thank you to all the volunteers that worked so hard helping with the Side-by-Side draw and dinner. Congratulations to all the winners, and to you that didn't win thank you for your participation.

April 22nd is Earth Day.

Business Meeting - The Maritime Motorsports Annual Business Meeting is to be held April 29th starting at 1:00pm for the election of officers and to plan for the up coming year. Everyone welcome.

Big changes are being done rearranging the museum. Plans are to have it done and ready for the Petty AutoFest on June 3rd.

Wishing everyone a Happy Easter.

Your Editor,
Winona McLean

LOCAL NEWS & VIEWS

MONTHLY BULLETIN

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

The office is in the Maritime Motorsports Hall of Fame located at :
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Petitcodiac Community Calendar 2018

April

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 Easter - Easter Services -Final Open Skate of the season 	**2** -Air Cadets -Senior's Club -Foot care @ Legion -Pilates -Taking Time for Me -Youth Group BLAST -Walking Club -Zumba Fitness -Fit Camp -Fun/Fitness Play Group	**3**-Afterschool Creators @ Library -Drop-in Play Group -Kiwanis -A.K.A Dance Studio -Children's Choir -Discovery Kids -Geri-fitness -Learn to Run	**4** -Library Storytime -Pilates -Legion Noon Meal -Dominoes @ Legion -SJA Junior &Youth -Walking Club -Fit Camp	**5** - Jam Night @ Library - Legion Branch Meetings -Elgin Play Group - FRC Play Group -A.K.A Dance Studio	**6** -Chase the Ace @ Legion -Walking Club	**7** -Next Step, Kindergarten! @ Library
8 -Church Services	**9** -Air Cadets -Pilates -Taking Time for Me -Youth Group BLAST -Merry Makers 2 -Walking Club -Zumba Fitness -Fit Camp -Fun/Fitness Play Group	**10** -Afterschool Creators @ Library -Drop-in Play Group -A.K.A Dance Studio -Children's Choir -Discovery Kids -Geri-fitness -Women's Institute -Spring/Summer Registration -Learn to Run	**11** -Library Storytime -Pilates -Legion Noon Meal -Dominoes @ Legion -SJA Junior &Youth -Walking Club -Village Council -Spring/Summer Registration -Fit Camp	**12** -Book Club @ Library -Elgin Play Group - FRC Play Group -A.K.A Dance Studio -Foot Clinic @ Legion -Spring/Summer Registration	**13** -Jam Session -Chase the Ace @ Legion -Walking Club	**14** -Next Step, Kindergarten! @ Library
15 -Church Services	**16** -Air Cadets -Pilates -Taking Time for Me -Youth Group BLAST -Walking Club -Zumba Fitness -Fit Camp -Fun/Fitness Play Group	**17** -Afterschool Creators @ Library -Drop-in Play Group -A.K.A Dance Studio -ATV Club -Kiwanis -Children's Choir -Discovery Kids -Geri-fitness -Learn to Run	**18** -Library Storytime -Pilates -Legion Noon Meal -Dominoes @ Legion -SJA Junior &Youth -Walking Club -Fit Camp	**19** -A.K.A Dance Studio -Petitcodiac Sportsman Club -Elgin Play Group - FRC Play Group	**20** -Jam Session -Chase the Ace @ Legion -Walking Club	**21** -Next Step, Kindergarten! @ Library
22 -Church Services	**23** -Air Cadets -Pilates -Taking Time for Me -Merry Makers 2 -Youth Group BLAST -Walking Club -Zumba Fitness -Fit Camp -Fun/Fitness Play Group	**24** -Afterschool Creators @ Library -Drop-in Play Group -A.K.A Dance Studio -Children's Choir -Discovery Kids -Geri-fitness -Spring/Summer Registration -Learn to Run	**25** -Library Storytime -Pilates -Legion Noon Meal -Dominoes @ Legion -SJA Junior &Youth -Walking Club -Village Council -Spring/Summer Registration -Fit Camp	**26** -Creative Writing Corner @ Library -A.K.A Dance Studio -Elgin Play Group -FRC Play Group -Codiac Classics -Foot Clinic @ Legion -Spring/Summer Registration	**27** -Chase the Ace @ Legion -Walking Club	**28** -Next Step, Kindergarten! @ Library -LEGO Club @ Library -Air Cadets Breakfast @ Legion
29 -Church Services	**30** -Air Cadets -Pilates -Taking Time for Me -Youth Group BLAST -Walking Club -Zumba Fitness -Fit Camp -Fun/Fitness Play Group	**War Museum** Tours by Appointment. Please call 756-7461 or 756-2068. Check Facebook page for more info. Chairlift facility available.		**Maritime Motorsports Hall of Fame** Open Monday-Saturday, 10am-5pm		

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

Air Cadets - 639 F.P.MacLaren Squadron Air Cadets meet Mon. at 6 pm @ Legion. For info, please contact - C/O Jason Forester - 850.9276 or Phillip Candy - 433-6450

Children's Choir - Ages. 5-12. Tuesdays, 6 - 6:30 pm @ Baptist Church.

Church Services

-**Petitcodiac Baptist** - Morning Worship @ 10:50 am. Adult Small Groups at 9:30 am. "SS JAM" (preschool - Grade 5) at 10:50 am. Nursery available for infants.
-**Petitcodiac Mennonite** - Worship Service 11:00 am.
-**St. Andrew's Anglican** - Sunday Service at 9:00 am, Sunday School, 9:00 am.
-**St. James United** - Service at 11 am.

Codiac Classics
- Meeting Last Thursday of the month, Legion @ 7 pm.

Discovery Kids - K-5. Tuesdays, 6:30-7:30 pm at

Drop-in Play Group - Tuesdays at St. Andrew's church, 9:30 - 11:30, preschool children & parent/caregiver. No charge. Call Becky 512-0516 for info.

Elgin Play Group - Thursdays, 9 - 10:30 am at Elgin Church. Ages 0 - 5. Crafts, storytime, free play. Please provide own snacks.

Fit Camp - Mondays and Wednesday 6:45-7:30. PRS Cafeteria $40 for 8 week. Registration via Natalie Griffin 756-0289

Fun and Fitness Play Group
Mondays 10:30-11:30. St. Andrews Anglican Church $3 Drop In More info contact Natalie Griffin 756-0289

Geri -Fitness - Tuesday mornings from 10 - 11 am at the Maritime Motorsports Hall of Fame. Please call Natalie 756-0289 for more info.

Jam Session - 2nd & 3rd Fri. night at the Activity Building behind Arena from 7 - 10 pm. Contact Elva Greer for more info: 756-3926.

Kiwanis- Tues., April 3 & 17. New members welcome. Call Dan Pollock 756-1084 for more information.

Learn to Run - April 3rd to May 22. 8 week program $30 Tuesdays 7-8pm . Registration via Natalie Griffin 756-0289

Legion - 18 Kay St, Petitcodiac. 756-3383
-**Thurs., April 5**. Meetings. Executive, 7 pm, General, 8 pm.
-**Monday, April 2** - Senior's Club. 2 pm. Supper 4:30 pm.
-**Monday, April 9 & 23** - Merry Makers 2. 10 am - 2 pm. Cards, bingo, etc.. Lunch at noon $6.
-**Mondays, Wednesdays, Fridays** - Walking Club. 9 - 10 am.
- **Wednesdays** - Dominoes. 7 pm.
- **Fridays - Chase the Ace** - April 6, 13, 20 & 27. Tickets sold from 6:30 to 8 pm. Ticket draw at 8:15 p.m. 50/50 draw. Live music. Every month 10% of amount to different charity: March and April is Elgin Fire Dept.
- **Mon., April 2** - Coleman's Therapeutic Footcare, Jessica Coleman, LPN; call for an appointment, 381.5422
- **Thurs., April 12 & 26** - DD's Foot Care Clinic. Call for Appointment, Donna Durepos at 389-1046 or Cell 733-8199.
- **Saturday, April 28** - F P MacLaren Air Cadets # 639 of Petitcodiac breakfast from 7 - 10 a.m.; $8 - 12 and up; $4 - children 6 - 12; 5 and under - Free; Includes Pancakes, sausage, beans, eggs, tea coffee and juice. Bake sale at the same time. Contact Jason Forester 850.9276 for more information.
- Legion Noon Meals. Wednesdays. $10.00.
  - April 4 - Chicken leg & thigh
  - April 11 - Cod fish
  - April 18 - Pork chops & Sauerkraut
  - April 25 - Cod fish (Cod fish twice this month)

- Check out our FACEBOOK page, Royal Canadian Legion Branch # 41, Petitcodiac, NB and "like" it.
- Hall Rental: If you wish to rent the hall for a wedding reception, birthday or any other function, call the Legion 756.3383.
- Attention: If a Legion member knows of another member who is ill or in hospital, please call Jackie Miller at 756.8558.

Library (756-3144)
-Hours: Open Tues, Wed, Fri, Sat. 10-1 & 2-5, Thurs. 1-5 & 6-8. Closed Sun & Mon.
- Next Step, Kindergarten! - Saturdays, April 7, 14, 21, 28, & May 5. 10:30 am -12 pm. Parents who have children registered for Kindergarten this fall are invited to bring their families to a special 5 week session that will explore skills such a reading readiness, letters, numbers, shapes, colours, and concepts. Contact Danny at the library to register.
- Storytime (Ages 0-5) Wednesdays from 10:30-11 am.
- Afterschool Creators - Tuesdays from 2:30 - 4:00 pm. Ages 6 - 13. Afterschool drop-in program.
- Jam Night - Thursday, April 5 from 6:30 - 8 pm.
- Adult Book Club - Thurs., April 12 from 6:30-8 pm.
- Creative Writing Corner -Thurs., April 26, 6:30-8 pm
- LEGO Construction Club - Sat., April 28. 2:30 - 4:00 pm.

Petitcodiac FRC Play Group - Thursdays - Baptist Church 9:30-11:30 am. More info contact Melanie @ 384-7874

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

Petty Trailblazers ATV Club
-Meets 3rd Tuesday @ 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.

St. John Ambulance
-SJA Junior/Youth group meets every Wed. at 6:30-8 pm in basement of the Petitcodiac Legion. Contact Diane at 372-5639 for more information

Seniors Club - Monday, April 2 @ Legion. 2 pm.

Spring/Summer Registration
April 10-12 & April 24-26 @ Petitcodiac Arena 5:30-7pm Ball Hockey, Soccer, Baseball.

Taking Time for Me Weight Group meets every Monday night at Baptist Church with weigh in at 6:00 and meeting 6:30. For more info call Shirley Murphy at 756-2894.

Village Council - Meetings open to public. If you wish to address council, make a formal written request to office 48 hours prior. This Month: April 11 noon & April 25 at 7:00 pm.

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

Youth Group BLAST - Mondays, 7:00-8:30 pm @ Baptist Church. Grades 6 - 12.

Zumba Fitness - Mondays. 7- 8 pm. Ages 14 +. $8 drop in. Kodiac Room in Arena. Contact Jackie 871-1006 to register.

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Sudoku

8	3		6		4		7	5
5					9		4	
2	9	4	5	7			6	3
	7			3		2		4
			1		6			
3		8		4			5	
6	4			5	8	3	2	1
	2		9					6
1	8		4		2		9	7

The objective is to fill a 9x9 grid so that each column, each row, and each of the nine 3x3 boxes (also called blocks or regions) contains the digits from 1 to 9.

Answers on page 14

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ELGIN NEWS!

WOMEN WALK THE WORLD

How many of you like to walk?
Here's an opportunity for you to organize your friends for a walk in your community. On April 29 Associated Country Women of the World (ACWW) is spearheading a walk for women around the world in the spirit of solidarity, friendship and exercise. This event is called WOMEN WALK THE WORLD.
This walk can be whatever works for you and your friend(s). Be creative in your planning. If April 29 does not work, choose another date…..ask kids to join you (husbands and dogs also)….collect a loonie/toonie from each person and donate to a charity of your choice (maybe SPOT)…end your walk with coffee and chat. Consider tallying up the combined distance walked. Take pictures of your group. You could also advertise your plans. The larger your group the more you will be able to make people aware of the reason why you are walking – people will ask! Or, maybe you have been looking for the right time to spend some one on one time with a dear friend.
While you are walking, remember that other women around the world are doing the same as you on that day. While our lives vary from community to community and from country to country, we all understand the challenges we face in today's world both in the home and in society.
Associated Country Women of the World is a world organization of and for rural women with nine million members in 70 countries including Canada. Projects of the ACWW include Water for All and Women Feed the World. In New Brunswick Women's Institute branches are members of this world organization.
So, mark April 29 on your calendar. Remember that women all over the world are doing the same as you that day – thinking about you while you are thinking about them. And, it all starts in our little communities – talk to your friends and neighbours about going for a walk! Have fun!

Remembering April

by Gloria Scribner

While April is Easter's hostess I picture her dressed in pastels, the colours of tender new life; pink, aqua, baby blue, soft yellow hues, and shades of violet. April scent drifts nostalgically from rain drops stirring up puddles as bobbing umbrellas turn inside out on a whim of spring's (not so gentle) April breeze. As girls we were taught that to ensure a beautiful luster to one's hair we should wash it in the first spring rain water. Now we use conditioners but lose out on that once a year mad dash for the rain barrel.

We rake away old leaves in search of crocus, tulip, and anything else April may have coaxed up from the beds. We scan the lane and hedge for those buds of pussywillows, search the barn rafters (perhaps a bit prematurely) for new nests with a choir of open mouths and threatening mama's swooping. As a young girl in the '40s my favorite part of springtime was the restless anticipationof shedding those long winter stockings, garters, waists, and those horrid purple bloomers, not to forget those old gum rubber boots, itching wool jackets, leggings and sopping mittens. Oh! The wonderfully free sensation of bare legs in ankle socks. Of course the overshoes and rain capes lingered close by for a while.

A favourite day for my sister and I was the unpacking day, when last year's dresses were 'sized-up' and we found out what would be 'let down', 'handed down' or hopefully mean 'a trip to town'. Not for new clothes mind you, but for material. Mama made our clothes. In the country we went barefoot in summer but new shoes for Sunday or 'town' were usually chosen carefully and often a size big enough to last two years.

As a rule April usually welcomed in Easter weekend with ladies and little girls sporting new hats, and if the weather cooperated, a suit, and of course always gloves. They looked so elegant with their colourful hats and purses. As the church organ played the doxology and heads were tastefully reverent, contentment and gratitude assured that indeed; "He Is Risen", and the lily on the communion table shared its scent. The somber vigil of Good Friday behind us broken to new life as the sunrise service at dawn had welcomed over the horizon God's faithfulness once again.

At home, the families met together with cousins, aunts, uncles, and the familiar aroma of baked ham and all the fixin's. The hidden stash of coloured eggs having been collected in pretty straw baskets by dawn's early light. And still even now, as the last strains of "The Messiah" fade with another sunset we rejoice in new life and promise, and profound hope as once again we are reminded that "Gods in His heaven – All's right with the World."

Lets Eat Out at Chumbleys Eatery Ltd.

Food and its preparation have become a very popular pastime; not just a necessity but a hobby. There is a local food blogger and food stylist, Dennis the Prescott (from Riverview NB), who has written a cookbook "Eat Delicious". The Editors Choice in the March 2018 Readers Digest is "Apron Strings" by Jan Wong. Saltscapes, Canada's east coast magazine, always includes a food section well worth reading. The examples of this new food culture are endless.
You may have noticed that "local" is important to me. Charley and I did the 100 Mile Diet for 100 days in 2009, which was quite an eye-opener of what is available naturally within 100 miles of where we all live. So the places we frequent have to be local and use local. Right in our own village we have found a good place to eat.
Chumley's was originally owned by Mac Robinson and named after his father who was called "Chum". Tammy Statham took it over in 2001. There is a Chumley's in New York City which is a tad more upscale than the one in Petitcodiac (potpie for $43.00). They are also mentioned in the shows Mad Men and Elementary.
Our Chumley's is at 254 Old Post Road, on the main road in and out of Petitcodiac. They have a Facebook page for you to find their hours and phone number (756-2486). The internet gives them good reviews: great cocktails, cozy, casual, great wings, wheelchair accessible and fab music. We drove by the other day and there were approximately 40 snowmobiles parked in the yard…quite an endorsement!
I have been a few times and enjoyed every meal. The last time I was there I ordered their famous Mushroom Mozza Burger with homemade fries…YUM! Charley had the Special that night which was pan fried haddock with fresh cut fries. Our meal came to $33.24 including taxes. Our friends had the thin crust 9 inch pizza, and the hot turkey sandwich.
The server was so friendly and willing to answer all our questions and adding facts to our journey around the area. The dining area was clean and bright and warm. We didn't get there for a music night but I have heard good things.
If you are in the restaurant and the train goes by, you will sense the nostalgia of the area and be very glad to be there at that moment. We plan to eat here again and again. There will be a huge event coming in October/November showcasing talent from all over. So let's mark that in our calendars!
From A Writer's Notebook by William Somerset Maugham, I leave you with this quote:
"At a dinner party one should eat wisely but not too well,
and talk well but not too wisely."
Something to start a conversation until next time when we say Let's Eat Out!

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

Mediterranean Diet for a Long Life

Leonardo da Vinci once remarked, "Trifles make perfection and perfection is no trifle." Trifles can make a huge difference in surgery, when building rockets, in nutrition, or in life generally. For instance, a report in the publication Life Extension shows that a Mediterranean Diet prolongs life. As we all age, this is no trifle.

For years doctors and nutritionists have known the Mediterranean Diet is a "Five Star" one. But no one knew why this diet had such remarkable benefits. Now, researchers have discovered its success is due to polyphenols (a plant based compound). They lower the risk of cardiovascular disease (CVD) by an amazing 60 percent! This means fewer heart attacks, strokes, hypertension and less inflammation.

The author of the report, Michael Downey, says that most people fail to obtain sufficient polyphenols in their diet. Authorities agree that people should eat 10 servings of fruit and vegetables every day to reduce CVD risk. Unfortunately, for most people, it's impossible to consume this amount of fiber, nuts, artichokes, lentils, grapes, pomegranates, olives, fish and wine each day.

The Mediterranean Diet also affects the risk of dying. In 2016, at the European Society of Cardiology conference, a study showed that the number of those who followed the Mediterranean Diet were37 percent less likely to die than those who ate a non-Mediterranean diet.

One researcher made the sage remark that "the Mediterranean Diet provides more protection against heart disease than most of today's prescription drugs!" And this isn't a trifle!

Since so many North Americans suffer from hypertension, one study is of particular importance. After a year on two types of Mediterranean Diets, subjects showed that blood pressure had declined. Equally important, researchers discovered that increased amounts of polyphenols and nitric oxide were being excreted by the kidneys.

Nitric oxide (NO) is nature's natural arterial relaxant. I've previously reported that, as we age, less NO is produced by our bodies, causing constriction of arteries, hypertension and erectile dysfunction. Neo40, a natural remedy, is a pill that produces NO and is available in Health Food Stores (HFS). Due to my age I've been using this product daily for several years.

In view of the increasing prevalence of Alzheimer's disease another finding is significant. Those who were consistent in following the Mediterranean Diet had less age-related brain shrinkage,

Since it's a challenge for most people to consume sufficient polyphenols, extracts such as grapeseed, pomegranate, walnut, pecan and artichoke are also available in Health Food Stores.

I love blueberries and was pleased to read that numerous studies show blueberries supply the brain with increased amounts of oxygenated blood. British researchers studied the effect of blueberry concentrate on brain function for 12 weeks on a group of people with an average age of 68.

What made this experiment unique was that researchers analyzed brain function with a powerful MRI scanner while subjects were being asked questions. This revealed that blueberries produced a significant increase in brain activity.

Later, the use of blueberry concentrate on a group of children 7 to 10 years of age showed another amazing finding. They were given a battery of tests over a period of several hours. Significant improvements in memory were seen as quickly as 1.25 hours after using blueberry concentrate.

Some authorities have labelled blueberries as the number one antioxidant. This means that blueberries destroy what's known as free radicals, the waste products of metabolism, which are associated with an aging brain, cancer, and heart disease

So the Mediterranean Diet is a prudent way to fight these major problems as it contains a variety of fruits, vegetables, fish, grapes, nuts, fiber, and tomatoes loaded with lycopenes which may help to prevent prostate cancer. A variety of healthy polyphenol extracts are all available in Health Food Stores.

I'll add more blueberries to my diet. I'll also continue taking Neo40 and several thousand milligrams of vitamin C powder daily, which carries more oxygenated blood to the brain. Why? Because during the past year no reader has been able to inform me of anyone who has developed Alzheimer's disease while taking 4000 to 6,000 mg of vitamin C daily for several years. This is a very interesting finding.

Online docgiff.comF
or comments info@docgiff.com

Rural Rides
AFFORDABLE TRANSPORTATION

5 Ways Volunteer Driving Programs Impact Communities and Help Save the Government Money

1. They reduce missed medical appointments. Every year a significant number of doctor and specialist appointments are missed. Some due to illness but a great deal of them are because many people find themselves unable to find a ride to their appointments. Once having exhausted the list of friends and family in search for a ride, they give up and miss the appointment. Volunteer driving programs like Rural Rides offer an affordable option for people to get to their doctor office.

2. They reduce the burden on nursing homes by helping people stay in their homes longer. Seniors who lack the ability to drive or lack access to transportation have difficulty keeping up with regular medical appointments accessing food and other needs and are more isolated. All these factors contribute to health and mental wellness so by offering an affordable and reliable form of transportation for seniors, Rural Rides helps improve overall health and helps seniors stay in their homes longer.

3. While there exist some great resources in larger municipalities for career training, resume building and job searching, residents who live in rural areas without transportation have difficulty accessing those programs. Volunteer driving programs help people get a hand up while looking for employment so they can become independent and eventually establish their own transportation to work.

4. They help small communities and rural areas keep their citizens. Low income families and seniors who cannot afford transportation or who are unable to drive often migrate to cities with public transportation to help them access life essentials. When small communities and rural areas offer an affordable form of transportation to their residents, it helps them stay in the communities they know and love.

5. They help lower absenteeism in the work force. Adult children with aging parents who have health issues often take a lot of time off work to transport their parents to medical appointments. Having a reliable affordable transportation option helps ensure seniors can get to their appointments without their adult children needing to miss time at work.

Rural Rides is a volunteer driving program that utilizes volunteer drivers to help provide affordable transportation to residents in Salisbury, Petitcodiac, Havelock, Elgin, River Glade, Upper Coverdale and Boundary Creek and all points in between. If you need affordable transportation call 215-2100 to register as a client.

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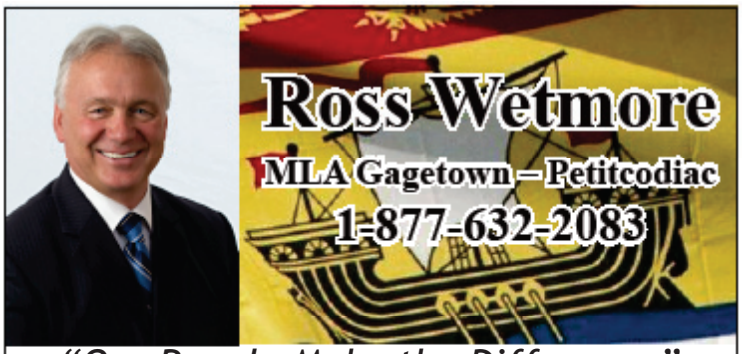

"Our People Make the Difference"

Come join me every second Monday of the month for a Coffee Break
10am - 12pm at the Maritime Motorsports Hall of Fame
5 Hooper Lane, Petitcodiac, NB

Havelock RCL #86
4684 Rte. 880 Havelock, 534-8285

2nd Monday of each month – Regular meeting at 8:00 pm
2nd Saturday of each month -Breakfast consisting of eggs, bacon, ham or sausage, toast, home fries, juice tea or coffee from 7:30-10:00 am only $8 for adults children under 10 $5
Wednesday -Seniors bingo 11:00 am – 2 pm, games & light lunch ($5/person) 8 pm house league darts
Thursday -Bingo @ 7 pm & 200 cards open league $5. Prize money paid out each night.
Friday - Chase the Ace 6 pm – 8 pm. Darts for meat 8:00 ($2 a round)
Sunday - March 25" Kitchen Party", an afternoon of music featuring: Tom Burgess, Hazel Bulman, John Gerrier, Claudette Dryden, Carol Ross, Elva Greer, Darryl Belding, Clayton Magee, Vesta Goddard, Glenna Mannett, Melissa Corey and friends starting at 1 pm only $5 for an afternoon of great music. The canteen and bar will be open.
Friday-April 6 "Karaoke Night", starting at 8 pm for just a toonie why not come and sing a song or two.
Friday-April 20 "Go Ahead Seniors Program" starts at 11 am….lots of good information for our seniors
Saturday-April 21 "Painting Party", for only $30 why not join us in creating your own personal masterpiece with instructor Amanda Forgrave starting at 2 pm. We will provide you with a drink and a light snack. For more information call Eddie Vaughan @ 756-0707.
"What's Under the Rainbow" evening was a huge success; Here are our top 3 winners #1 Patio Set-donated by Metz Farms won by Jamie Underhill #2 Diamond Ring –donated by Carol Killam won by Terry Chambers #3 $170 Gift Certificate donated by Butternut Ridge Auto Specialist won by John Prince.

Our Legion hall is available for rent (anniversaries, birthdays, showers, reunions etc.)Call Heather Mclong 534-2237 , Betty Maxwell 233-1372 or Eddie Vaughan 756-0707.
Like us on facebook at Havelock Legion Members And Friends, Branch #86

"Ask Your MLA" -
Ross Wetmore, MLA Gagetown-Petitcodiac

With my years of experience in the private sector, I am keenly aware how hard it is to meet a payroll, pay increasing property tax, and sign those ever increasing cheques to Work Safe even when no one has filed a claim.

New Brunswick businesses pay the highest taxes in Canada and they don't get a very good return for their money. The Canadian Federation of independent Business prepared a chart that showed of thirteen financial actions taken by the Gallant government between 2015 and 2017 which affect businesses, 10 have had a negative impact. Increases to gas, diesel, property, land transfer, and large business tax along with HST, Workers Comp Premiums and three increases to minimum wage have had a suffocating effect on growth. As Robert Jones of the CBC reported, New Brunswick's economic growth is expected to be the worst of all ten provinces in 2018 at 0.9625%.

On February 26th, as a result of the latest provincial budget, Dominion Bond Rating Service warned investors that the New Brunswick government is becoming susceptible to future economic shocks. One day later Finance Minister Cathy Rogers said they will not change spending outlined in the budget.

In the 2018-19 budget, Finance Minister Rogers stated "We have restored fiscal order to the provincial government budget". Yet, the Gallant government is projecting their fourth consecutive deficit ($189 million this year) and announced that they now have no plan to balance the budget until 2022. This despite record levels of revenue from taxes.

On page 21 of the budget we learned that the net debt as of this year-end is $14,359,474.00.
Expressed on a personal level, this is more than $18,900 for every man, woman and child in New Brunswick and climbing. This year we will pay more than $700 million in interest payments.

When will this end?
Hopefully, the end of out-of-control taxing and spending will end on September 24th of this year. The coming six months promise to be a non-stop campaign of election promises and fear-mongering by Brian Gallant and his Liberal team.For our part, Blaine Higgs and our PC team will be presenting the facts after four years of Gallant government.

New Brunswick is the highest taxed jurisdiction in Canada. Our students lead the country in student debt. New Brunswick residents report the lowest net worth of any province. On a per capita basis more people file for bankruptcy than in any province. We have the longest health wait times in the nation and a health care crisis in overcrowding and ambulance service as well as critical levels of stress, PTSD and mental health and trauma claims among our paramedics.
While our people have been suffering, the Gallant government has used their majority in the legislature to ram through a record number of tax increases and every Liberal MLA has voted in favour of every tax increase that has been introduced.

We can do better, we must do better and we will do better.

Cheese Pastry

Love this for tiny Quiche
Blend until smooth
½ package cream cheese
¼ cup butter
Stir in 2/3 cup flour
Need to fully combine
With fingers press dough into
tiny muffin tins.
Fill with favored filling.
Bake at 350 F.

The Mud and Mr. Budd
By Gloria Scribner

The 'Mountain Road' was muddy
It was quite an awful thing
As the men in their frustration
Had been victimized by spring.
Cars in mud up to their axles
For the rain had stirred it up.
And the 'Mountain Road' in April
Was a slippery stretch of muck.
The bus that went to Rogersville
From Moncton had broken down.
As ladies losing patience
Rued that springtime trip to town.
Now the cars were so much faster
And in summer bore their load.
But in Spring those little autos
Stuck in the mud on Mountain Road.
As the gentry pushed and shoved
With every fellow joining forces,
It was finally suggested,
"Mr. Budd should fetch his horses."
The team pulled out the mired ones
And got the bus mobile again.
But the ladies from the country
Said, "Next time we'll take the train."

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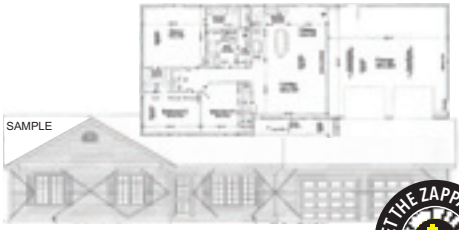

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OPEN HOUSE APRIL 29 2-4
22 DELONG DRIVE, SALISBURY
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OPEN HOUSE APRIL 22 2-4

$218,900 MLS®M116035
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OPEN HOUSE APRIL 08 2-4

$77,900 MLS®
3164 Main Street, Salisbury
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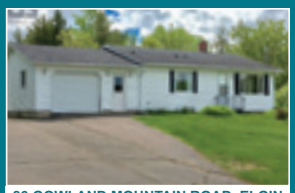
original mouldings, hardwood floors, livingroom, diningroom, main floor laundry, 3 bedrooms / large bathroom, wonderful front porch, large private back yard. Only minutes from Moncton.



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RECIPE OF THE MONTH

Chicken Fricot

Serves 6

Ingredients

- 1 chicken
- 2 tbsp. (30 ml) butter
- 1 large chopped onion
- 1 tbsp. (15 ml) flour
- 12 cups (3 L) water
- 1 tbsp. (15 ml) summer savoury
- 5 cups (1.25 L) diced potatoes
- 2 cups (500 ml) carrots, sliced (optional, to taste)
- 1 cup (250 ml) celery, chopped (optional, to taste)
- Salt and pepper

Preparation

Cut the chicken into large pieces and brown them in butter, making sure that all sides are golden brown. Remove the chicken and sauté the onion in the butter. Add the flour and sauté the onion for another 1 - 2 minutes. Add the water, the chicken, salt, pepper and summer savoury. Simmer the mixture until the chicken is tender (about a half hour). Add the potatoes, carrots and celery. Cook for another 20 minutes.

Variation: Pâtes (see recipe below) are frequently added to fricot. When using pâtes, omit the flour from the traditional recipe, and add the dumplings to the fricot about 7 minutes before the fricot is ready to be served, taking care not to uncover the pot while the dumplings are cooking.

PASTA

In a bowl, mix 1 cup (250 ml) of flour with ½ tsp. (3 ml) of salt and 1 tbsp. (15 ml) of baking powder. Gradually add ½ cup (125 ml) of cold water.

Drop the mixture into the fricot or pot-en-pot a spoonful at a time. Cover and simmer for 7 minutes.

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OFF SITE EVENT LOCATION

News From The
Maritime Motorsports Hall Of Fame

Golf Tournment
Maritime Motorsports Hall of Fame

May 26, - 12:30 Shotgun start
Registration starts 11:30am
at the Petitcodiac Golf & Country Club
86 Golf Course Rd., Petitcodiac, NB

Teams of 4 - $400.00 per team - (deadline: May 12, 2018)
Early bird registration - $360.00 per team (Deadline April 5, 2018)
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Comedy at Large

by Laurie Blanchard Salisbury, NB
Designer of Artistic mailing envelopes 372-5353

In a book I recently read about an auto manufacturer in the early 1900's , the author was given this notation from the relative of a man who had worked at this factory and assembly plant. --The whole building shook and oneself from one's soles to one's ears and was possessed by this shaking which vibrated from the ground, the glass panes and all this metal, a series of shocks from floor to ceiling. One was turned by force into a machine oneself, the whole of one's carcass quivering in this vast frenzy of noise, smoke and fumes which filled the air and was absorbed within you and all around the inside of your skull and lower down, rattled your bowels and climbed to your eyes in quick unending strokes. When you arrived home from your shift, you were still vibrating from the monstrous hell on earth environment! Hmmm.....I'll bet my last roll of toilet tissue that when using the washrooms in that plant, you would be vibrating as you sat on the throne. Reading a magazine would have been a challenge trying to hold the book still to focus on the print. You'd be er .. ah , flush with intensity!

Here is a little limerick from the era of the roaring 20's ----

It was early last September as early as I can remember
while strolling down the lane in tipsy prime

Not a word did I utter, as I lay down in the gutter
And this pig came and lay down by my side.

Not a soul was I disturbing, as I lay there by the curbing
When this high toned lady stopped and I heard her say

You can tell someone who boozes, by the company he chooses

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NASCAR Star Kenny Wallace Announces Entry in IWK 250

One of NASCAR's most popular personalities, Kenny Wallace, will be at Riverside International Speedway this July for the IWK 250 presented by Steve Lewis. Wallace, whose infectious personality and trademark laugh have made him a long-time fan favourite, announced his entry into the event this afternoon on his Twitter account.

"Hello Canada," said Wallace in the tweet. "I am excited to come see the beautiful area of Nova Scotia and race on asphalt Saturday, July 14 at Riverside (International) Speedway. I will see you this summer."

Wallace will drive a car out of Antigonish's Nova Racing stable; 2016 IWK 250 winner and track owner Donald Chisholm will be a teammate.

"We are extremely happy to have Kenny follow a long list of great drivers to race the IWK 250," said Chisholm. "He has a ton of energy and will do a great job promoting and building the event. We are already working on preparing a car for him that is capable of winning the race. I reminded Kenny how tough it is to win the 250 and I think that only made him more interested to come and be a part of it."

Wallace, a native of St. Louis, has 905 starts in NASCAR's top three series and holds the all-time record for the most starts in the XFINITY Series, showing his longevity in the sport. He retired from a 25-year NASCAR driving career in 2015 after scoring nine wins in 547 XFINITY Series starts, one of which came at Bristol Motor Speedway (TN) – which Riverside's 1/3-mile oval is modeled after. Wallace is still involved with NASCAR as an analyst with FOX Sports Racing and still drives race cars, mostly dirt, at short tracks throughout America.

"It is true I race dirt a lot but asphalt racing has been my whole life," said Wallace in a phone interview. "I still run a handful of them every year and I take a lot of pride in that."

He's especially excited about the IWK 250 being one of the asphalt races he's hand-selected for this year. It was last year's guest celebrity driver, NASCAR legend Mark Martin, who sold him on being a part of the IWK 250.

As part of his visit to Nova Scotia, Wallace will make an appearance at the IWK Health Centre in Halifax where he will visit with patients and their families.

"I've heard so much about the IWK," he said. "I have three daughters, two grandbabies and two more on the way. I am very passionate about children so I'm really looking forward to the hospital visit."

This will be Wallace's first visit to Nova Scotia; he's looking forward to it – and he feels an affinity for Canada.

"As much as I love racing, I love to travel," he said. "I was lucky enough to race in other parts of Canada when I was younger. My mother's family was from Canada so we heard lots about it growing up – I feel a connection to Canada. I've never been to Nova Scotia and am excited to see it."

Wallace is the son of a well-known Midwest racer, the late Russ Wallace, and brother of fellow NASCAR racers Rusty Wallace and Mike Wallace. Kenny Wallace started his racing career as a fabricator for Rusty before moving into the driver's seat himself. He won the first race he ever entered, in 1982, in a street stock. In 1986 he raced with the American Speed Association (ASA) winning rookie of the year honours. In 1988 he got his break in NASCAR driving for Dale Earnhardt (Sr.) in the XFINITY Series at Martinsville Speedway (VA) where he finished seventh.

With his win in 2008, Regan Smith is the only guest driver to take the checkers at the IWK 250. Other NASCAR racers that have challenged the region's best in the event include Aric Almirola, Marcos Ambrose, Matt Crafton, Ricky Craven, Brad Keselowski, Joey Logano, Mark Martin, and David Reutimann.

The IWK 250 is a championship points race with the Parts for Trucks Pro Stock Tour (PST), round six of 12 for the 2018 campaign. Truro's Dylan Blenkhorn is the defending champion of the IWK 250.

Since its inception in 2007, the IWK 250 has helped raise awareness and more than $500,000 for the IWK.

The IWK 250 presented by Steve Lewis is one on Canada's biggest stock car races and the culmination of a four-day weekend that sees the population of James River grow drastically with the influx of close to 1,000 RV's on-site at Riverside. The weekend kicks off Wednesday (July 11) with practice for support classes, on Thursday (July 12) it's pro stock practice and the IWK 250 Tailgate Party, Friday (July 13) will see racing action with the Napa Sportsman Series and Maritime League of Legends, and Saturday (July 14) is the IWK 250.

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Moranda van Geest - candidate for the 2018 Green Party for the Albert Riding

This year, for the very first time, I will be entering the provincial election as a candidate. Although my profile says farmer, I feel that label describes only the job I did for 45 years. I'm a person born into an entrepreneurial sea-faring family.

Our province will need to take a stand, making sure that tax dollars no longer disappear to tax havens outside New Brunswick. This one issue is hurting our province more than any other issue. We must stop giving privileges to the rich. Instead, we must make sure every person, regardless of their financial position, can send their children to college, trade school or university after high school. That would be equality. The government must ensure the social, economic, political and cultural well-being of its citizens.

We need to make the best use of our natural resources. The choices we are making today are going to matter more than ever before. We can no longer ignore the devastating effects the dwindling health of our planet has on our personal health. Caring for our planet means caring for life itself. The land feeds us; the water hydrates us. We need clean air to breathe. What are you envisioning for your great-grandchildren? Are we willing to stick up for them, today? Are we willing to implement sustainable living? This is one of the principles of the Green Party:" It is a fundamental fact the Earth's ability to provide resources and energy to meet human demands and to absorb waste and pollution is limited. Our primary responsibility is to learn to live within the ecological and resource limits of the planet."

New Brunswick communities must oversee their own destiny to the greatest extent possible. What does that mean? It means a community getting the maximum value from its resources - human resources, capital resources and natural resources. It means more local entrepreneurs and wealth circulating in communities instead of leaving them.

I want to move forward with the new generation of people, people with innovative ideas, and create a new wave of entrepreneurs.

Tourism offers a wealth of new opportunities. Minimizing the physical degradation of nature is important if we want to attract tourists. A new forest management plan should be put in place to protect the vast wilderness tourists are seeking. Money from tourism is new money coming in and provides opportunity for entrepreneurs.

We must ensure that all residents are able to meet their own needs and realize their full potential. It takes a government to help realize this goal. The government is elected to represent the people, not corporate interests. We need the wisdom, confidence and leadership from government to make this happen.

Sudoku (page5)

8	3	1	6	2	4	9	7	5
5	6	7	3	8	9	1	4	2
2	9	4	5	7	1	8	6	3
9	7	6	8	3	5	2	1	4
4	5	2	1	9	6	7	3	8
3	1	8	2	4	7	6	5	9
6	4	9	7	5	8	3	2	1
7	2	5	9	1	3	4	8	6
1	8	3	4	6	2	5	9	7

Maritime Motorsports Hall of Fame

Classic Chevy Club of Nova Scotia Club

Inducted October 17, 2015
Home Province NS

February 15, 1981. Seventeen Classic Chevy owners showed up and together they formed the Classic Chevy Club of Nova Scotia. Their first slate of officers was:
Skip Collier – President
Gary Porter - Vice President
Peter Phillips – Secretary
Wayne Conrod – Treasurer
Greg Melanson - Sergeant at Arms
By the end of 1981, they became 100 percent affiliate of Classic Chevy International that was formed in Florida.
The club's objective was to restore and preserve 1955-57 Chevrolet cars and trucks.
The Club is about enjoying their cars rather than competing.
Since its formation the club has had 320 members, including members from Nova Scotia, Prince Edward Island, New Brunswick, Newfoundland and the USA.
The Classic Chevy Club of Nova Scotia is an active member of the National Association of Antique Automobile Canada Corporation and of the Maritime Motorsports Hall Of Fame Inc.

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Next Issue - May 1, 2018 / Deadline April 23, 2018

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(506)756-8273

Salisbury

Auto Supplies

Universal Accessories Ltd.
3092 Main St., Salisbury, NB
Phone 372-5398
Hours
Mon. - Fri.: 8am - 5:30pm
Saturday: 8am - 12pm

Hobbies

FREEDOM HOBBIES
You Found Freedom - for all your RC needs!
Cars / Trucks / Drones / Planes
and much more - check out our website
3134 Main St., Salisbury, NB
Phone: 372-9990 www.freedomhobbies.ca

Consignment Store

Fanny's Cedar Chest Consignment New & Used
3154 Main Street
Salisbury, NB
Phone: 506-215-0238
Entrance behind Salisbury Pharmacy
Family Clothing
Hours
Mon. - Thurs. - 10am - 5pm
Fri.- 10am - 7pm / Sat. - 10am - 4pm

Grocery Store

Sandy's Independent
3070 Main St., Salisbury, NB E4J 2L6
Phone: 372-9231
Hours:
Monday - Saturday: 8am - 9pm
Sunday: 10am - 6pm / Holidays: 12 - 6pm

Drug Store

Guardian
Salisbury Pharmacy Ltd
3154 Main Street
Salisbury, NB
(506)372-4760
Mon-Fri 9am-6pm Sat 9am-5pm
Sun 12-5pm Holidays-Closed

Reality

EXIT REALTY ASSOCIATES
Independent Member Broker
Katie Taylor 506.229.1984 / **Wendy Ogilvie** 506.961.7045

Funeral Homes

Salisbury Funeral Home & Crematorium — ***Salisbury West, NB Phone: 372-4800***
Armstrong's Funeral Chapel — ***Petitcodiac, NB Phone: 756-3361***
David Keirstead - Funeral Director
www.keirsteads.ca

ADVERTISE YOUR BUSINESS HERE

Church Services

Petitcodiac Lighthouse Assembbly

Services: Worship Sundays - 10:30am
Location: Maritime Motorsports Hall of Fame, 5 Hooper Lane, Petitcodiac, NB
Pastor C.G. Fenwick
Ph: 506-433-6972

Petitcodiac Baptist - Morning Worship @ 10:50 am. Adult Small Groups at 9:30 am :SS JAM" (preschool - Grade 5) at 10:50 am.
Nursery available for infants.

St. Andrew's Anglican - Sunday Service at 9:00 am, Sunday School, 9:00 am.

St. James United - Service at 11am

Petitcodiac Mennonite - Worship Service 11:00 am.

St. Jonn's Anglican Church, Salisbury, each Sunday at 11 am with Sunday School also at 11 am

Steeves Settlement Baptist Church, Independent
250 Steeves Settlement Rd.
Pastor Paul Fosmark
Services every Sunday
Sunday School for all ages - 9:45am
Morning Worship Service - 11:00am
Washroom facilities available All Welcome!
For more information call 534-2714

First North River Baptist
573 Blakney Road, Fawcett Hil, NB
Sunday Morning Worship @ 11 AM
Sunday School for all Age @ 9:45 AM
Prayer and Bible Study - Wednesday @ 7 PM
Youth Group Thursday Evenings @ 7:30 PM
For further information call 756- 8580

CLASSIFIED

Let the classifieds help you list apt for rent, sell your items, or announce your special occasions.
Cost: $5 for 20 words or less & $15 for over 20 words.
Please drop off information at 5 Hooper Lane, Petitcodiac (the Maritime Motorsports Hall Of Fame building) during our business hours: Monday to Friday 10 a.m. to 5 p.m. For more information please call 756-2110

UP COMING EVENTS

The Havelock Women's Institute will be holding a SPRING RUMMAGE SALE at the Lions Hall on Rte 880 in Havelock, from Monday April 23- Saturday April 28th. Times are 11 AM-7 PM Monday-Thursday. Friday 11 AM - 5 PM, Saturday is 'Fill a bag for Five" day from 9 AM- 12 PM. Why pay more for less? Come and shop where you will find the best prices anywhere and have a good time too!

'Go ahead seniors meetings Friday at 11 AM. Education on healthy aging, hearing loss, health maintenance, wise use of medications and more. Free to attend'

Friday April 13th - Peticodiac Legion
Friday April 20th - Havelock Legion
Friday April 27th- Elgin seniors Center

The Cornerstone Community Church at 530 River Glade Road (formally Wheaton Settlement church) on April 14th at 7 pm is holding an auction to raise funds to send 30 kids to camp. Come & check out the awesome items that will be up for bid. If you can't make it, you may make a donation of a new or gently used item, a craft or even a cash donation. (a receipt will be issued for cash). Call 372.9723, 756.3584,or 383.1010.

Annual Business Meeting
The Annual Business Meeting of the Lewis Mountain Cemetery Co. will be held April 30, 2018 at the Lewis Mountain Church at 7:00PM. Shareholders and interested parties are encouraged to attend, as some very important matters, including and proposed like in the price of lots, will be addressed.
Hope to see you!
Ruth Lewis

ADULT EDUCATION

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

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

Weekly 50/50 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 Petitcodiac and Salisbury
For more info check us out on facebook @ Tri-County Gold Rush

Seniors Games Day
Is held every Wednesday at the Maritime Motorsports Hall of Fame
1pm - 4pm
Everyone Welcome!

Come have your morning coffee with Ross Wetmore on April 9 from 10am to 11:30am at the Maritime Motorsports Hall of Fame, 5 Hooper Lane, Petitcodiac

Post your classified with us!
$5.00 for under 20 words
or $10.00 for over 20 words.
Picture & under 20 words $15.00
Picture & over 20 words $20.00
Obituaries $35.00

Five Points Baptist Church
5597 Route 895 Colpitts Setlement, NB E4J 3A2

Gospel Jam Session

Join us on the 3rd Sunday each month at 6:30pm for an evening of uplifiting Gospel Music from Local Singers and Musicians

Contact Ross 534-2461 for more information

Thank You

Aubrey and Joan Edgar would like to thank everyone who came to celebrate their ***60th Wedding Anniversary*** on March 3.

Nancy Van Ginkel
(Plume)
August 6, 1965 – January 13, 2018

We the family of the late Nancy Van Ginkel, Would like to express our sincere thanks to all who attended the Celebration of Nancy's Life, as well as the visitation. We would also like to express our appreciation to those who made donations to their favourite charities, As well as the cards, food, visits and prayers. Your kindness was very much appreciated. In lieu of thank you cards, a donation will be made to the Havelock Women Institute.
"Life as we know it has changed forever…"
With Love, Nancy's Family

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$5.00 for under 20 words
or $10.00 for over 20 words.
Picture & under 20 words $15.00
Picture & over 20 words $20.00
Obituaries $35.00

Job Opportunities

Looking for weekend help at a non smoking Special Care Home. Call 866-4480 for interview.

Looking for General Labour and Delivery Driver.
Submit Resume by mail to:
Remo Degenhardt
486 Baseline Rd.
Glenvale NB
E4Z 3A1

Post your classified with us!
$5.00 for under 20 words
or $10.00 for over 20 words.
Picture & under 20 words $15.00
Picture & over 20 words $20.00
Obituaries $35.00

OBITUARIES

Marian Eastwick

Marian Jean Eastwick, 63, of Anagance passed away Thursday, February 22, 2018 at her home.

Born in Amherst, NS she was the daughter of the late Stanley and Rita (Richard) MacKenzie. Marian was a hair dresser and she enjoyed spending time with her grandchildren, baking and loved going to the beach.

She is survived and sadly missed by her husband Frank; daughter Nancy Colby (Tim) of Rowley, Mass, USA; son Jason Eastwick of Salisbury; grandchildren Emily, Christopher, Jamison and Preslea; brother Brian MacKenzie (Beth) of Amherst; sister-in-law Sandra MacKenzie of Amherst and several nieces and nephews. Besides her parents she is predeceased by her brother Stanley MacKenzie.

Resting at Armstrong's Funeral Chapel, 33 Russell Street (756-3361) visiting will be Monday, February 26 from 12 pm until the time of service at 2 pm with Pastor Jim Hannah officiating. Interment at Anagance Cemetery at a later date.

If desired, memorials to the Canadian Cancer Society would be appreciated by the family.
www.keirsteads.ca

OBITUARIES

Irene Duncan

Irene A. Duncan, age 101, formerly of Petitcodiac, passed away peacefully at Golden Years Estates Moncton on March 1, 2018.

Born January 31, 1917 in Caribou, Maine, U.S. She was the daughter of the late Wilfred and Cora (Coburn) Rogers.

Her husband Wendell O. H. Duncan predeceased her on February 7, 1988, as well as her daughter Shirley Brown, four brothers Errol, Harlan, Lee and Kenneth, and one grandson Harry.

She is survived by daughter, Sheila (Avard) Northrup of Cobourg, Ontario, son-in-law Larry Brown of Geary, NB, grandchildren Terry, Coralee Leaman, Dwayne, Brandon Northrup, great-grandchildren Kyle, Mason, Lela, Ashley, Jessica, Hunter, Jake, Kennedy, Connor, 4 great-great grandchildren and many nieces and nephews.

She was an active member of Petitcodiac Baptist Church, the Helen Hahn Women's Missionary Society, a Sunday School Teacher, a Superintendant Assistant of Sunday School and sang in the choir until she was eighty. Irene was a member of the Petitcodiac Senior Citizen's Club and served as president for two years.

She taught school for thirty-four years; thirty of these in Petitcodiac Regional High School and Petitcodiac Primary (Elementary) where she was principal for twenty-five years.

Resting at Armstrong's Funeral Chapel, 33 Russell Street, Petitcodiac (756-3361) with visiting on Friday, March 9th, 2018 from 5 to 8pm. Funeral Service will be held at Petitcodiac Baptist Church on Saturday, March 10 at 11 am, Reverend David Woodworth officiating with a reception to follow.

Interment at Maplewood Cemetery, Petitcodiac at a later date.

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

www.keirsteads.ca

Joshua Lounsbury

Joshua (Josh) Stanley Lounsbury, 25, of Petitcodiac passed away Tuesday, March 13, 2018 at his home.

The son of Allen and Judy (Armstrong) Lounsbury, Josh was a Petitcodiac Regional School graduate. Josh loved the outdoors; snowmobiling, four-wheeling, motorcycles, snowboarding, and snow shoeingas well as working on and touring in the "Hudson". He worked alongside his Dad at Al's Auto in RiverGlade and was in the apprenticeship program at NBCC for Automotive Technician.

Josh is survived by his beloved parents Allen & Judy; sister Jessica; grandparents Marjorie Lounsbury (late Stan) of Petitcodiac, Shirley & Gerald Armstrong; great-grandmother Verna Dunfield all of Portagevale; uncles Peter Lounsbury (Anna) of Woodbridge ON., Jeff Armstrong (Deb) of Red Deer AB.; great aunts & uncles, cousins and many good friends. Predeceased by great grandparents.

Resting at Salisbury Funeral Home, 3350 Route 106 (372-4800), where there will be visitation held Friday, March 16th from 2-4 & 7-9p.m. Funeral service to be held in the chapel Saturday at 2:30p.m., officiated by Reverend Canon Larry Armstrong.

If desired, memorials to the Canadian Mental Health Association would be appreciated by the family.

www.keirsteads.ca

Dorothy Steeves

Dorothy Charlotte Steeves, age 100, formerly of Elgin, N. B., entered her eternal home to be with her Saviour, and joyfully reunited with her husband, Evans, on February 1, 2018, at the Jordan Lifecare Center.

Born in Goshen on June 17, 1917, she was a daughter of the late Nathan Budd and Idella (Teakles) DeMille. Throughout her married life in Elgin, she worked alongside her husband operating their farm and raising their family, always with a smile and a positive attitude. She enjoyed quilting, sewing, gardening and cooking, especially new recipes. She was a longtime member of the First Elgin Baptist Church, W.M.S. of the Elgin Church, Elgin Women's Institute and the Elgin Senior Citizens.

She is survived and sadly missed by her daughters, Idella Lazar (Illes) of Windsor, Ontario, Louise Weir (Harold) of St. George, Marilyn Mitton (David) of Meadow, son Joseph (Jocelyn) of Elgin; cherished grandchildren Steven, Sharon, Daniel, Robert, James, Kimberley, Lee, Gillian, Derek and Emily and by several great and great great grandchildren, nieces and nephews. She was predeceased by her husband, Evans, brothers Talmage and infant Harold DeMille, sisters Gladys Pickett and Audrey DeMille.

Dorothy was resting at Armstrong's Funeral Chapel, 33 Russell Street, Petitcodiac (756-3361) with visitation held on Sunday, February 4, from 2:30 - 4:30 and 7 - 9 p.m. Celebration of Dorothy's life was held at the First Elgin Baptist Church on Monday, February 5, at 11 a.m. with Pastor Rick Mitton and Rev. Delbert Bannister officiating. Interment will be in the New Elgin Baptist Cemetery at a later date.

Louise Weir officiated at the piano. Idella and Louise read Family Remembrances, an eulogy of their mother's life. Grand daughter, Kim Heaton, read Grammy Memories, special memories of her grandmother's life. Emma Heaton, great granddaughter, sang "All Because of God's Amazing Grace" accompanied by her mother, Kim. Rev. Delbert Bannister had the meditation "Resurrection Bodies". Pallbearers were grandsons, Steven and Daniel Lazar, Robert Weir, James and Lee Mitton, and Derek Steeves.

Rankine Smith

It is with great sadness that we announce the passing of Rankine M. Smith of Petitcodiac on March 11, 2018. Born in 1929, he was the son of the late Ewart and Lenore (Coulthard) Smith of Woodstock, NB. He is survived by Esther, his loving wife of sixty years; his children, Julie (Randy) Caldwell, Vicki (Patrick) Cormier, Art (Sarah) Smith, and Andrew (Laureen) Smith; grandchildren, Alex, Austin, Rebecca, Curtis, Adam, and Ellery; nieces, Lori (Fleming) Neilson and Sharon (the late Paul) Cote, and other family members. He was predeceased by his sister Vivian (Gerald) Doucet and brother Bradford (Maria) Smith.

Rankine spent 36 years as an innovative and dedicated member of the teaching profession. He taught in numerous communities throughout the province finishing his career as Principal of the Petitcodiac Regional High School (1966 – 1983). After many years of night classes and summer schools, he received his Bachelor degree from UdeM. He received his Master of Education from Colorado State University in 1973.

Rankine was an avid sports enthusiast and played many sports over the years, but basketball became his true passion. As a young man in Woodstock, NB he played on the 1948 Dominion Championship team, and carried that passion for the sport throughout his life, including authoring the book, "The History of Basketball in New Brunswick". He dedicated countless hours to the game of basketball as a player, coach and through his association with Basketball New Brunswick. He coached or managed several Provincial Champion Boys and Girls high school teams and was honoured to have been inducted into the Woodstock Sports Hall of Fame.

After his retirement from teaching Rankine became active in municipal affairs, serving for several years as a Village Councillor for Petitcodiac as well as several provincial committees, including serving as President of the NB Villages Association. His interest in municipal government led to his second book, "Equal Opportunity Revisited".

Always generous with his time Rankine was active in many community pursuits, most notablyFriends of the Moncton Hospital, the Diabetes and Heart Associations and the Saint James United Church.

His family will receive friends at Armstrongs Funeral Chapel, 33 Russell St. Petitcodiac (756-2361) on Friday, March 16, 2018 from 5 - 8 pm and will celebrate Rankine's life with a service at the Saint James United Church in Petitcodiac at 11:00 am on Saturday, March 17, 2018 with Rev. Stephen Brown officiating.

The family wishes to express their appreciation to the staff of the Jordan Life Care Center for their loving care of Rankine over the last five years.

If so desired, donations in Rankine's name can be made to The Alzheimer's and Dementia Society, Canadian Diabetes Association, The Jordan Life Care Centre, or the charity of their choice.

www.keirsteads.ca

Salisbury Happenings

Parks & Leisure Programming:

Pickleball: Mondays @ JMA from 6-7:30; Tuesdays @ SBC from 3-4:30; Wednesdays @ SBC from 11-12:30. $2.00 drop in fee.
Badminton: Mondays @ JMA from 7:45-9:30. $2.00 drop in fee.
Fitness Classes: Mondays & Fridays @ SBC 10-11 am; Tuesdays & Thursdays @ SBC from 6-7 am. $4 drop in fee or $55 for 10 week session starting April 9 for fitness classes
Active Seniors: Tuesdays & Thursdays @ Lions Complex (Horsman St) from 2-2:30 pm-light exercise class

STUDENT EMPLOYMENT: It's time to start thinking of summer jobs! The Parks & Leisure Department is excited to be adding two NEW student positions this summer through a Summer Work Experience Green Jobs Initiative through the Canada Parks & Recreation Association (partnering with the Government of Canada). If you or if you know someone who is between the ages of 15 and 30 (and returning to school in September) with interests in horticulture, gardening projects, outdoor programming with youth and seniors, and outdoor activities then these jobs could interest you! Other projects will include maintaining the community garden at Parks & Leisure, maintaining the SES gardens, helping the Salisbury Beautification Committee and rebuilding the Butterfly Garden at Highland Park with the Salisbury Naturalist Club. The idea for these exciting summer jobs are endless! The official job posting will be out in the coming weeks. Please keep an eye on our Facebook page for more info.

Join us on Earth Day for fun, games, food and learning! All ages welcome.

Activities:
- Plant your own bean to bring home to watch it grow!
- Waste sorting activity - blue or clear bag?
- scavenger hunt / litter walk (with prizes!)
- Decomposition time / item matching game
- water pollution activity
- sports activities set up by parks and leisure
- bottle drive with proceeds to food bank
- watch an old electronic be completely recycled, and bring your old electronics to be recycled

We will have a variety of vendors with handmade, eco friendly vendors with items for purchase.
Lunch: lunch will be available for purchase. You are encouraged to bring your own containers / refillable bottles, but plates will be provided if not ▫
We are aiming to make this Salisbury's first zero-

Salisbury Parks & Leisure News-April 2018

Summer Sports & Program Registration at Salisbury Parks & Leisure
62 Douglas Street

Friday, April 6 from 6:30-8
Saturday, April 7 from 10 am - noon
Friday, April 13 from 6:30-8
Saturday, April 14 from 10 am - noon

Sports and Programs include: soccer (ages 2+), baseball (ages 4+), dance class with Maddi Pond, **NEW** Art Camp (ages 8+) with Sarah Irving and Jessica Allison!!
We are looking forward to a busy summer full of fun activities!

Thanks to everyone who attended our Paint Nite Fundraiser on Feb 27! It was a great time!

SPRING SPECIAL PICK-UP

Spring Special Pick-Up Day is scheduled for Monday, May 7, 2018.
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 5:00am.

▫ Appliances/Furniture,
▫ Lumber and yard waste must be bundled and tied in 4ft. lengths,
▫ Tires (Limit of 2 per household),
▫ NOT ACCEPTED - Batteries, paint products, chemicals, propane tanks, and other hazardous materials.

MOBILE ECO-DEPOT (HOUSEHOLD HAZARDOUS WASTE)

Southeast ECO360's "Mobile Eco-Depot" will be at the Salisbury Municipal Building, 56 Douglas Street on Wednesday, April 25 & Thursday, April 26 from noon-8:00pm both days.
Bring your household hazardous waste for safe disposal. These are products such as solvents, pesticides, and chemicals. Along with hazardous waste, the Mobile Eco-Depot will also accept some bulk items that are brought to their mobile units at the Village Office parking lot. For more information, visit them online at www.eco360.ca.

Salisbury Legion
Business Hours
Sunday & Monday - Closed
Tuesday - Thursday 5pm - 10pm
Friday & Saturday 12 noon - 10pm

Salisbury Legion Suppers - Fridays 5pm - 6pm
Adults - $11.00 / Children (6 - 12) - $5.00
Children (0 - 5) - FREE
Eat in or Take out!
April 06th - Ham, Scallop Potatoes, Baked Beans & Dessert
April 13th - Meat Loaf, Potatoes, Vegetables & Dessert
April 20th - Pork Chops, Potatoes, Vegetables & Dessert
April 27th - Lasagne, Caesar Salad, Garlic Bread & Dessert

Up and Coming Events

Breakfast on Saturday, April 07 from 7-10am. Consisting of scrambled eggs, bacon, sausage, hash browns, toast , juice and coffee. Cost $8. Come out and start your day off right!!! Where can you get such a YUMMY breakfast for this low price!!!! We appreciate your support.

Don't forget that EVERY Sunday from 2:30 - 5pm there is going to be " Youth Darts " for children from 10-18 years old. IT IS FREE!!! Come learn to play darts with experienced darts players. Darts available for use. Sign up and come out for an afternoon of fun and friends!! For more information call Harold at 232-3042.

Don't forget we do Weddings! We have back drops, linen table clothes, satin chair covers and an arch that we rent!!! It is getting close to that time so book now!!! Have one of our cooks cater to you Wedding, Retirement, Anniversary or Birthday Party!!! Come out and check us out!!! Tell your friends!!! For more information call the Legion at 372-4730.

We have " Chase the Ace " every Wednesday night from 6-8pm. Ballot is drawn at 8:15pm. We have a new format. We are selling ballots. Buy a ballot any time during business hours and fill out your name and phone number and drop it in the Chase the Ace Box . You no longer have to be there on Wednesday night. If your ballot is drawn, you win 20% of the take and someone will drawn the card for you at a chance to win the jackpot!!! Jackpot starts at $500. It's a Win-Win!!! Come out and visit with friends and listen to live music!!!

We have **FREE Shuffle Board** and Pool every day during business hours!

There is a **weight loss program** every Thursday night from 6:30 - 8pm. Called Plus & Minus. For more information call Margaret Harriman at 372-5182.

For anyone who would be interested in volunteering at the Legion, we sure would appreciate it. There is Merry Makers every second Monday, the Friday night Suppers, Weddings, or any event taking place. Call 372-4730 for more information or come to our General Meetings on the second Monday of the month at 7:30pm and see what we have to offer for events.

SALISBURY PUBLIC LIBRARY APRIL EVENTS

Next Step, Kindergarten! - A 5-week play-based school readiness program for pre-kindergarteners and their parents. We'll have fun learning about numbers, letters, shapes and colours, emotions, and opposites. Every Friday at 10:30 a.m. from April 6 to May 4.Please contact the library to register.

Dungeons & Dragons - Wednesday April 4th from 6:00-8:00 pm. The library is hosting a D&D campaign.

T-Cycle Workshop hosted by Community Gems- Saturday April 7 from 10:00am - noon. Bring an old t-shirt or two (or use one of the ones provided) and give it a new life! Hands on tutorials will be suited for ages 10 and up. Space is limited so contact the library today to register.

Block Builders - Tuesday April 10th from 2:00-4:00pm. Bring your friends and family to build with LEGO® bricks and put your creations on display in the library.

The Booklovers Reading Club for adults will discuss Childhood by André Alexis and The Corrigan Women by M.T. Dohaney on April 11th at 6:15 pm. New members welcome!

Teen Anime Club - Saturday April 21st from 2:00-3:30 pm. Teens can watch anime in Japanese with English subtitles. Free snacks!

Story Time -Thursdays at 10:30 am. Stories, songs, and literacy-building activities aimed at ages 2-5. Younger and older children are welcome to join in.

These programs are offered free of charge. For more information call the library at 372-3240. The library is located at 3215 Main Street in Salisbury.

Library Open Hours: Tuesdays, Thursdays, Fridays, Saturdays 10am-12pm & 1-5pm, and Wednesdays 1-5pm & 6-8pm.

WE'RE FILLING POSITIONS FOR SPRING SEASON
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