

5 Hooper Ln, Petitcodiac

LOCAL NEWS & VIEWS

Promoting Local Business & People in
Our Surrounding Communities.



February Issue, 2021

Volume 11 #10

MONTHLY BULLETIN



Maddi Pond - AMP It Up! Dance Studio

Maddi Pond founder of AMP It Up! dance studio was chosen in November 2020 as one of the Top 30 Under 30 for Innovation by Atlantic Business Magazine.

Maddi is a fourth-year English literature student at Mount Allison University,

she learned of the Reisman Internship Program, which provides funding and other support for students to start a new business in the summer.

At the age of 14 she took part in dance camps in Salisbury. So now at 21, Pond is going into her second year with her dance studio "AMP It Up", where she employs 5 community youth at the studio.

She opened her studio in May 2019. Two months shy of her one-year anniversary COVID-19 hit, forcing her to go to online instruction which attracted 98 per

cent of her students. Maddi reopened summer classes in July with limited numbers, they actually had increased their numbers by 56 per cent.

It's an inclusive studio and along with the cooperation from the Salisbury Lions Club she has created a warm and welcoming space for the kids in the community to learn to dance. At her studio, there are no height or weight requirements and no gender specification.

In her studio she has a sign that reads 'Dance like nobody's watching!' But it seems like everyone is watching the AMP It Up! studio, and for all the right reasons, they have a waiting list.

The Dance Studio donated 3 Christmas trees along with ornaments to JMA Armstrong High / Salisbury middle Student Council. The trees were then given to Helping Hands by the school to assist in creating Christmas for those in need in the Salisbury community.



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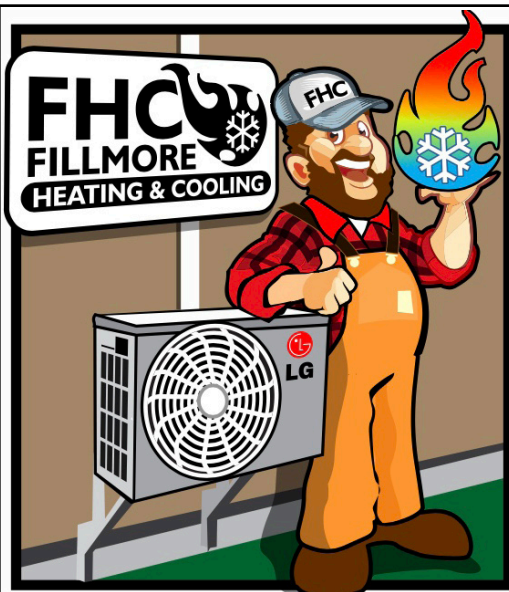
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Deadline for March Issue - February 23, 2021 - Phone 506-756-2110



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From the Editor



There are many event days in February, so I will touch on a few that might help to fill in your time while you wait for Covid to get over.

February 2nd is Ground Hog Day, I for one am hoping he doesn't see his shadow. I have enjoyed the January weather with milder temperature and very little snow, but then I know there are others that enjoy the snow for snowmobiling, skiing and other winter sports.

For all you football fans **February 7th** is the Super Bowl game.

February 9th is National Pizza Day.

For all you NASCAR fans, **February 14** is the Daytona 500, here is hoping your favorite driver wins. Our own local tracks are preparing for a 2021 season, putting out their rules and schedules.

Guys don't forget that **February 14** is also Valentines Day, don't let the race over shadow the roses and chocolates for the ladies.

Don't forget the holiday, **February 15th** is Family Day.

National Pancake Day is **February 16th**, and Ash Wednesday is on the 17th.

Through all of this excitement remember to wear your mask, I have a hint for those who wear glasses and they steam-up when you have your mask on; if you put the mask up under the bottom of the glasses or pull your glasses down over the edge of your mask, I found that the glasses didn't steam-up.

Just maybe you will be able to celebrate Saint Patrick Day this year since we missed it last year.

Here is hoping for better days ahead.

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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Are you Isolating? Need Help Getting Food and Prescriptions?

Possible contacts with people diagnosed with COVID-19, symptoms of COVID-19, waiting test results of COVID-19 or isolating because of travel for work, medical or otherwise creates a new challenge for many. If unable to go to the store to buy groceries, foodbank to get food or pharmacy to pick up prescriptions and friends or family are unable to help, how do you get those things?

Urban/Rural Rides is there to help. Delivery of food and medications available to those who need help during this strange and uncertain time. Purchases from grocery stores and pharmacies must be pre-paid and then our volunteers will pick up the items and deliver to your home. Foodbank deliveries are also available in all areas of Westmorland and Albert Counties. For more information or to schedule a delivery, call 962-3073.

Urban/Rural Rides depends on volunteers to provide transportation for those in the community who do not have access to transportation either because of physical, geographical or economical barriers. If you want to be a part of this amazing team of community drivers, changing lives one drive at a time, there is always room for more! Volunteers

can live anywhere in Westmorland and Albert Counties including but not limited to - Salisbury, Petitcodiac, Moncton, Riverview, Dieppe, Hillsborough, Alma, Riverside Albert, Memramcook, Dorchester, Sackville, Port Elgin, Cap Pele, Grand Barachois, Shediac and all points in between.

Drivers are reimbursed \$.41/km. Volunteering as a driver is a great way to meet and help neighbors in the community. Drivers are provided with personal protective equipment to use when transporting clients and doing deliveries.

If you or someone you know has a few hours a month or more and want to be part of a team working together to overcome the effects of poverty, please call 215-2100 or email r.r.ruralrides@gmail.com for more information. Drivers need to be over the age of 21, have a valid driver's license, have a reliable automobile, carry \$2 million liability (we will reimburse the extra charge up to \$80 per year), sign an oath of confidentiality, clear a police record check, driver's abstract and provide two references.

Kelly Taylor
Executive Manager, Urban/Rural Rides

Questions About the Ketogenic Diet

Common Sense Health - W. Gifford-Jones,
MD and Diana Gifford-Jones

What is a ketogenic diet? How does it differ and is it more effective than other diets? Apart from the hype surrounding this diet, what are the medical concerns about it?

Recent marketing of the ketogenic diet suggests it's a new one. But a report from the University of California says it's been used for years to treat medical problems such as epilepsy in children. But what is it about the ketogenic diet that causes weight loss? A major factor is that it's low in carbohydrates and high in fats.

Blood sugar (glucose) is normally the body's main source of energy. But when blood sugar is diminished by eating less carbohydrates, the body is unable to maintain needed levels. To compensate, the body must start burning fat for energy. It also obtains more energy

by converting some amino acids from protein in foods. And if this does not suffice, it gets energy from muscles.

The breakdown of fat, and to a lesser extent, protein, creates a condition called "ketosis" which is also used for energy. Hopefully none of us will ever be in a situation where we're starving. But if that happens, we develop ketosis. It also occurs in uncontrolled diabetes. Ketosis starts within a few days after carbohydrates are decreased to between 20 and 50 grams a day. This is not much carbohydrate, as two one-ounce slices of bread contain 28 grams of carbs!

How does a ketogenic diet compare with a normal diet? The average North American gets 50-55% of energy from carbohydrates, 30-35% from fats, and

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Petitcodiac Community Calendar 2021

February

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 -Pilates -Air Cadets -Open Skate	2 -A.K.A Dance Studio -Discovery Kids (online) - Youth Group (online)	3 -Pilates -A.K.A Dance Studio -Open Skate	4 -Legion Branch Meeting -A.K.A Dance Studio -Open/Adult Skate	5 -Chase the Ace @ Legion	6
7 -Church Services -Sunday School JAM -Open Skate	8 -Pilates -Air Cadets -Open Skate	9 -A.K.A Dance Studio -Women's Institute -Discovery Kids (online) - Youth Group (online)	10 -Pilates -A.K.A Dance Studio -Open Skate	11 -A.K.A Dance Studio -Open/Adult Skate -Foot Clinic @ Legion	12 -Chase the Ace @ Legion	13
14 Valentine's Day -Church Services -Sunday School JAM -Open Skate	15 Family Day -Pilates -Air Cadets -Open Skate	16 -A.K.A Dance Studio -Discovery Kids (online) - Youth Group (online) -ATV Club	17 -Pilates -A.K.A Dance Studio -Legion Noon Meal -Village Council -Open Skate	18 -A.K.A Dance Studio -Petitcodiac Sportsman Club -Foot Clinic @ Legion -Open/Adult Skate	19 -Chase the Ace @ Legion	20
21 -Church Services -Sunday School JAM -Open Skate	22 -Air Cadets -Pilates -Open Skate	23 -A.K.A Dance Studio -Discovery Kids (online) - Youth Group (online)	24 -Pilates -A.K.A Dance Studio -Legion Noon Meal -Open Skate -Village Council	25 -A.K.A Dance Studio -Foot Clinic @ Legion -Open/Adult Skate -Codiac Classics	26 -Chase the Ace @ Legion	27
28 -Church Services -Sunday School JAM -Open Skate	<div><div>Maritime Motorsports Hall of Fame Open Monday-Friday, 10am-4:30pm</div><div>War Museum Tours by Appointment. Please call 756.7461 or Cathy at 756-2068 for more info. Chairlift facility available.</div><div>NOTICE: GIVEN COVID-19 RESTRICTIONS/PHASES, PLEASE CONTACT ORGANIZATIONS FOR POSSIBLE CHANGES</div><div>Snowshoes at the Library The public can borrow snowshoes from the Petitcodiac Public Library! Many sizes available for all ages.</div></div>					

NOTICE: GIVEN COVID- 19 RESTRICTIONS/ PHASES, PLEASE CONTACT ORGANIZATIONS FOR POSSIBLE CHANGES

A.K.A. Dance Studio - 85 Renfrew (Little Steps Daycare).

- Tues. 3-5 pm (intermediate) 6 -6:55 pm (Ages 2-4), 7 - 8 pm (Ages 7-9), 8 - 9 pm (Senior troupe)

- Wed., .3-4 pm (Theatre), 4 - 5 pm (Acro) 5 - 6 pm (mini troupe), 6 - 7 pm (Boys Hip-hop)

- Thurs., 3-5 pm (intermediate), 6-7 pm (Ages 5-6), 7-8:15 pm (ages 10-12)
Contact Alanna for info: 233-3052.

Air Cadets - 639 F.P.MacLaren Air Cadets, Mon. at 6 pm @ Legion. Young people from age 12 to 18 are welcome to join. For info contact C/O Jason Forester - 850.9276

Arena - Public Skating

Mon. & Wed., 1:00 - 2:30 pm open skate

Thursday 12:30 - 1:30 pm adult skate

Thursday 1:30 - 2:30 pm open skate

Sunday 1:00 - 2:30 pm open skate (Sunday only: toonie skate, \$2/skater, 5 & under free).

Church Services

-**Petitcodiac Baptist** - Morning Worship at 10:30 am. Health protocols observed. Nursery not available at this time.

-**Petitcodiac Mennonite** - Worship Service 11:00 am.

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

Codiac Classics

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

Discovery Kids (currently ONLINE) - K-5. Tuesdays, 6:30 - 7:30 pm at Baptist Church.

Kiwanis

Call Dan Pollock 756-1084 for more information.

Legion - 18 Kay St, Petitcodiac. 756-3383

-**Thurs., Feb. 4** - Branch Meetings. Executive, 7 pm. General, 8 pm. PENDING COVID phase. More info to

follow .Annual Election of Officers postponed until at least May, 2021.

- **Fridays** - Feb. 5, 12, 19, 26. Chase the Ace - Tickets sold 6:30 to 8 pm. Draw at 8:15 p.m. 50/50 draw. Live music. There will be sign-in sheets for everyone to sign and masks/ physical distancing required.

- **Thurs.**, Feb. 11, 18, 25 - DD's Foot Care Clinic. Call for Appointment, Donna Durepos at 389-1046.

- **Legion Noon Meals**. \$12.00. Take-out - delivery within the Village or Pick-up. (some seats eat-in ONLY yellow phase)

- Feb. 4 - Chicken leg

- Feb. 10 - Salmon

- Feb. 17 - Pork Chop

- Feb 24 - Cod fish

- FACEBOOK: Royal Canadian Legion Branch # 41."like" it.

- Hall Rental: If you wish to rent the hall for a wedding reception, birthday or any other function, call the Legion.

- Attention: If any Legion member knows of another member ill or in hospital, please call us at 756.3383 &

leave message.

Library (756-3144)**NEW 2021 EXPANDED OPEN HOURS:**

Mon: 10 am - 1 pm / 2 - 5 pm

Tues: 10 am - 1 pm / 2 - 5 pm

Wed: 10 am - 1 pm / 2 - 5 pm

Thu: 12 - 4 pm / 5 - 7 pm

Fri: 10 am - 1 pm / 2 - 5 pm

NOTE: During red phase, everyone will be actively screened before entering the library.

Please visit our website and Facebook page for information and updates on our services.

Please read our COVID-19 FAQ to learn more about changes and updates to services:

https://www2.gnb.ca/content/gnb/en/departments/nbpl/covid-19_faqs.html

Petitcodiac Baptist Church

-If Red Phase, no services or S.S. JAM.
 -We currently have 3 services on Sunday mornings: 9, 10:15 and 11:30 am. Health protocols observed.
 Nursery not available at this time
 -Sunday School JAM @ 10:15 am Sundays. kids K - 5.
 - Health protocols will be observed at all events and to check our website (www.petitcodiacbaptist.ca) to preregister for children/youth events or to call the office (756-2295) for more details.

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 @ 7pm at the Club House.

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.

Village Council - Meetings open to public. If you wish to address council, make a formal written request to office 48 hours prior. This Month:

Women's Institute - Meets second Tuesday of the month at 1:00 pm. Call Blanche at 756-2011 for more info.

Youth Group B.L.A.S.T. (currently ONLINE)

- Senior High & Middle School- Tuesdays, 7:45 - 9:00 pm @ Baptist Church.

Ketogenic Diet

con't from pg. 3

15-20% from protein. The ketogenic diet obtains 5-10% from carbohydrates, 70-75% from fats, and 20% from protein. A ketogenic diet contains full-fat dairy, eggs, fish, poultry, meat, nuts, non-starchy vegetables and butter. You are allowed to eat as many of these foods until you are full. It eliminates starchy vegetables, most fruits, grains, and sweets. The British Journal of Nutrition analyzed 13 diet studies and reported that most, but not all, found that patients on a ketogenic diet lost more weight than those on other diets. They also ended up with lower blood pressure and blood triglycerides. And it helped those with type 2 diabetes. The negative of this diet is that it also increases bad cholesterol because of its high content of saturated fat.

Another negative is that the low carbohydrate content makes it hard for people to stick to it. Also, by eliminating most fruits, many vegetables, whole grains, and fiber, constipation is more likely to be a problem. Moreover, it removes ingredients essential for good health. No one should start a ketogenic diet without the help of your trusted family doctor.

It's unfortunate that most diets wouldn't be needed if people would follow a sound

lifestyle. The first error is not having a bathroom scale that you step on every day. Scales tell it the way it is. Focus on losing any gained weight the same day the scale reports an increase.

This means saying no to high calorie desserts, eating smaller portions on smaller plates, and declining any offered second portions. Healthy weight loss also means an increase in daily exercise. Loss of excess weight and common-sense healthy living significantly reduces the risks associated with the epidemics of obesity, heart disease, and Type 2 diabetes. A sustained commitment can add years of longevity.

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Comedy at Large

by Laurie Blanchard Salisbury, NB

When I recently asked someone what he thought was the most annoying thing about the year 2020, he replied....when the wife and I went to a restaurant, we had to sit so far apart from other diners that we couldn't hear conversations more interesting than ours. We couldn't pick up on the gossip!

Two weeks before Christmas, at a physiatrist's office, the shrink is sitting on his padded chair and is dressed like Santa. The patient, laying on the couch says ...my insurance will cover the first 3 sessions but your secretary tells me there's an additional fee of 180 cookies and 2 gallons of milk ??

2 young students are walking home from school and one says to his chum ...my dad says that if I got all straight A's on my report card, he will paint himself a gold color and climb the Eiffel Tower! His friend replied ... hot dog ! You talk about an incentive !

I saw an ad in a magazine advertising an electric all -terrain 4 X 4 ATV. Now then, here's the scenario... you are out on a long woods trail and suddenly realize you have went beyond the capabilities of the batteries range. You've lost power. Now what do you do ? Oh now, wait a minute, what's this I see? Well I'll be darnedthere's a charging station on the side of this big oak tree. Luck is on my side !!!

Do you detect a slight air of sarcasm ? You'd be right !



PEOPLE WHO LAUGH A LOT LIVE LONGER



February 2, 2021

The Maritime Motorsports Hall of Fame - Inductee Corner



GARY POZZEBON

Inducted November 18, 2017

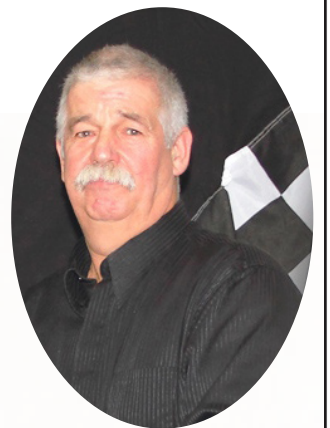
Drag Racing Builder/Competitor

Sydney, Cape Breton, NS

Gary is truly a valuable asset to drag racing in Atlantic Canada. Since the early 1990's he has been the president of the Cape Breton Drag Racing Association (CBDRA). For 16 years, Gary's leadership has been responsible for hosting drag racing on a rented facility at Sydney's J.A.Douglas McCurdy Airport. Under Gary's direction, the CBDRA hosted four races each season and provided the Atlantic Drag Racing Association a forth venue. Gary led every part of every one of these events. His hands have been a part of every piece of the entire drag racing puzzle.

With Gary's knowledge of bureaucratic process and expertise in drag racing along with his leadership drive to organize a team of volunteers and a network of sponsors, and three levels of government their association was able to build the new Cape Breton Dragway. Its grand opening was held in August, 2016. That was a monumental achievement.

As a racer he was well known all over Atlantic Canada for regularly competing in the Super Pro/Super Gas categories.



ELGIN NEWS!

We are well into a new year and still working through the pandemic that has impacted our world in so very many ways. With volunteer groups adapting to how we can function given the different phases of recovery, we try to stay in touch as best we can through phone calls, emails and virtual calls. Many have found time to try new pastimes such as cooking and baking. Below you will find a recipe for cabbage rolls that is easy and tasty. Enjoy, stay healthy and be safe.

CABBAGE ROLLS

1 large head of cabbage
 Filling: 1 lb. of hamburger (or more)
 1 1/2 cups cooked rice
 1 tbsp. Worcestershire sauce
 1 medium onion, finely chopped
 1 tsp. each of garlic powder, salt, pepper, prepared mustard, oregano, basil and 1/2 tsp. sage
 1 - 28 oz. can tomatoes, drained

Sauce: Heat reserved tomato juice with: 1/2 cup ketchup, 1 beef bouillon cube, 1 tsp. celery seed, 1/2 tsp. oregano, 1 tsp. basil, 2 tbsp. flour

Cook and stir until thickened. Wilt cabbage in water. Stuff each leaf with meat filling. Layer of tomatoes in bottom of roasting dish. Layer of cabbage rolls. Pour sauce over this. Cook in 350 degree oven for 1 - 1 1/2 hours.

(This recipe comes from the Elgin WI's bicentennial project (1984) called "Home Town Recipes")

Challenge Yourself to Give toastmasters a Try

On January 19 the Sussex Toastmasters Club hosted an open house, including a special presentation by Jim Kokocki, theme of which was "Communication Skills 2021." We talked about the communication skills we can develop through practice at Toastmasters, and treated guests to a slightly modified club meeting.

The ways we communicate with each other are a little different at the beginning of 2021 than they were at the beginning of 2020. When the pandemic hit and the school we normally met in closed, we realized if we were going to keep doing Toastmasters we would have to find a way to meet online, so last March we had our first club meeting over Zoom. I'll admit those first few meetings were a little rough, everyone was learning how to use the software, and switching between devices to get things working, but eventually we figured it out. In Toastmasters we learn by doing whether it's public speaking or planning events and after meeting regularly on Zoom for ten months we were able to host a successful open house, including having all our guests feel comfortable on Zoom. The old "I don't do technology" line just won't cut it in 2021, and thanks to Toastmasters we have developed the skills to thrive in this new era.

Toastmasters is a club where we practice our public speaking. Some weeks we are the speaker, some weeks we are the evaluator, some weeks we are the meeting host (the Toastmaster), and every week we dust off the cobwebs and have some fun doing quick impromptu speeches (Table Topics they're called). If you're looking to improve your communication skills, learn how to use Zoom, or if you're just looking for something to do on Tuesday evenings so you know what day of the week it is, come check out our club, we always love to have guests. Our February open house will be the second installation in Jim Kokocki's speaking series, which will focus on Leadership Skills, come to the open house or come to any meeting and you will receive a warm welcome. We encourage guests to introduce themselves and try a Table Topics speech, but we never put anyone on the spot or force them to speak if they don't want to.

Club Meetings: Every Tuesday 6:30pm-8:00pm

Open House: Tuesday February 16, 2021 6:30pm-8:00pm



The Elgin Eco Association is happy to offer the opportunity for our community to use the ice rink. Many are using it and enjoying their time outside. Recently when I went to take some pictures, a little boy was crying and telling his dad, "I don't want to go home". Kids can play for hours on the rink. It is an entire community that makes this possible. For a few hours Covid is not in the forefront of our minds, just over our mouths and noses. It is important to check our Facebook page to see if it is open. Sometimes when new flooding takes place it might take a day before you can skate on it again. We have recently invested in a water tank to flood the rink.

We have also seen an uptick in people using the Mapleton Acadian Trail. On snowshoes. We are working on additional trails, but the weather has not been cooperative in the last 2 weeks. The hiking, snowshoeing is all great for our health and one of the things we can still do during COVID-19 restrictions.

If there are people, young or old with time on their hands. Consider making a bluebird house. We like to place some bluebird houses on the Mapleton Nature preserve. In early spring we will organize a day to place them. If you like to participate please read the requirement for a proper bluebird house. Birds nest everywhere but they do an inspection of your birdhouse first, before moving into this new residence. Pinterest offers many options.

We are working on writing grants for a new playground. We are looking at a variety of different grants and hope that we will be successful. Playgrounds are expensive and depending on the funds we can acquire, will determine the size of the playground.

A new pamphlet has been designed to offer more information about the EEA. These are paper copies for hand out. We also have our Facebook page and our website www.eeanb.ca.



Havelock RCL #86

4684 Rte. 880 Havelock, 534-8285

Due to the covid-19 pandemic we have cancelled all activities at our branch. Please keep watching our facebook page for any recent updates. Our facebook page is: Havelock Legion Members And Friends, Branch #86

Memberships - If you would like to renew your membership or become a new member now is the time by doing so the legion can continue to provide support to Veterans and their families, remember the Fallen, and support our communities! If you would like to renew or join please renew on line at Legion.ca/member, by mailing payment to Havelock Legion 4684 Route 880 Havelock, NB E4Z 5L1 or by calling Teresa at 756-0429 and I will meet you.

STAY SAFE EVERYONE!!!

From the Desk of Your MLA

Ross Wetmore, Gagetown - Petitcodiac

It was this time last year, January 25th to be precise, when Canada reported our first case of COVID. After that things got worse in a hurry.

A traveller arrived from Wuhan, China showing no symptoms on the 25th but was so sick the following day he had to go to the hospital.

On Feb. 20th, Canada reported our first case related to travel outside mainland China—a traveler from Iran.

On March 11th we reported our first case in New Brunswick, again a traveller, this time returning from France.

We all can recall the events in the days, weeks and months that followed.

March 16th all schools in our province closed.

March 19th a State of Emergency was declared in New Brunswick.

Many retail and personal service operations had to close, but were permitted to sell online or over the phone and to arrange delivery or pickup of purchases.

Our province took swift and cautious action to avoid an exponential growth of the virus and the corresponding impact on our health care workers and hospitals.

As we acted in New Brunswick, hospitals were being overwhelmed around the world.

Over the last ten months waves of COVID have ebbed and flowed in many countries.

Late in 2020 it was announced vaccines against COVID had been approved for dispersal and the global immunization effort began.

Recently many zones in our province have again gone into Red level precautions, as the post-holiday season bump and spread in COVID cases has put us near a tipping point. This could go either way. It's in our hands.

New Brunswickers are again being asked to stay home to stop COVID. We are being asked to double-down on hand washing, mask-wearing and social distancing. This is bitter medicine, but it is the best medicine we have.

We have learned a lot about COVID over the past year. We have learned much about treatment and prevention. We know beyond a shadow of a doubt that without people moving around, COVID cannot move. The less we move, the less COVID moves.

It's an emergency that might be stopped or might grow out of control.

Our small business people are taking yet another hit from COVID. Their survival could be in our hands.

The impact this Red level emergency action will have on many businesses could be the final hit they can bear.

It's time to turn up the local as loudly as possible. We must do whatever we can whether it's buying gift certificates from our hair and salon professionals or others who have been forced to close by COVID, or taking the time to reflect on where we might be able to support a local business or two for the first time.

We are in an emergency.

Our well-being is also in our hands.

Without physical contact we must look out for one another during this Red level and into the future.

This government website has helpful information and links to resources.

https://www2.gnb.ca/content/gnb/en/corporate/promo/covid-19/mental_health.html

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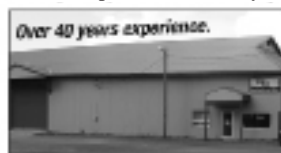
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Sudoku

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

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 13



Hope is Growing



Mark Cullen is an expert gardener, author, broadcaster, tree advocate and Member of the Order of Canada. His son Ben is a fourth-generation urban gardener and graduate of University of Guelph and Dalhousie University in Halifax. Follow them at markcullen.com, @markcullengardening, and on Facebook.

Hope is growing in 2021. What a refreshing theme after a difficult year last year. Canadians are ready to start looking up and so are gardeners.

That is why Communities in Bloom has embraced Hope is Growing as the banner for their 2021 campaign.

What is Communities in Bloom?

It is a celebration of urban environmental sustainability across Canada. CiB is a volunteer driven not-for-profit organization that partners with municipalities to enhance residential and public spaces.

Since their humble beginnings in 1995, the goal has been “to enhance the quality of life and the environment through people and plants in order to create community pride”.

We are delighted that our professional trade association Canadian Nursery Landscape Association (CNLA) acquired control of Communities in Bloom just over a year ago. This provides an opportunity for new ideas, growth, and vision.

The first endeavour of the “new” Communities in Bloom is the Hope is

Growing campaign, which encourages Canadians to plant a garden of hope for 2021, featuring the colour yellow. From coast to coast, the goal is to create front yards, boulevards and playgrounds brimming with yellow flowers, foliage, and vegetables.

As always, friendly competition is at the heart of Communities in Bloom. If your community participates in the broader Communities in Bloom program, planting a bright yellow Hope Garden can enhance your odds for this year’s awards.

How to Design your Hope Garden

Here are our top suggestions for a yellow themed garden this season:

Forsythia (*forsythia*) one of our favourite flowering shrubs which is enrobed in a coat of yellow flowers in

early spring - perfect timing for the heralding of new hope. If you have not already planted forsythia, you can enjoy its colour with cuttings placed in a tall vase. Forsythia cuttings tend to root easily by pushing the bottom third of each cutting into damp ground as soon as the ground has thawed.

Sunflower (*helianthus*) for sunny days ahead - there could be no more obvious choice for a Hope Garden. Shop now for a wide variety of sunflower varieties from seed catalogues or go online and check out the seeds that are available from a myriad of suppliers. Plant directly from seed in early spring, enjoy throughout late summer and fall as the birds show up to enjoy a feast on big yellow sunflower heads.

Black-Eyed Susan (*Rudbeckia hirta*) a

native perennial that produces bright yellow flowers from late summer into autumn and attracts pollinators to beat the band.

Jerusalem Artichoke (*Helianthus tuberosus*) another great native plant that is a relative to the sunflower. This one is different, though, as it features an abundance of yellow pollinator-attracting flowers and produces an edible tuber that can be cooked like a potato. Note: Jerusalem artichoke can be overly aggressive, almost invasive. Keep it in a confined part of your garden.

Marigolds (*Tagetes erecta*) a fun annual with edible flowers. All marigolds are technically edible, but in our opinion the best tasting species are French marigold (*Tagetes patula*). Big Duck Gold marigold is one of our favourite varieties. As a bonus, many vegetable gardeners inter-plant marigolds with their veggie crops to keep insects, especially aphids, at bay.

Speaking of vegetables, one of our favourite yellow vegetables is the **Golden Delight summer squash**, or simply yellow zucchini. Easy to grow and prolific. One of Mark’s favourite tricks is carving the grandkids’ names in zucchinis while the fruit with a knife when they are young and giving them as gifts from the “zucchini fairy” after they have matured for a few days. Why not carve a hopeful message in your zucchini?

Canadians took up gardening in record numbers last year: we hope to see a yellow-washed repeat in 2021 - after all, Hope is Growing in the garden.

<https://www.communitiesinbloom.ca/>



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POEM - HILLSIDE SCHOOL NO. 6

By: Edward Garland

After talking to several people about "the good old days" in the Hillside school and through their encouragement, I finally got down to writing a poem. I hope everyone enjoys it.

I remember so well my first day at school
Can't say I was happy and I didn't feel cool
As I stood near the teacher I had great concern
My very first lesson I was about to learn

'Cause my Dad told the teacher if I broke the rules
To lay it on heavy with the usual tool
Then when I got home there would be a repeat
To make sure the lesson went straight to my seat

It was a one-room school with an old wood stove
To keep us all warm and dry our clothes
There were socks and mittens and also the hats
All neatly arranged across the chair backs

The desks were placed down each side of the stove
From grades one to six in neat little rows
Just pencils and rulers and scribblers and chalk
You really got in trouble is you laughed or talked

There was no running water, no hydro or lights
So there was no opportunity for staying at night
Two outhouses sat behind the school
I believe one-at-a-time was the standing rule

No swings or slides or a sandbox to play
We made our own fun with games each day
It was annie-i-over or run and play tag
That's about it... some days were a drag

We all walked to school in all kinds of weather
Sometimes alone and sometimes together
There was Bannisters, Garlands and Steeves galore
Martins, Hiltzes, Wilsons, and probably some more

Some teachers names now escape me I guess
A Bishop, a Milton and Smith, I forgot the rest
They all did their part to drill home the knowledge
That would prepare us for life and maybe for college

I remember the day the hydro came through
And the changes it made were more than a few
We could now see the blackboard on cloudy days
It changed our surroundings in so many ways

Some nights the farmers held their Co-Op shows
Everyone decked out in their best workin' clothes
There were talks about farming, equipment and such
But all of their speeches didn't thrill me so much

It was the music and singin' that tweaked my ears
I've never forgotten after all these years
LeRoy and Gordon played guitars and sang
And the sound off those walls it just rang and rang

Then one year they installed a flag pole outside
Where we lined up and sang the anthem with pride
And those moments of reflection somehow empowers
To drive home the message this country is ours

The building still stands to this very day
There's lots of fond memories I took on my way
The lessons and friendships I gained in those years
All kindle my emotions and can bring on the tears

It's great to look back in my memory bank
And remember the people I really should thank
As I gaze at the past my heart swells with pride
'Cause Hillside School No. 6... you started my ride.

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Of Hearts and Cherry Trees

by Gloria Scribner

February in Canada is a “comma” in the cold sentence of winter, tucked in between the “polar vortex” and the windy “Ides of March”, we celebrate “love day” with store bought flowers, heart shaped chocolate boxes, lacy cards, and dreams of romance, while for a few brief days our hearts are light, hopeful, sentimental, and for some “shattered”. But still memories see us through. I for one have some old cards I hang in my kitchen each year - reminders of other “love” days and my heart is cheered as I read their verses: “To My Wonderful Wife on Valentine’s Day” and “To My Sweetheart” (I was 16 when I received that one). Cards from little children with uneven edges and stick people holding hands, cards from the folk at the seniors home where I work signed with shaking hands, and the thoughtful ones from my boss that always encouraged me so (thank you, Nancy).

Valentine’s day is a precious reminder that we mean something to someone, and who doesn’t need a reminder during the cold mid-winter of our lives.

But February also celebrates a day that for some of our Asian neighbours must touch a chord of age-old memories and never-to-be-forgotten traditions of a far away homeland. A day that along with its annual festivity must surely inspire a tear. The “Chinese New Year” on February 12th must turn their hearts eastward to their ancient land of yesterday.

Although I may never set foot in that mysterious land myself, I climb her

hills, wade her rice-paddies, and walk her roads as history books unfold before me over the years.

I have a part of her in my home, in my country, in every-where I look; from technology, to transportation, and to every branch of science.

As I relish her Chinese restaurants I admire the serenity in her humble faces, drink her tea from delicate cups and saucers, don a colorful silk shawl, or admire the dragon and cherry blossom festooned wall-hanging under her lanterns, I realize Canada would be strangely lacking without this gift of Chinese heritage.

Our railroads tell of the backbreaking toil of those dauntless heroes who, as my grandfather told me years ago, “worked all day long on a bowl of rice”. The railroad in turn provided sustenance through these dedicated men to feed their families back home while lives were willingly risked daily proving that “real men” are not measured by “physical” stature or conforming to society but by humble sacrifice and obedience to duty as well as respecting and honouring ones family.

While I may never truly understand a culture so different from my own, I have an abiding respect for family honour, hard work, devotion to understanding, and willingness to remember ones roots.

I wrote this poem contemplating the word “China”, and as I pondered on the little I knew of that far away land and precious people (from the pens of Pearl Buck and Ruth Graham), I noticed: we all have more of her culture gracing our lives than we may have realized.

Hence: “Cherry Trees”

I’ll never get to China, but I’ve thought about “the wall”
I’ve seen it in the picture books, and can’t conspire at all
How I could someday walk that most magnificent of all -
The mighty man-made engineering feat “The China Wall”
An Oriental treasure stretching through a vast domain
I’d read about the years and years of labour to attain
The truly wondrous masterpiece (and can’t compete at all)
With the slow and steady man-power that built the China wall
Our labourers are unionized and modern big machines
Are utilized and privatized with dollar-signs for dreams.
We say, “How sad that years ago, so many men should fall”,
A travesty we call it, when referring to the wall.
And I agree (at least in part) with those who shed a tear
For men who fell, to be replaced by others year on year
And I suppose humanity today would call it cruel
To put a million men at risk - A whim of despot rule
A glance across the China hills - while worlds in disbelief
Unveil a masterpiece of time no Roman could bequeath
An endless highway paying tribute to each mother’s son
Who toiled with aching heart and back and perished one by one
Without a chance to walk the wall that spanned the centuries
But I believe their children’s children planted cherry trees.



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 Schedule subject to change without notice



Saturday May 22 nd	4pm	MPST150, MLOL, Bandolero
Sunday May 23 rd	4pm	Late Model 100, Legends, Street Stock 50, AMT, Mini Stock, Bandolero, WOW
Saturday June 5 th	4pm	Pro Stock 150, Late Model, Street Stock, Mini Stock, Bandolero
Saturday June 19 th	6pm	Late Model, Legends, Street Stock, Mini Stock, Bandolero, WOW
57th River Glade International Weekend		
Friday July 9 th	7pm	Late Model 100, Street Stock 50, Mini Stock, WOW
Saturday July 10 th	6pm	MPST 200, Vintage Tour, ECMST, Bandolero
Sunday July 25 th	2pm	Day of Destruction - Enduro 150, Demolition Derby
Saturday August 7 th	4pm	Late Model 100, Street Stock 100, Legends, Bandolero, WOW
Saturday August 28 th	6pm	MPST150, Late Model, Street Stock, AMT
Saturday, September 11 th	6pm	Late Model, Legends, Street Stock, AMT, Mini Stock, Bandolero, WOW
Eighth Annual Mike Stevens Memorial Weekend		
Friday Sept 17 th	7pm	Street Stock, Legend, AMT, Mini Stock, Bandolero, WOW
Saturday Sept 18 th	4pm	Super Late Model 200, Late Model, MLOL, Bandolero

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1 can corn
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2 Tablespoons butter
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Mix corn with cubed tomatoes,
Black beans, and herb vinaigrette.

Helpful hint: to soften hardened brown sugar put in microwave for 9 or 10 seconds, you should be able to work with it then. Time depends on size you mic.

**CHERRY DESSERT**

In a bowl combine
! ½ cups flour
½ cup oatmeal
1 cup brown sugar
½ teaspoon soda
½ teaspoon salt
Cut in ½ cup of softened butter
Blend until particles are small and uniform
Press ½ the mixture into an 8x8 baking dish,
Add can of cherry pie filling, then cover filling with remainder of crumbs

Bake in 350F oven about 50 minutes.
Can be served warm with ice-cream or whipped topping,
may also be served as squares.

**Best Ever Senior Citizen Joke**

A little silver-haired lady calls her neighbor and says, "Please come over here and help me. I have a killer jigsaw puzzle, and I can't figure out how to get started."

Her neighbor asks, "What is it supposed to be when it's finished?"

The little silver haired lady says, "According to the picture on the box, it's a rooster."

Her neighbor decides to go over and help with the puzzle. She lets him in and shows him where she has the puzzle spread all over the table.

He studies the pieces for a moment, then looks at the box, then turns to her and says, "First of all, no matter what we do, we're not going to be able to assemble these pieces into anything resembling a rooster."

He takes her hand and says, "Secondly, I want you to relax. Let's have a nice cup of tea, and then, "he said with a deep sigh....."

"Let's put all the Corn Flakes back in the box."

EIGHT COMMANDMENTS FOR SENIORS

- 1 - Talk to yourself. There are times you need expert advice
- 2 - In Style are the clothes that still fit.
- 3 - You don't need anger management. You need people to stop making you mad.
- 4 - The biggest lie you tell yourself is, I don't need to write that down. I'll remember it."
- 5 - It would be wonderful if we could put ourselves in the dryer for ten minutes, then come out wrinkle free and three sizes smaller.
- 6 - Lately, You've noticed people your age are so much older than you.
- 7 - Growing old should have taken longer.
- 8 - You still haven't learned to act your age, and hope you never will

And one more:

"One for the road" means going to the bathroom before you leave the house.

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Ground-Hog Day

Father Ground-Hog yawned and stretched.

"Ho hum!" said he, "It has been a long winter. I hope we have an early spring."

"Ho hum!" said Mother Ground Hog. "That is what we hoped last year, but you know what happened."

"Yes," sighed Father Ground Hog, "we sent Junior outside to see what kind of weather we were having. He came back in, saying a big, black thing had frightened him."

Mother Ground Hog laughed. "We stayed in our winter quarters for six more weeks."

Father Ground Hog said, "I think I will go to look out-of-doors myself this time."

Junior Ground Hog spoke up. He said, bravely, "I will not be afraid this time, father. Let me go again."

"Very well," said Father Ground Hog.

So Junior Ground Hog started out. He went very slowly, because he was still a wee bit frightened about what happened on February second the year before. He had crawled up out of the hole in the ground. He had seen something dark at his feet. He did not know it, but he had been looking at his own shadow. It had frightened him so he had run home.

This time, the sun was not up. There was no shadow for him to see. He stayed out so long, that finally Father and Mother Ground Hog knew that they could follow.

"I am so glad Junior stayed out," said Father Ground Hog, for that means we can all stay out and enjoy an early spring."



Bide Awhile With Me

by Gloria Scribner

Lord, 'bide awhile with me?
The day has just begun
And "lonely" came to call
On me at rising sun

I said: "Please leave"
"You are not welcome here",
But though I bid him go
He lingered near

My heart wept deep inside
For some respite
And You appeared
Just as I'd prayed you might

You hovered near
And smiled encouragement
You drove out fear
'Twas time with you well spent

I read your word
And held it close to me
It gave me strength
You said you'd always be

With me, come good or ill
When I am lonely
You remind me still
Your arms are only

One small prayer away
And so my plea
Is "Lord", come by
And 'bide awhile with me.



PROTECTING OUR FUTURE

Anglophone Rights Association of New Brunswick A Message to All New Brunswickers

The Anglophone Rights Association of New Brunswick does NOT oppose bilingualism as is being stated by some publicly. Those who are perpetuating the notion that ARANB is opposed to bilingualism are intentionally attempting to avoid meaningful discussion that would lead to fair and equitable resolution to the issues.

There are issues with respect to the "implementation" of bilingualism in New Brunswick that must be addressed to ensure fairness to both Anglophone and Francophone/Acadian communities within New Brunswick.

Some of these issues include:

1. Legislation to ensure fair and equitable participation in the public service by both Anglophones and Francophones that reflects the society they serve.
2. Establishment and implementation of fair and reasonable language proficiency levels.
3. Updating language testing processes and procedures both in the Anglophone education system and for employment within the public service. This includes all first responders.
4. Lack of government consultation on issues pertaining to the Anglophone community in New Brunswick.
5. Unacceptable levels of literacy and language competency for our Anglophone youth.
6. Imbalance in government funding for our education and healthcare systems.

We feel it is incumbent upon Premier Higgs and his government to initiate and facilitate meaningful discussions with Anglophones and Francophones that will lead to resolutions of the issues to create a better future for all New Brunswick.

All New Brunswickers have the right to have representation at the table for the Official Languages Act review, to express concerns and solutions to issues on how the OLA is implemented. The Act affects ALL New Brunswickers and until a fair balance is reached, the divide between the linguistic groups will continue.
ARANB Board of Directors

anglophonerights@mail.com
www.aranb.ca

Sudoku (page7) Answers

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

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CLASSIFIED

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

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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

UPCOMING EVENTS

The Five Points Baptist Church
During this time of social distancing, our
Gospel Jam Session

will be in a video format
Join us on the 3rd Sunday each month at 6:30pm
on our facebook page

www.facebook.com/FivePointsJam

Contact Ross 534-2461 for more information

JOB OPPORTUNITY

Jordon Life Care Centre
747 Sanitorium Road
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Looking to fill the following positions immediately:

Part-time PSW's
Experience Preferred

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Must have an active registration with the Nurses Association of New Brunswick.

Part Time Rehab Coordinator
Experience Preferred

Please Submit your application/
Resume to shelley.duggan@rogers.com
Jordan Life Care Centre , The Glades

Country Care
Special Care Home
67 Steeves Rd, Interval, NB

Looking to add to our team! If you enjoy working with seniors and making a difference in someone's life and have CPR & First aid please call Nancy at 506-866-4480

THANK YOU

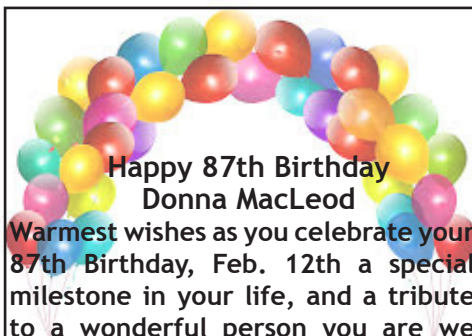
Thank you to all who sent me cards for my Birthday.
Special thanks to my daughter Michelle and the Tiny Steps Day Care for the cards they made for me
Juliette Crosby

A huge Thank You to everyone who came out and supported the Benefit for Ralph Demont on Jan 3, 2021 at the Havelock Memorial Hall. It was a GREAT help!

BIRTHDAY WISHES



HAPPY BIRTHDAY
to our AWESOME Mother
Eleanor Smith-McFee
Who will be celebrating her
'101' birthday
on February 1, 2021
Lots of Love and best wishes.
From Wayne, Ken, Brenda,
Patrick and all your grandchildren
and great grandchildren



Happy 87th Birthday
Donna MacLeod
Warmest wishes as you celebrate your
87th Birthday, Feb. 12th a special
milestone in your life, and a tribute
to a wonderful person you are we
have so much to be proud of.

Love your 9 children

FOR SALE

Office desk for sale. In good shape,
No good offer refused. Can be seen at
Maritime Motorsports Hall of Fame, 5
Hooper Lane, Petitcodiac, NB or phone
756-2110.



MEMORIAL

In Memory of Maurice Chambers



Your life was a blessing,
Your memory a treasure,
You are loved beyond words
and missed beyond measure.
From your beloved wife Susan Chambers,
Children and Grandchildren

***"Life as we know it has
changed forever"***



Nancy Van Ginkel (Plume)
Aug. 6, 1965 - Jan. 13, 2018

Those we love don't go away,
they walk beside us every day.
Unseen, unheard, but always near,
so loved, so missed, so very dear.

Love you forever
Nancy's Family

MEMORIAL

The Sign In The Hall Unit 4600

How cool is it that
The same God who
created mountains and
oceans and galaxies
looked at you and thought
The world needed one
of you, too. ☺

You noticed it on the way
into the ward.
It made you smile.

The time was tough, not an easy one,
but the sign kept you focused every
time you went by it to her room.
I must have read it a hundred times
during those few days at the hospital.

Then she went,
and it was time to move on.
Take the things that need to be taken,
say thank you to those who helped,
and pass the sign on the way out.

Like the mountains are slowly
washed into the sea,
so we are born, live and pass on.
But unlike the galaxies that one day
shall come to an end, a merciful god
promises that we shall not come to an
end, but we will be together forever
with Him, if we accept
His offer of life.

Now it hurts, but He promises to dry
away every tear.

It is very cool that
He made Bessie O'Brian,
one day we shall be together again.



In memory of
Bessie O'Brian
April 5, 1931 - February 16, 2020
Mother, Grandmother, Wife, Sister,
Mother-In-Law, and Friend.
Healer of skinned knees
and broken hearts,
Full of knowledge and kind words.
A master Scrabble player,
and lover of Chocolate.

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OBITUARIES

Ronald Davis
1953 - 2020



Ronald Alfred Davis, 67, of Spruce Grove, Alberta, lost a long battle with cancer after contracting COVID early in December, succumbing to these illnesses peacefully, pain free and with his children at his side on December 25, 2020. Ron is survived by his son Sheldon Davis, Daughter Krysal Buckingham, their mother LeeAnn Davis, grandkids Kalyx, Tyler, Kinley, Emily and Jenna. Brother, Larry of Edmonton, Alberta and brothers and sisters in New Brunswick Danny, Mike, Debbie and Sheila as well as their loving spouses and families. He was predeceased by his parents Fred and Florence of Little River, NB. He leaves behind countless friends that will forever be touched by his part in their life. The family would like to thank them greatly for all the support they have received throughout this difficult time.

There are not many people that have met Ron that have not left his presence without a smile or a good laugh at one of his offside, or dad jokes. He always had a positive and upbeat attitude that was infectious to all those around him. Ron was not one to stay put, he could be found visiting his kids and grandkids almost daily. Heading out to a local coffee shop to visit with one person or another, he always seemed to know someone no matter where he went. His passion, other than his family, was riding motorcycles. The miles he would put on in a summer were astounding. He would often meet up with groups of friends and just start riding, ending up on the open road for a few hours up to a few days. He will be missed in the community, especially the biking community that he spent most of his summer with. We will miss you Dad/Papa/Ron, may you be at peace and forever in our hearts.

The family has decided to forgo a formal service until such time that the restriction on gatherings are loosened. We will notify when a celebration of life is planned.

Memorials may be placed through the Salisbury Funeral Home website at www.keirsteads.ca.



OBITUARIES

Iris Horsman
1929 - 2020



Today with heavy hearts we are announcing the passing of our beloved mother Iris Horsman.

Iris lived her life to the fullest even though she faced true hardships in her life. She was born in Bradford, England June 16, 1929 to her parents John & Ivy Goulding.

Iris loved to tell stories of her childhood in England. As a little girl she lived through WWII and she would recount her memories of hearing the sirens and having to retreat to the stone basement in darkness to stay safe during the bombings. Somehow this experience never tainted her zest for life and she had a wonderful ability to make the most out of life. She used to dream of fairies living in her garden and loved to visit her grandparents farm in the country and family vacations to the shore. At the age of 15 she studied to become a hairdresser and continued her career until the age of 67 when she broke her wrist.

When the war ended her sisters moved to Canada, one of them being a war bride. Grandmother Goulding was determined to keep the family together so Mom was sent alone on a ship to Canada (much to her dismay) to be with her twin sisters Eileen (Horatio Murray) and May (Brian Murray). Her parents joined the family shortly after.

When Iris first settled in Canada she was a hairdresser in Doaktown where her sister lived but she missed living in a more urban setting so she traveled by train to Moncton to apply for a job at Eatons. She got the job and met a man named William (Bill) Horsman. He was traveling with his work crew and there were no seats left on the train, he winked at her and offered her his seat. She thought he had an awful nerve...and just months after they were married. Their story was a success. They spent 46 years happily married and loved to spend time together taking care of their three children Valerie, Wyatt and Sharon.

Iris Spent her time hairdressing, gardening, pickling, cooking, fishing salmon and was even a licensed guide for a few years. She was the leader for a girls fellowship group called Explorers, she served on the "Pine Hill Cemetery" committee, she was on the board for home and school and she taught "Geri Fitness" for 35 years in Salisbury. Iris

OBITUARIES

loved her church family at the Salisbury Baptist Church and attended until she no longer could.

Iris and Bill loved to laugh and have fun and had friends in every weekend to play cards, shuffleboard and darts. The night would always end with a moose burger. They remained married for 46 years until the passing of our father in 2000. Our parents will forever be remembered for their gardens, vegetable and flower, fishing the great Miramichi, their love of their family and a great sense of fun.

After Bill died Iris loved to travel with many friends and family. She got to return to England twice and loved her British family as well. Iris lived her last two years at Grass Home in Riverview where she received the best possible loving care for her golden years.

Iris is survived by her daughter Valerie (Ron Tracy), son Wyatt (Tracey Horsman) and daughter Sharon (Eric Goggin); her many grandchildren Angela, Trudy, Richard (Valerie Tracy), Lindsay and Scott (Wyatt), Brodie and Gabby (Sharon); great grandchildren Cyane and Jade (Trudy) and Ben and Iris (Scott) as well as many nieces and nephews. Iris is predeceased by her husband William Horsman, her twin sisters Eileen Murray and May Murray and her brother Kenneth Goulding.

Due to Covid-19 restrictions, a graveside service will held at a future date in the spring, at Pine Hill Cemetery. Arrangements are in the care of Salisbury Funeral Home & Crematorium (372-4800).

Donations can be made to Pine Hill Cemetery, CNIB or a charity of choice in lieu of flowers.

www.keirsteads.ca

John Trites
1947 - 2021



John Brian Trites, 73, of Monteagle, NB, passed away at the Moncton Hospital on Friday, January 1, 2021. Born in Moncton, he was the last surviving son of the late Gordon and Thelma (Sear) Trites.

John was a retired equipment operator for the Department of Transportation. He loved animals, especially his two canine companions; Katie, who lived to be 15 and went everywhere with John before predeceasing him and going on to rainbow heaven, and Misty, who is 12 now and will be cared for by John's best friends, Brian and Barb McMackin.

OBITUARIES

John, known to many friends as "Jake", loved horse racing, owned horses in the past, and faithfully enjoyed watching his nephews harness racing. He loved golf, and was a long-time member of the Petitecodiac Golf Course. John was involved in many groups where he made life-long friends.

Survived by his son, David Fougere; one sister, Judy (Trites) McLeod; life partner, Marilyn Trites; and many nieces and nephews. Predeceased by his parents and two brothers, Paul and Peter.

As per John's wishes, there will be no visitation and no service. Arrangements in care of The Salisbury Funeral Home (372-4800). If desired, memorials to the S.P.C.A. would be appreciated.

www.keirsteads.ca

Joel Parsons
1957 - 2021



Joel William Parsons, 63, of Colpitts Settlement, passed away at The Moncton Hospital on Monday, January 4, 2021. Born in Sackville, he was the son of the late Edmond and Stella (Stright) Parsons.

Joel was a lifelong dedicated employee of Modern Enterprises and retired due to his illness after 44 years. A true outdoorsman he enjoyed snowmobiling, hunting, his annual fishing trips and working around his home. For many years he drove his stockcar locally and was an avid NASCAR fan.

Survived and sadly missed by his beloved wife, Charlotte (Piercy-Waddell); his daughter, Jennifer Parsons (Travis); step-children, Zachary (Stephanie) Waddell, Jessica Mollins (Colin); cherished grandchildren, Levi, Calvin, Grayson, Paisley, Gavin; brothers, Garry (Linda), Myles (Sharon), Blaine (Anne); mother of his daughter, Valerie Rossiter; many nieces and nephews, and canine companions, Maggie and Molly.

In light of recent COVID-19 restrictions, public visitation at the Salisbury Funeral Home (372-4800) has unfortunately been cancelled. There will be a Celebration of Joel's Life on his birthday in July.

In memory of Joel, the family would appreciate a random act of kindness to anyone in need.

www.keirsteads.ca

OBITUARIES

Sandra Matheson
1958 - 2021



Sandra Louise Matheson, 62, of Anagance, passed away at her home on Monday, January 4, 2021. Born in Oshawa, ON, she was the daughter of the late William and Marjorie (Whiteman) Wingrove.

Sandra was a homemaker who enjoyed time spent with her family. She was an avid NASCAR fan.

Survived and sadly missed by her husband of 32 years, E. Brent Matheson; sons, Aaron Wingrove, David Brooks, and John Brooks; daughter, Brandi Abernathy; five grandchildren; one great-granddaughter; sister, Cecilia Wingrove; and brother, Bill Wingrove.

The will be no services by request. Arrangements in care of The Salisbury Funeral Home (372-4800). If desired, memorials to the Petitcodiac Golf and Country Club Junior Program.

www.keirsteads.ca

Lily Robb
1928 - 2020



Lily Edith Robb, 92, of Golden Years Estates passed away Tuesday December 29, 2020 at the Moncton Hospital. Born at Hopewell Cape she was a daughter of the late James and Elsie (Goddard) Killam. Survived by her daughters Evelyn Steeves-Robb, Elizabeth Robb, Elaine Carter, Laura Lewis, Nancy Rice and Donna Haley, a sister Iona Reeder, brother Russell Killam, 16 grandchildren, several great grandchildren, nieces and nephews. Predeceased by a daughter Carol, son Phillip, sisters Clara and Hazel, brothers Robert, James, Ernest and George Killam.

A private graveside service will be held at the Five Points Cemetery. If desired memorials to the Canadian Diabetic Society would be appreciated by the family.

Arrangements are in the care of the Salisbury Funeral Home.

www.keirsteads.ca

OBITUARIES

J.R. (Bob) James
1949 - 2021



It is with broken hearts, the family of J.R. (Bob) James of Riverview, NB, announce his passing, which occurred at the Dr. Georges L. Dumont University Hospital, Moncton, NB on Sunday, January 10, 2021 at the age of 71.

Born in St. John's, Newfoundland, he was the son of the late Redmond and Shelia (nee Morry) James. He was a proud railway man, who worked for over 30 years with CN. Although he resided in New Brunswick for the past 29 years, he remained a Newfie in his heart and could often be heard talking about his days at the cabin fishing and telling stories of his time with the railway. He was involved with Air Cadets in Newfoundland and spent several years on the provincial committee as well as an officer with the reserves. He was a lifetime member of the Knights of Columbus, 4th Degree Msgr. Roy M. McDonald Assembly 618 and a member of Council 9270 and 1310. He was the Faithful Navigator and held various other positions over the years. Time spent with family and friends camping, following the ProStock racing circuit, teasing his treasured grandchildren, and a good old-fashioned game of crib or cards will be cherished by his family and close friends.

Loving husband, father, grand-dad, brother, uncle, cousin, and friend. Bob is survived by his devoted wife of 45 years, Marilyn (nee Kelly) James; daughters, Susan (Jacques) Belanger, Sharon Stevens (Jeremy Mitton); precious grandchildren whom he adored, Asha & Jago Belanger, Brody & David Stevens; his sisters, Carol Hodder, Denise Lewis; brother, Paul (Carol) James all of Nfld; mother-in-law, Joan Kelly; sisters-in-law, Jocelyn (Cyril) Downer, Laura (Dean) Harris, Mae Kelly; brothers-in-law, Cyril (Michelle) Kelly, Raymond Kelly, Danny Kelly, Tony (Ros) Kelly, Larry (Karl) Kelly; special cousin, Denis (Christina) Manning; several nieces, nephews, cousins and good friends.

Besides his parents, he was predeceased by his son-in-law, Michael Stevens (2013); father-in-law, Cyril Kelly (2009); brothers-in-law, Wayne Kelly (2006) and Clyde Hodder (2020).

Resting at the Salisbury Funeral Home (506-372-4800). Due to current Covid-19 restrictions there will be no public visitation. A web-link to livestream

OBITUARIES

the private family service will appear on the funeral home website on Thursday, January 14, 2021 at 11:00 am. Public memorial service and interment in Alderwood Cemetery will be held at a later date when Covid-19 restrictions permit. If desired, memorials to the Canadian Cancer Society or the Kidney Foundation of Canada would be appreciated.

www.keirsteads.ca

E. Trent Gogan
1958 - 2021



E. Trent Gogan, 62, of Salisbury, NB passed away suddenly at the Moncton Hospital on Monday, January 11, 2021. Born in Salisbury, he was the son of the late Errol and Dorothy (MacKinnon) Gogan.

Trent retired from Irving after 38 years of working in the mill. He was a jack of all trades who was called on often by friends and neighbours to help with any kind of handy man projects. If Trent couldn't fix something, it was really broke. He enjoyed what he called the finer things in life: being outdoors, hunting, fishing, 4-wheeling, and a good drink.

Survived and sadly missed by his children, Natalie (Adam) Stone, Ryan (Cindy), Dakota, and Thomas (Amanda) Gogan; grandchildren, Aidan, Barrett, Braydon, Braxton, Vanessa, Scarlett, Hayden, Noah, Savannah, Jaxson, and Chase; siblings, Elizabeth Costello, Brian Gogan, Theresa Evans, Greg Gogan, Sherry Collier (Kevin Lewis), and Locky (Janice) Gogan; uncles, Leonard (Theresa) Gogan, Lawrence Trites, and Sterling Trites; brother-in-law, Alan Collier; many nieces and nephews; and special friend, Margaret Keys.

Besides his parents, Trent was predeceased by an infant son; brothers-in-law, Kenneth Costello, Dale Collier, and Bev Evans.

Arrangements in care of The Salisbury Funeral Home (372-4800). Due to Covid-19 restrictions and respecting Trent's wishes, there will be no visitation. A private family graveside service will be held at Pinehill Cemetery, Salisbury, NB, at a later date. If desired, memorials to the Heart and Stroke Foundation would be appreciated.

www.keirsteads.ca

OBITUARIES

Reilly Steeves
1933 - 2021



Reilly Henry Steeves, 87, of Boundary Creek, passed away Thursday, January 14, 2021 at the Moncton Hospital. Born in Steeves Mountain, he was the son of the late Zenas and Dollie (Hicks) Steeves.

Reilly was a farmer raising beef cattle and pigs and also a dealer in horses and Tack Supplies. He farmed on the Salisbury Road for 50 years, then moved to Lower Mountain Road to take over his father's farm. Reilly loved to farm right up until his retirement in 2012. He liked to travel to the U.S.A. buying horses with his friend Joc Tilton and he also enjoyed touring the country side, especially Prosser Brook, and loved being with his family.

He is survived by his wife of 64 years, Roberta (Fawcett); children, Marlene Scott (Rick), Shirley O'Brien (Jeff) and Keith (Jillian); daughter-in-law, Debra Steeves; cherished grandchildren, Kate, Erik, Jamie, Nathan, Curtis, Mitchell, Natasha, Miranda, Zenas-Jordan; eleven great grandchildren; brother, Reid Steeves (Ruth); sisters, Joyce Steeves (Steadman), Nita Steeves, Stella Quartermain (Art), Eva Garnier (late Ernest); several nieces and nephews. Predeceased by his son, Brian; brothers, Raymond and Allen Steeves.

Due to Covid-19 restrictions, a private family service will be held at the Salisbury Funeral Home (372-4800). A web-link to livestream the service will appear on the funeral home website on Monday, January 18 at 1 p.m. Interment at Fair Haven Memorial Gardens.

The family would like to thank the staff of the Driscoll Unit Extra Mural and the staff of the new Grass Home, Riverview.

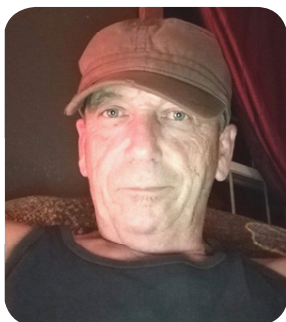
If desired, donations to the Red Cross or the Shriners Hospitals for Children would be appreciated by the family.

www.keirsteads.ca



OBITUARIES

Terry Lewis
1957 - 2021



Terry Lee Lewis, 63, passed away at his home in Colpitts Settlement on Thursday, January 14, 2021. Born in Moncton, he was the son of Jean Killam and the late Lee Lewis. Terry enjoyed working in the woods, woodworking, hunting, and a game of pool.

In addition to his mother, Terry is survived by his sons, Brandon and Ryan MacKenzie and Alex Lewis; brothers, Ward Lewis (Pam), Andrew Killam; sister-in-law, Brenda Trites; special friend, Shelly; and his former common-law spouse, Angie McCully. Besides his father, Terry was predeceased by his brother, Ritchie Lewis; and step-father, Earl Killam.

Resting at The Salisbury Funeral Home (372-4800) from where a private family service will be held. A web-link to livestream the private family service will appear on the funeral home website on Sunday, January 17, 2021 at 1:30pm. Interment in Middlesex Cemetery. If desired, memorials to the Middlesex cemetery would be appreciated.
www.keirsteads.ca

Gary Jones
1946 - 2021



Gary Wayne Jones, 74, of Petitcodiac, passed away on Tuesday, January 19, 2021 at the Moncton Hospital. Born in Moncton, he was the son of the late Lloyd and Evelyn (McKay) Jones.

Gary was a truck driver for Drury Transfer (Armour Transport). He and his brother Gerry were "The twins of Petitcodiac" and did almost everything together, including volunteering with the Petitcodiac Volunteer Fire Department for over 51 years; a big part of Gary's life. Gary enjoyed golfing, was a member of the Petitcodiac Golf and Country Club, Club Captain for over 15 years, and genuinely enjoyed the community and the connections he made there. He loved to work in his

OBITUARIES

woodworking shop, and would spend time with anyone who would build with him. Gary had many friends, all of whom he cherished deeply.

Gary is survived and sadly missed by his wife of 46 years, Alice Jones; children, David Jones (Tracy), Tracey McLaughlin (Gary), Tabatha Diepman (Roger) and Cassey Steeves (Shane); grandchildren, Corey and Airelle Jones, Jason, Rebecca and Robin Diepman, Izaak McLaughlin, and Connor Steeves; great-grandchildren, Gweneviere and Savannah; twin brother, Gerald Jones (Fran); many siblings-in-law, nieces and nephews.

The family wishes to thank Dr. Blanchard, Dr. Brown, the nurses and staff at Moncton Hospital Unit 4200, and his home care workers for the care Gary received. Also, a very sincere thank you to all who reached out to Gary as his health declined and helped him in so many ways, especially Brian Gaudet and his brothers-in-law, Byron and Morgan for going above and beyond.

Arrangements in care of the Salisbury Funeral Home (372-4800). A private family graveside service at The Grangeville Baptist Cemetery will be held at a later date. If desired, memorials to the Petitcodiac Volunteer Fire Department, or a charity of choice would be appreciated.

www.keirsteads.ca

Audrey Stewart
1927 - 2021



It is with heavy hearts and great sadness that we announce the passing of Audrey Stewart, 93, from Elgin, NB at the Moncton Hospital on January 23, 2021. Born in St. Martins she was the daughter of the late Graydon and Dora (Brown) Gillcrist.

Audrey was predeceased by her husband John who she was married to for 46 years. She spent many years as a homemaker on the family farm where many memories were made. In her younger years she enjoyed quilting with her mother-in-law and hosting family dinners. Audrey enjoyed knitting hats for newborn babies and donating them to the hospital. There are many kids around today that are wearing the mittens she had made. Audrey took great pride in being a lifetime member of the Elgin Women's Institute. She loved to go for Sunday drives and the first thing she would ask was "where are

OBITUARIES

we going to eat". Audrey was fortunate enough to live in her own home until the age of 90 before moving to Kodiak place in Petitcodiac where she made wonderful friends. Special thanks to the caregivers and staff at the Silver Fox Estates in Salisbury where she resided the last six months.

Audrey will be deeply missed by her children Linda Steeves of Elgin, Laurie Stewart of Petitcodiac, and Darrell (Darlene) Stewart of Lincoln, NB. She will live on in the hearts of her cherished grandchildren Lorie (Bruce) Paterson of Havelock, Brad Steeves of Elgin, Jody (Rebecca) Stewart of Havelock, Jolene (Chris) O'Blenis of Petitcodiac, Alicia Stewart of Fredericton, NB. Audrey took great joy in watching all her great grandchildren grow; Mattea, Tyler, Dylan, Connor, Jackson, Lincoln, Wyatt, Chase and Chandler and great great grandchildren Isabelle and Alphonse. Survived also by siblings Jessie Bennett, William Gillcrist, Mildred Dupree and Ward Gillcrist and sister-in-law Roberta Wood.

Besides her parents, Audrey was predeceased by her Son-in-law Garry Steeves, Daughter-in-law Sherry Stewart, Grandson Nathan Stewart and siblings; Roy, Murray, Clayton, Harvey, Lawrence, Douglas, Helen and Dorothy. Special thanks to the staff on the third floor and palliative care unit at the Moncton Hospital.

Due to the current restrictions with COVID-19 a graveside service to celebrate Audrey's life will be held at a later date. Arrangements are in care of the Salisbury Funeral Home (372-4800). If so desired, donations to the Elgin Fire Department or any non profit organization of your choice would be appreciated.

Personal condolences and memories can be made at www.keirsteads.ca.



CHURCH SERVICES

NOTICE: Please check your church for the latest updates on Services, as our levels keep changing due to COVID 19 numbers

Petitcodiac Baptist Church

- Sunday Worship

Check our Facebook page, website (www.petitcodiacbaptist.ca) or call 756-2295 to get latest updates on service times.

- Health protocols will be observed at all events and to check our website (www.petitcodiacbaptist.ca) to preregister for children/youth events or to call the office (756-2295) for more details."

CHURCH SERVICES

Salisbury United Church
76 Smith Street, Salisbury

Service at 10am
All Welcome!

Havelock Baptist Church
2046 Route 885
Morning Worship at 11am
ALL WELCOME!

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

Centerpoint Wesleyan Church
1988 Rte 885 Havelock

Morning Worship Service -
Sunday 10:30am
All Welcome!
Pastor Glen McVicar
Kids Club - Tuesday 6:15pm
Youth Group - Friday 6:30pm
For more information call
Aaron McVicar - 994-0200 or 544-8253

Anglican Parish of
Salisbury & Havelock
Please check for updates

We will be gathering at the usual times: at St. Andrew's in Petitcodiac at 9:00 am and at St. John's in Salisbury at 11:00 am. Masks, of course, are highly recommended (we have some at the church if you need one).
Everyone's Welcome to attend.

KEVIN A. MURRAY

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Forest Glen, NB E4Z 6C8

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Cell 866-3960 or 866-4572

Salisbury Happenings



Village of Salisbury News

FULL-TIME JOB OPPORTUNITY - RECREATION/Wellness/LEISURE

The Village of Salisbury is hiring a director who will be responsible for the overall planning, developing, coordinating, organizing, direction and control of various recreation, sports, leisure, and wellness activities in order to provide opportunities and encourage and promote a healthy lifestyle for all community residents.

A key part of this position will be the promotion of recreation and wellness, special events, and fundraising.

The Director will work closely with Village Staff, Council, and community volunteers to ensure quality and effective programs are delivered.

* Please submit your resume, in person from 8:30 AM to 4:30 PM, Monday to Friday, 56 Douglas Street, Salisbury, NB E4J 3E3, by fax at (506)372-3225, or by email at vilsalisbury@nb.aibn.com.

Must be received no later than noon, Friday, February 5, 2021. *

We thank all applicants for their interest; however, only those being considered for an interview will be contacted.

The Village of Salisbury is an equal opportunity employer.

GENERAL OPERATING ACCOUNT

Total Budget	\$ 2,446,937
Tax Base	\$ 184,039,050
Total Revenue	\$ 328,527
Community Funding and Equalization Grant (received from NB government)	\$ 196,694

The 2021 property tax rate for village residents has been set at \$1.0442 per \$100 of assessed property value, an increase from the 2020 rate of \$0.9998. This means a house valued at \$100,000 will pay \$1,044.20 in property tax.

UTILITY (SEWER) OPERATING ACCOUNT

The sewer rate for 2021 remains the same at \$305.00 per unit. After March 1st, interest of 2% per month will be added to all overdue sewer accounts beginning in January.

OVERDUE SEWER ACCOUNTS

By-Law 45, Relating to the Collection of User-Charges for the Sanitary Sewerage System allows for disconnection of services on overdue accounts. Any unpaid portion of sewer charges after the due date can be subject to refusal or discontinued at any time without notice. Where a sanitary sewerage system has been discontinued, the owner of the premises shall rectify the violation to the satisfaction of the Municipality and pay a sum determined by the Administrator/Clerk, as well as any costs associated with the reconnection of the sanitary sewer supply before the sanitary sewerage is reconnected. This applies as well to any accounts currently outstanding. Arrangements for a payment plan with respect to delinquent accounts must be made.

The complete by-law can be found on our website, www.salisburynb.ca.

GARBAGE - SPRING & FALL SPECIAL PICK-UP (ROADSIDE) * WITHIN VILLAGE LIMITS *

Village of Salisbury Spring Special Pick-Up Day is scheduled for Monday, May 3, 2021.

Village of Salisbury Fall Special Pick-Up Day is scheduled for Monday, September 27, 2021.

MOBILE ECO-DEPOT (HOUSEHOLD HAZARDOUS WASTE)

Southeast ECO360's "Mobile Eco-Depot" will be at the Salisbury Baptist Church, 3128 Main Street on:
Wednesday, May 12th & Thursday, May 13th from noon-8:00pm both days

NOTICE TO DOG OWNERS

New Brunswick SPCA will assume the 2021 Animal Control duties for the Village of Salisbury. Please direct any dog-related complaints or inquiries to New Brunswick SPCA at 1-877-722-1522. For information on stray or lost dogs found within the village limits, visit the New Brunswick SPCA Animal Protection Facebook page - <https://www.facebook.com/newbrunswickspca>.

DOG TAGS

Your 2021 Village of Salisbury Dog Tags must be purchased by the end of March to avoid a late fee. A \$15.00 penalty will be added to the regular registration fee for tags not bought before April 1st.

Registration fees are:

- \$10.00 for spayed or neutered dogs
(this fee increases to \$25 as of April 1st (late fee)); or
- \$30.00 if not spayed or neutered
(this fee increases to \$45 as of April 1st (late fee)).

Every owner of a dog(s) over the age of three (3) months shall have such dog(s) vaccinated against distemper and canine parvovirus and must repeat this process every two (2) years thereafter. Every owner of a dog(s) over the age of four (4) months, shall have such dog(s) vaccinated against rabies and every three (3) years thereafter.

In order to buy a dog tag, you must show an official receipt from a licensed veterinarian hospital with the breed, colour and name of dog showing on receipt, as well as the veterinarian hospital tag number.

*** NO ONE WILL BE ISSUED A DOG TAG WITHOUT THE OFFICIAL RECEIPT. ***

Dog Tags can be purchased at either the Village Office (located at 56 Douglas Street) or at Silver Fox Veterinary Medical Centre.

COVID-19/CORONAVIRUS

*** THE FOLLOWING MAY CHANGE DEPENDING ON DIRECTIVES FROM THE PROVINCIAL GOVERNMENT: ***

Village of Salisbury departments continue to be open and operational during the COVID-19 pandemic; however, access is strictly controlled by various means due to New Brunswick Public Health and Worksafe NB directives. To this end, due to limited space inside the Village Office and the requirement to have physical distancing, there can be only ONE person at the office counter at a time (or people, but only if they are in the same "bubble"), with others having to wait outside until they are called into the office. Because of this, the front door at the Village Office remains locked. Please ring the doorbell for entry and the door will be unlocked for you. Again, if there is a customer ahead of you, you will be asked to wait until that customer exits. At this time, it is not mandatory to make an appointment to come to the office. Coronavirus-related updates to the public from the Village of Salisbury will continue to be made via the municipality's website (www.salisburynb.ca) and the Village of Salisbury Facebook group page (<https://www.facebook.com/groups/828648160647950/>).

WINTER PARKING

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

BE 72-HOURS READY!

Winter has arrived, and it's important that all of us be prepared in the event of storms that result in power outages. In partnership with the New Brunswick Emergency Measures Organization, the Village of Salisbury urges its residents to be 72-hours ready; that is, be prepared to manage on our own for at least 72 hours while NB Power works to restore service. Have an emergency plan and a storm kit covering the needs of your family (including pets!). The Village of Salisbury diligently monitors weather conditions, keeping in close communication with NB EMO in preparation to respond in times of emergency. With the environment changing, it should be noted that storms are increasing in intensity, if not frequency, further underscoring the importance of being 72-hours ready!



Follow our Facebook page for up-to-date information on events and activities.



SALISBURY WINTERFEST

Salisbury Parks & Leisure will be hosting its first month long Winterfest. During the month of February there will be a variety of activities to participate in virtually, from your own back yard or in the community. Here is a few of the things we have planned. Outdoor scavenger hunt, turkey poker, snowman/snow sculpture contest, online cooking classes, lantern lit trail walk, online paint classes, snowshoe poker just to name a few. Keep your eyes open for our Winterfest activities passport and information on how to enter your name or pictures for prizes.

SALISBURY FITNESS



Monday/Wednesday/Friday at SBC gym 10-10:45
Monday & Friday full body work out, Wednesday-tone & flex
Membership fee-\$60 for 22 session pass (no drop ins due to covid regulations)
Class spaces need to be reserved (limit of 16 participants/class)
For more info contact Donna at 372-3280 or email donnahunwickshopper@salisburynb.ca

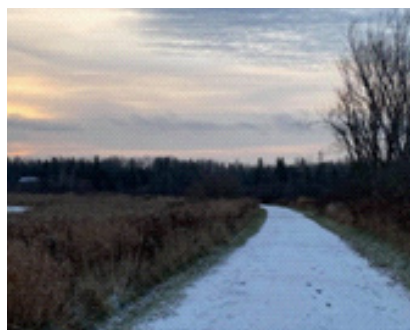
SALISBURY PICKLEBALL 5 TIMES A WEEK



Monday & Wednesday & Friday 11-12:30
Monday evening 6:30-9:00 pm
Tuesday & Thursday 3-4:30 pm
All sessions are at Salisbury Baptist Church, players of all levels welcome, \$2 drop in fee
Google form is required for your first time, tracking sheet must be signed each time you attend a session
Call 372-3280 or email donnahunwickshopper@salisburynb.ca for more info.

KEEP ACTIVE THIS WINTER

We are hoping for some skating weather soon, but in the meantime, you can slide anytime at Salisbury's Highland Park. Our wetland trail is plowed and maintained all winter long for walking. Check out the new woodland trail it is perfect for cross country skiing, walking or snow shoeing. Salisbury Parks & Leisure has snowshoes and cross-country skis & boots that can be borrowed anytime.



Salisbury Lions Club



Pancake & Sausage Breakfast, Drive Thru (Take out)
Saturday, February 20 - 7am TO 10am

Breakfast Includes

Pancakes, Sausages, Maple Syrup, a sweet
Coffee or Juice

Cost \$8.00 per person



Approach via Peter St. exit via Smith St.

In Support of Lions Community Projects

SOCIAL DISTANCING MEASURES WILL BE PRACTISED

The Salisbury Lions Pancake Breakfast will only proceed if our area is in the yellow or green zone.

Salisbury Legion

Because of the rising numbers in Covid cases,
the Salisbury Legion is now closed until further notice.

Follow us on Face Book for more updates.



**FUNDRAISER
WIN A MINI SPLIT**
AND INSTALL!
SA | SOURCE ATLANTIC

Fillmore Heating & Cooling have teamed up with Source Atlantic to donate a 12000 btu LG gloss white mini split install to The Salisbury Legion to raise money for ongoing up keep of the building.
Model numbers LSU120HSV5 & LSN120HSV5
These units have built in wifi, drain pan heater and a 10 year parts & compressor warranty.
The install must be within a 50 km radius of Salisbury Legion.
It also must be a 25ft pipe run and a 25ft electrical run maximum.

**This is a \$3000 value.
Tickets \$20 each or 3 for \$50
Only 500 Tickets Sold!**

We still have tickets left for the Mini Split! Tickets are \$20 each or 3/\$50. Everything is included. Only 500 are being sold. Available at Salisbury Legion during business hours and now also available at Dan's Damages.

On behalf of the Legion we are hoping you all Stay Safe and we are looking forward to when we can all get together again. We Thank You all for your support during this difficult time! Without caring people like you we would not have gotten through this. Thanks again.

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