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The unforgettable tale of a bride-to-be trying to find her real father using the storytelling magic of ABBA's timeless songs.

> Directed by Jennifer Mabey Imperial Theatre May 23-26, 2018

> > - See Information, Page 2

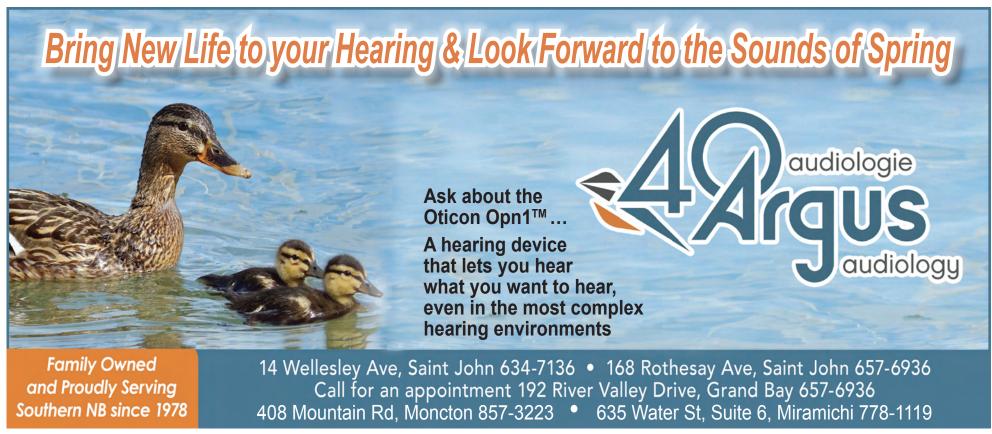
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## New Wheels give NB Couple more Soul...





David Deline, left, Port City Kia general manager, presents Jennifer and Andrew Wall of Rothesay NB with the keys to their new 2018 Kia Soul. The walls won the car in Kia's Atlantic Canada Black Friday Contest.

Andrew Wall's efforts to switch vehicles this year just got a lot easier. The Rothesay NB resident intended to trade in his Jeep Compass for a newer, more efficient fuel-efficient car.

But he and his wife, Jennifer ended up winning a 2018 Kia Soul from Port City Kia in East Saint John.

"It's fantastic," Wall said "It's going to save us a lot of money and it was unex-

pected." The Walls, who co-own Drew and Jen's No-frills at Lancaster Mall, won the car in Kia's Atlantic Canada Black Friday contest.

When they found out they won, they both thought it was a good to be true. "I had more questions than you would believe," he said. "I kept asking them' are you sure about this? But it's great."It's incredible.

"He was more sceptical then I was,"Jennifer said. The Walls'prize marks the third Kia in their family.

Both Andrew and Jennifer said that they've always like Kia's. "They're great cars, "said, Jennifer. Andrew said he planned to look at Kias when upgrading later this year.

"Getting into something new mattered most to me,"he said. Jennifer said a Soul wasn't likely their first priority When switching cars, but they wouldn't say no to winning a free one. "We've got it now," she said. "There are no complaints if someone is going to hand it to you."

David Deline, Port City Kia general manager, said all Kia dealers in Atlantic Canada participated in the Black Friday contest.

He said all ballots were submitted to Kia's marketing firm in Ontario and the Walls were randomly chosen as the lucky Atlantic winners. "It's fantastic that someone local from greater Saint John won a new vehicle," said Deline. "We sometimes take a backseat to Moncton, Halifax and Fredericton."

"Here's another reason why it's great to live and buy Cars in Saint John and get one for free every once in a while ."

Mr.Deline said the car included a three-year, no charge at lease.





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## The War Amps Celebrate a Century of Service...

#### One Hundred Years and Still Much to Do. The War Amps Celebrates a Century of Service.

A hundred years ago, amputee veterans returning from the First World War started The War Amps to share concerns and assist each other in adapting to their new reality as amputees.

They never dreamed that this unique Association would become a household name to Canadians and that it would still be profoundly changing the lives of amputees, like Rob Larman, a century later.

Larman lost his right leg at the age of 14 after friends dared him to jump onto a

moving train. Enrolled in The War Amps Child Amputee (CHAMP) Program and later working at the Association's Key Tag Service, he was taken under the wing of war amputee veterans who shared their lifetime of experience with amputation.

"It moves me greatly to think of how these remarkable First and Second World War 'amps' enabled me to overcome my amputation, and

I have been proud to, in turn, help the younger amputees who have come after me," said Larman, now Director of The War Amps PLAYSAFE/DRIVESAFE Program.

Although the Association has developed many innovative and unique programs over the past 100 years, there is still much to do to

ensure amputees have the artificial limbs and devices they need to lead independent and active lives.

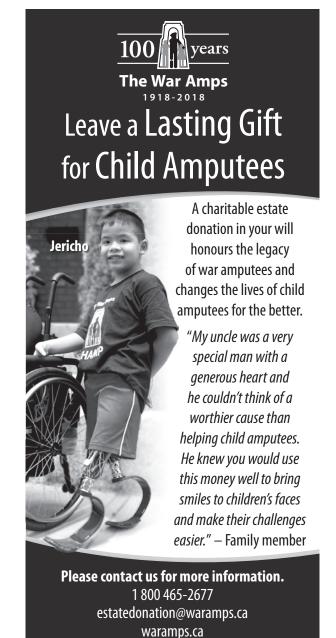
"With the public's support of the Key Tag and Address Label Service, our commitment remains to improve the lives of amputees long into the future," said Larman.

Donors may also choose to leave a gift or charitable bequest in their wills.

For more information, or to order key tags, call toll-free 1 800 250-3030 or visit waramps.ca.

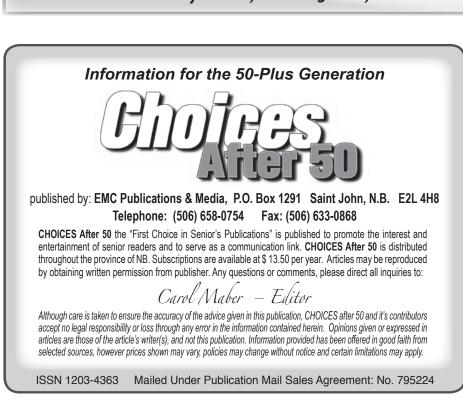


Larman and a member of The War Amps Child Amputee (CHAMP) Program lay a rose at the grave of Curley Christian, the only quadruple amputee to survive the First World War.



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## Love the Outdoors – Backyard Living Activities...

Ah, spring. The sun is shining, the birds are chirping, and the outdoors is calling. What a better season than spring to enjoy the open air and get outside with family and

friends.

As Canadians, most of us have experienced long and gloomy, bitter winters, so it is important to take advantage of the sunshine while it is here. Whether it is going on a hike, heading to the local, neighbourhood park, or simply enjoying some quiet moments of tranquility and solitude in your backyard.

"For me, springtime is all about looking for fun ways to get active and finding those excuses to get outdoors again," says Backyard Living Expo Show Manager Sylvia Franklin. "It's the perfect time to try a outdoor hobby that everyone can enjoy."

To get you and your family up and out of the house, the Backyard Living Expo has rounded up a list of fantastic activities to get you outdoors again, and make the most out of the sunny season:

Get into Gardening: Whether you are an avid green thumber, or gardening is something you're looking to learn more about this season, it is the ideal activity to take up as a family or get children involved with. Teach kids all about planting their very own vegetable garden, or take some time together to discover all the beautiful flowers that are in season. Spend a day planting and designing an outdoor oasis for your backyard!

Enjoy a family meal...

**outdoors:** There is nothing like enjoying a few drinks and delicious food outdoors, in the company of good friends. But rather than merely enjoying your meal in the great outdoors, why not move it all outside and

> Those who respect themselves will earn the respect of others...

> > \* \* \*

When you sit with a nice girl for two hours, you think that it is only a minute. But, when you sit at a hot stove for a minute, you think it's two hours. That, said Albert Einstein, is relativity...

Nature, day after day, is painting pictures for us of infinite beauty...

The greatness of any person can always be measured by their willingness to be comforting and kind...

cook your entire supper in the fresh air, as well? Outdoor Pizza Ovens gives you the opportunity to do just that with their selection

> of gourmet wood fired pizza ovens, meant for - you guessed it – the outdoors!

#### Explore local parks and

Although you may live in the city, that doesn't mean that you don't have your share of outdoor oases as well. Some top spots to check out this season for enjoying some recreational trekking and other outdoor activities include a hiking trail, greenhouses and even a zoo!

#### Cool off with a D-I-Y slip 'n slide:

After a fun-filled day outdoors, nothing better to cool you off than slapping together your very own slip 'n slide! Sure to make you the most popular house on the block, a slip 'n slide is surprisingly easy to make, and not to mention, outrageously fun! All you need is a long sheet of thick plastic or tarp, water,

and dish soap or baby oil (if you don't mind getting a little greasy). After laying out the long sheet, and staking it down into the ground, use a hose to add water then soap, slap on a pair of swimming trunks and you're set to slide! It is the perfect remedy for cooling down and escaping the heat if you need a little break.

"After a long winter season holed up in our homes, it is certainly time for



Canadians to emerge from hibernation and start loving the outdoors again," adds Franklin. "Winter will be back before we know it, so let's enjoy it while it lasts." - Backyard Living Expo is the ultimate and only

backyard event of its kind in Canada. Launching this year, the consumer show

will exhibit products and services to best serve outdoor living spaces the perfect spot to shop, taste and explore everything backyard living this spring.



#### PROBLÈMES D'ASSURANCES?

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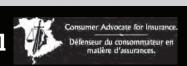






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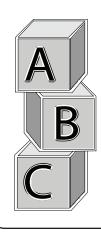
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## Ten Ways to Get your Car ready for Spring & Summer...

Winter sweaters and boots have been packed away in favor of shorts and sandals. Has your vehicle benefited from the same maintenance you've performed on your closets? Warm weather means long weekend getaways and even longer vacation road trips, and taking the time to perform seasonal maintenance today can help avoid trouble later. Here are 10 tips for spring and summer car care. In some cases, you'll be able to perform these procedures yourself. Others are best done by a

be able to perform these procedures yourself. Others are best done by a mechanic as part of a tune-up. Some will help your vehicle look better. Most will help it perform more efficiently and get better gas mileage.

#### 1. Get rid of road salt on the undercarriage.

Road salt can damage your vehicle by eating away at its undercarriage. Use a garden hose with as much water pressure as your system can muster to loosen winter grime and salt. Or, if you have a movable lawn sprinkler that's low enough, set that under the vehicle to wash away what you can't reach.

#### 2. Check the tires.

Tire pressure changes about 1 pound per square inch for every 10 degrees Fahrenheit change in outside temperature, so it's important to check tire pressure after weather changes. Check your owner's manual for the recommended pressure for your tire,

and never exceed that. Always check pressure when the tires are cold, since driving even a couple of miles to the gas station can provide a false reading. Higher pressure generally results in improved steering response and fuel economy, but a stiffer ride, and it wears out the tread in the center. Underinflation generally provides a smoother ride, but it causes tires to wear out at the sides. It also wastes gas because tires need more power to push the vehicle.

#### 3. Check wiper blades.

Your wipers work hard all winter removing dirt and debris, including salt spray. Since the life expectancy of a wiper blade is six months to a year, check that the blades are making full contact with the windshield and have not dried out. Don't wait for a heavy spring or summer rainstorm to discover your blades aren't performing properly. Also, refill the wiper fluid reservoir.

#### 4. Rotate the tires.

This is a relatively simple car care procedure that will extend the tread life of your tires, and should be done roughly every 6000 - 12000 km's. Check your owner's manual for exact intervals. A good rule is to rotate tires after every oil change.

#### 5. Change the oil and oil filter.

Some car manufacturers recommend changing to a heavyweight oil to help the engine perform more efficiently during hotter weather. Most cars now have recommended oil grades of 5W-30, 10W-30 or 10W-40, which are all multiviscous grades — your owner's manual will tell you which. Change the oil filter each time you change the oil, since it's obvious that a dirty filter won't keep the new oil clean.

#### 6. Change the air filter.

The air filter prevents dust and other impurities from getting into



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the combustion chambers of the cylinders, resulting in wasted gas and weaker engine performance. According to the Car Care Council. replacing a clogged filter can improve mileage by as much as 10 percent. The time-honored way to check for dirt is to hold the filter up to the light, but since many new filters show light when dirty, or show no light when clean, it is more reliable to change the air filter every six months, and more often in dusty locations.

#### 7. Flush and fill your cooling system.

This is cheap insurance against engine failure. The Car Care Council recommends flushing every two years, or 40,000 km's for most vehicles. Simply draining your radiator is not enough; you need to flush the system with a radiator flush product, not just plain water, to remove stubborn rust, grease and sediment.

#### 8. Check the radiator and gas caps.

A snug radiator cap helps raise the cooling system pressure, giving added protection against boil-overs. Radiator caps don't last forever, so replace yours whenever you flush the cooling system. Pressure recommendations vary, so get the right cap for your vehicle

model. With gas at record prices, be sure there's a tight seal on the gas cap, too, to prevent that high-priced octane from vaporizing. Nearly 20 percent of vehicles have gas caps that are damaged, loose or missing altogether, wasting some 147 million gallons of gas every year.

#### 9. Check the battery and spark plugs.

Make sure battery posts and connections are secure and free of corrosion. Spark plugs fire as many as 3 million times every 1600 km's That's a lot of heat and wear and tear in the form of electrical and chemical erosion. Dirty spark plugs cause misfiring, which wastes fuel. If you're planning a long trip, consider replacing the battery and spark plugs if they are more than two years old.

#### 10. Clean the cabin.

Appearances are important, no matter what the season. Discard the debris that's been hibernating under the seats all winter, then attack the cabin with the most powerful vacuum cleaner you can find. Remove the floor mats to vacuum or wash outside the car. Open the trunk, remove the spare tire and jack and vacuum here, too. Before returning the spare, check its pressure. Most likely it will need air, so remember to do that the next you time you fill the tank. Road dust, coffee stains and fingerprints have no appeal any time of the year, so after vacuuming, use a spray vinyl cleaner and a soft cloth on the dashboard, steering wheel, door panels and seats. That also helps protect against cracking, sun damage and fading. A good household upholstery cleaner is fine for fabric seats; for leather seats, follow manufacturer's recommendations. Next is an aerosol silicone spray to treat the weather stripping around the outside of doors, windows and the trunk. Be sure to wipe away the excess.

Whew — all done! Finally, you're ready to wash and wax. Ordinary dishwashing liquid in a bucket of water and a clean, soft sponge will do nicely for the washing, using a different sponge for the body and the tire rims. Then buff dry to a sparkle worthy of spring sunshine, apply a protective coat of wax if necessary and treat yourself to a leisurely ride. You've earned it!



Seniors Spring/Fall Fest, Teas and General Inquiries Contact Seniors Resource Centre I 633-8781

> Seniors Skating Contact City of Saint John I 658-2908

Seasonal Socials Contact Fred Little I 609-1970

Seniors Yoga, Line Dancing, Pickleball, Zoomers and Bridge Contact Market Place Wellness Centre I 674-4335

> Saint John and District Shuffleboard League Contact Lorraine Michaelson I 654-7615

> > Lawn Bowling Contact Francis Meehan I 693-5565

For information on seniors programs, visit: www.saintjohn.ca/seniors





## Mac Tips: Similarities & Differences between Mac OS Title Bar Buttons and Windows Control Buttons...



As I observe casual users working with a Mac I often see them doing something that is very Windows-like: trying to close an application by clicking the close button in the top of the window title. Some say they dislike the Maximize window button because it doesn't maximize the window like it did in Windows.

On a Mac the series of buttons in the top left corner of a window are called the Title Bar Buttons. Much like the window controls found in virtually every version of Windows, these allow the user to perform actions on the window they are attached to. In Mac OS they appear as a series of traffic lights in the top left of the window, in Windows on the top right of the window.

This is probably the one area that most people struggle with, and the underlying design philosophy is both subtle and complex, mostly because the buttons feel like they should work the same way in Mac OS and Windows but have some different behaviors. They are named nearly the same too: Mac OS: Close, Minimize, Zoom Windows: Close, Minimize, Maximize



First off, the easy one. The Minimize button—yellow, center orb on Mac—works just like it does in Windows. It minimizes the window. No problem. Want it back? It's down in the Dock. Click it to restore it.



The Close button—red, left orb on Mac—is a window close button. It closes the current window, and sometimes the application. Applications that quit when the main window is closed include Calculator, System Preferences, and Network Utility. Nearly every other application keeps running after

you close the main window.

If you are wondering why sometimes the Close button has a dot inside of it instead of an X. That's because the document has changes

that haven't been saved yet. Save the document and the dot becomes an X again. Want the application to just quit? Go to the menu bar while the application has focus and select (Application Name) > Quit, or hit Command-Q.

Using the keyboard shortcut for quitting applications has become my preferred method.



Finally there is the Zoom Button—green, right orb on Mac. Windows users expect to click the Zoom button and have the window go full screen, much like it does on Windows. It does not. First, let's cover what it does do:

A Mac application determines the minimum and maximum size a window should be based on the resolution of the display and the user interface inside the application. That means that every time you click Zoom the results can have quite a few variables that determine what will happen. Sometimes the application will simply grow in height to the maximum size of the display area (without overlapping the Dock).

Sometimes, if there were horizontal scroll bars, the width will change to eliminate them. The Zoom button is a toggle switch. Clicking it a second time will revert the window to its previous state.

Occasionally you will get an application that just maximizes right to the edges of the display (Firefox is a good example of that).

The bottom line is, there is no consistency between applications on what Zoom will actually do other than likely expose a little (or a lot) more content for you.

I've found that I rarely ever hit the Zoom button. Since the impact it will have is not predictable, I just grab the window handle and resize it to what I need.

- Dale Forbes - Mac Repair And Consulting 506.636.0385. Apple Certified Mac Technician (ACMT).

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If your Mac has encountered any of the following problems I can usually make a very cost-effective repair: Liquid spill damage • Broken LCD screen issues • Motherboard (Main Logic Board) issues • Hard drive issues & replacement • Operating system issues & updates.

## 2018 Canada 55 Plus Games August 21-24, 2018 Saint John, New Brunswick

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The Canada 55+Games span a wide range of physical and mental challenges – from slow-pitch and curling to contract bridge and darts. These events bring together amateur competitors who participate for the sheer joy of competition, for the opportunity to visit other parts of Canada and of course, for the fun social fellowship. These records are provided for those who are interested in such things and to provide motivation and opportunity to set training and fitness goals both prior to and following the Games.



With the up-coming 50+ Friendship Games, followed by the 2018 Canada 55 plus Games, being held in Saint John, I urge all seniors to stay active, get involved, and enjoy the games. Good Luck & Have Fun!

Dorothy Shephard

MLA for Saint John Lancaster

640 Manawagonish Rd. 506 643-2900 dorothy.shephard@gnb.ca

Greater Saint John Area

## 50+ FRIENDSHIP GAMES

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## Living with Vision Loss? We can Help.

It can be a difficult time when you or a family member experience a loss of sight. Fortunately, Vision Loss Rehabilitation New Brunswick – a CNIB organization – is here to help.

Our specialists will work with you, your ophthalmologist, optometrist and other health care professionals to create a vision loss rehabilitation plan that meets your needs and goals – and helps you get back to a fulfilling life. Your plan may include one or more of the following services:

#### Low vision services

If you have low vision, learning to use the sight you have left can be life changing. Our specialists can provide information about your eye disease and explain how it affects vision in an easy-to-understand way and teach you how to use lighting and colour contrast to maximize your remaining vision. Our low vision specialists help to use low vision devices for everyday tasks like reading small print on medications and food packages, to reading personal mail, newspapers, phone numbers and recipes, to watching TV, to reading street signs and bus numbers.

#### Essential skills for daily l iving

Our specialists can help you build the skills you need to live safely and independently with vision loss. This may include helping you learn safe methods of pouring a cup of coffee, preparing a meal and using household appliances. They will help you discover simple techniques for labelling medications, identifying money, using the phone and organizing household items and learn how to use large-print, braille and audio products, and adaptive technology as a part of day-to-day life.

#### Orientation and mobility instruction

Learning to travel independently with vision loss is an essential skill. Our certified specialists can help you learn to travel safely and independently. They teach people to navigate their home property, find and cross intersections, navigate new environments like a workplace or education campus. They help people regain independence by riding public transit with confidence to reach community resources like grocery stores, banks and shopping malls.

#### Adjustment to vision loss

Counselling is critical to people coming to terms with their vision loss, understanding and dealing with their emotions, and accepting the support and training that will allow them to live independent, active, lives. This includes assistance with finding community programs, financial subsidies and other helpful resources available in your local area. A structured eight-week adjustment to vision loss program facilitated by a trained professional helps form connections to others who can share similar experiences and advice on adapting to vision loss.

Vision Loss Rehabilitation New Brunswick is operated by CNIB and supported by funding from the Government of New Brunswick.

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Fredericton: 506-458-0060 Bathrust: 506-546-9922









"Love blossoms in the hearts of those, Who've learned to give and care, And just like springtime flowers, Love brings gladness everywhere." When Dr. Webster was a young man, he went overseas. As he was going through a field of corn, he came upon a peasant girl asleep in the corn. They became acquainted and later married. They moved back to Canada where they lived until her death many years later.

Today, if you were to visit that cemetery in Yarmouth, you would see a big slab of marble with a life size figure of a girl dressed as a peasant in bare feet with corn growing up around her.



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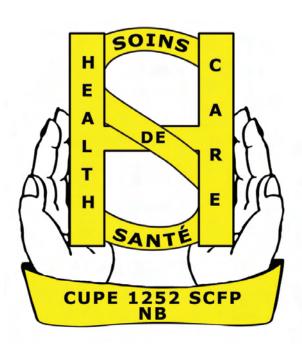
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## Why Preplan?

Vicki Mazerolle – Preplanning Counsellor McAdam's and Oromocto Funeral Homes

'Why would I choose to preplan my funeral?' That's a really good question and one that we encourage people to ask. It's a decision that can impact your family and your estate and everyone should understand their options.

We have a host of reasons that preplanning is a good idea. Perhaps a few of the more common ones will help you find the answer best suited to your circumstances.

It's your funeral (literally) and you may want to have something to say about what happens. Preplanning allows you to record your wishes. Everything from where it takes place to who's involved, to choices of music or readings or charities who might benefit from memorial donations, can be documented. And, if you want something a little different, now is the time to say so. Perhaps the best part of all of this is having the time to think things over, without any pressure, and make the right decisions for you and those you leave behind.



Speaking of those left behind; the most common motivation we hear from past customers is to save their families from difficult decisions at an already difficult time. Some families really struggle with trying to decide what's right – what would Mom have wanted? If you've left your wishes, they are left with fewer doubts and more time to deal with their loss and comfort one another.

A guaranteed price is important for many people. If you choose to prefund your plans you can often lock in the cost of the funeral home's services at today's rates and avoid a significant expense to your estate or your family later.

Everyone's needs are different but preplanning offers benefits for most. Contact us anytime if you would like to know more about how it might be right for you and your family.



If you've left your wishes, loved ones are left with fewer doubts



## A Gift for the Future

The Hospice Legacy Foundation is a registered charity and serves as an investment fund for the purposes of supporting Bobby's Hospice. By including The Hospice Legacy Foundation in your Will or estate plan, you can leave a lasting legacy of quality end-of-life care to your community.

Call (506) 632-5593 for more information.

Every year, Bobby's Hospice cares for over 150 people who need in-patient palliative care and grief support. Some of these people are your neighbors, friends and perhaps family members.

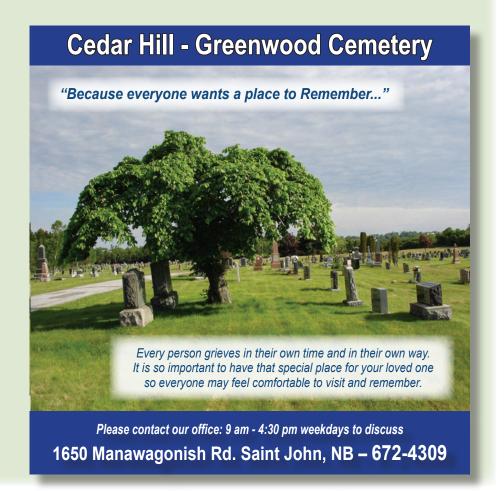
## Important Cemetery Issues, 8 Things to Think About...

- **1. Have you pre-planned your funeral?** Did you make arrangements for your burial?
- **2. Have you reviewed your Family burial lot?** Is there defined space for each person? Who has the say and is contact information current?
- 3. Save Family Stress. What arrangements can you make now?Costs plus Choices
- **4. Benefits of Pre Paying Opening/Closing Costs?** Lock in price now, save 2%HST
- **5.** Does the Funeral Home have to be involved?
- **6. Purchasing Lots**. Choices Traditional vs Cremation?
- How many burials per lot?
- Columbarium vs Cremation Space?
- 7. Is Financing available?
- **8. Monuments**. Do you have your monument?
- Can I pre-pay my final date?

Article by: **Donna Gray, Executive Director,**Cedar Hill-Greenwood Cemetery,
1650 Manawagonish Rd Saint John, NB E2M 3Y3

Tel: 506-672-4309

Email: info@cedarhillcemetery.ca



## A Family Caregiver Asks:



Senior Watch:

by: Sharon A. O'Brien, RN, PG; BSW, RSW; CG, Vice-President, Policy & Education, Senior Watch Inc.

A family caregiver asks:

Q. My dad has dementia and is exhibiting some very challenging behaviours? What can I do?

A. First of all, all behaviour has meaning. There is still a very precious person behind all behaviours! The person has played a very special role in your family. Could it possibly be something in his environment that may be triggering the behaviour? Be gentle. Don't over react. If he comes angry do not take it personally – remember it is the disease that is causing him to behave differently.

Take any necessary steps to calm his environment. Is he being over stimulated by conversations, television, noises from machines; e.g., dishwashers, dog barking, thunder? The time of day can affect his world; -e.g., late afternoon or evening can bring on unexpected responses to his environment. Has he expressed any "fears"? Is he experiencing emotional or physical discomfort? Is he bored? Has he been excluded from normal family gatherings? Could he feel overwhelmed by family expectations? Does he feel devalued by family members or friends? These are just a few of the possible causes of challenging behaviours.

Caregivers frequently struggle to manage the behaviours associated with dementia. The first step is (A) defining the problem ...this is not an easy task! Once a possible cause is identified, then you can move on to (B) and explore the options...perhaps you believe there is overstimulation. (C) You decide on a course of action. Monitor the outcome.

If improvement is noticed, communicate this to other family members or caregivers. If no improvement, reassess and choose another intervention.

It is absolutely necessary for you as a caregiver to look at your own feelings and responses to the behaviour. Do not try to reason or argue with the person. At times you may need to draw on your sense of humour or distraction! At all times remain calm and look for reasons for the behaviours.

Remember to look beyond the behaviour. Always treat the person with respect and as "normal"; however, do not have normal expectations of them.

The course of this disease cannot be changed. We must work to decrease the impact on the quality of life of the individual and the family. - Sharon A. O'Brien, Executive Vice President, Policy & Education, Senior Watch Inc.

What he told his Sweetheart: A cook in the army spent 2 hours creaking eggs, preparing them for the ship's breakfast. He would creak the eggs and let the shells fall on the floor. Later when he wrote his letter home, he told his girlfriend that for the last 2 hours shells were falling all around him...

## Ensure that Walking is always a Pleasure...

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RIEKER shoes are famous for their

longevity and more importantly for a feel good shoe for everyday. REMONTE is a sister brand with RIEKER and is committed to a young and modern design style. REMONTE'S cool, hip, fashionable look is

accompanied by maximum comfort.

To ensure that walking is always a pleasure, and that your feet do not feel tired, all RIEKER shoes feature cleverly designed technical lightweight interiors, flexible outsoles that ensure comfort and relief with every step.

Every shoe and sandal incorporates special construction and utilizes lightweight and elastic components to achieve our special antistress features – minimum weight, shock absorption on varying surfaces, maximum flexibility for that barefoot feeling and a construction that devotes space to areas where the foot expands through the day.

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### Plan Now for the 37th Annual Sussex Flea Market...

The Annual Giant Flea Market in Sussex, has it all, and is the NB Antique Auto Club's biggest and most popular event each year. Attracting hundreds of vendors and thousands of buyers.

The weather outside may be saying Spring, but many are already thinking ahead to August, when thousands of people each year look forward to one of the biggest flea markets around held in Southern NB. The 37th Annual Sussex Flea Market starting on August 17, 2018. With up to 900 vendors, this annual 3 day event draws thousands of visitors and is one of the most popular events of the summer. The New Brunswick Antique Auto Club sponsors the Sussex Flea Market which is the biggest and most popular flea market in New Brunswick, but first, here is a little bit of history.

The New Brunswick Antique Auto Club is a non-profit organization where friends meet and talk about their cars. The Club was formed at Harvey Station, NB. on September 18, 1966. In 2016, the club celebrated their 50th Anniversary. It is a provincial club made up of 7 regions:

Fundy – Saint John; Lower Valley – Fredericton, Northeast-Campbellton, Bathurst, Miramichi; Northwest-Edmundston, Grand Falls, Perth Andover; Passamaquoddy-St.Stephen; Southeast-Sackville, Moncton, Sussex; Upper Valley-Woodstock. The NBAAC has a representative for the National Association of Automobile Clubs of Canada. (NAACC).

proximately 400 members and growing.

The club acts as a watchdog, keeping abreast with laws, which could affect antique car hobbyists. The NBAAC was also inducted into the Maritime Sports Hall of Fame in Pedicodiac, N.B. The Club accepts all car enthusiasts regardless if you are an owner or not. The Club has ap-

### Yearly Membership of \$30.00 will entitle you to the following:

- **l.** A publication of Wheeltracks which review past activities and upcoming events.
- **2.** A publication of the Roster's yearly listing all club members. This publication will assist you in finding your dream car or allow you to get in contact with car owners for information purposes.
  - **3.** It also gives you membership to the NAACC.

The Club's biggest annual event of the year is the Automotive &

37th ANNUAL



sponsored by the

## NB Antique Auto Club Inc.

Princess Louise Park Sussex, NB Hundreds of Vendor Lots

- Admission Fee \$5.00 per person (Children 12 and under Free with Adult) -



Friday, August 17, 2018 8 am - 8 pm Saturday, August 18, 2018 8 am - 8 pm Sunday, August 19, 2018 8 am - 3 pm

No Pets Allowed by Public

Car Corral - Friday & Saturday Show & Shine - Sunday 9 am - 3 pm

(One entrance pass per car – Min.donation of \$5 receive dash plaque)



General Flea Market held in Sussex. This year will be the clubs 37th.year. The giant flea market takes place every year in the month of August. As you can imagine, a large number of volunteers are working months in advance to prepare for this huge and popular event.

Last year 100's of vendors were at the Princess Louise Park in Sussex for this exciting event. They come from all over New Brunswick, they also come from Nova Scotia, and Prince Edward Island, and some as far away as Ontario.

At this giant 3 day flea market, there really is something for everybody! Some special features include a Car Coral on Friday and Saturday for anyone who wish to sell or buy an antique or custom made car.

Dry camping is available for those selling their antique cars and campers. There is a Show & Shine on Sunday for anyone who wants to bring in their antique or custom made car.

Please note: Vendors are allowed pets at their sites, these pets must be tied. Visitors are not allowed pets.

For more information about the New Brunswick Antique Auto Club, please visit their web site at www.nbaac.org. When you visit the Flea Market, drop by the NBAAC's booth for information about the club. Hope to see you there!

The footsteps of those who bring good news makes a welcome sound...

## Enjoying the Garden - Good for Mind, Body & Soul

It goes without saying that a garden is good for the environment, replacing carbon dioxide with fresh oxygen, preserving landscapes, retaining water and providing habitat for a variety of species.

But it is also good for your mind, body and soul. The bright colours of flowers and the aromas are pleasant, but they can also help improve your mood and turn negative feelings into positives.

"The vibrant colours and stunning displays you will see in Canada are truly remarkable," says Bruce Sudds, director of marketing at Canada Blooms. "We value the impact flowers and gardening can have on your state of mind."



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### STAY OUT OF FRAUD'S REACH! • ÉVITEZ LA FRAUDE!

It's scary the number of ways fraud can come at you – online, over the phone, even at your doorstep. In 2017, nearly 450 New Brunswickers reported losing a total of \$1.4 million to fraud.

#### SPOT THE RED FLAGS

On the Phone: If you get a call from someone pressuring you to send money, share personal information, or buy something you don't want, hang up.

In a Text Message: Government agencies, banks and other organizations won't text you for personal information. Don't respond to text messages from phone numbers you don't recognize.

At your Door: When someone shows up at your door with an offer, always ask to see their direct sellers licence.

In the Mail: Disregard any letters about a huge inheritance, a lottery win or an investment opportunity that sound too good to be true or come from an organization you do not recognize.

In an Email: Fraudsters create email messages with links to fake web pages that look like the real sites to try to collect your personal information. Don't reply to the email or click on a link until you confirm the source.

Online Classifieds: Scammers may post fake online classified ads and ask you to wire money. Follow the site's guidelines when buying or selling online.

La fraude est un danger aux mille visages qui frappe au moment où on s'y attend le moins. En ligne, au téléphone, chez soi. En 2017, 450 Néo-Brunswickois ont dit avoir perdu au total 1,4 million de dollars aux mains de fraudeurs.

#### REPÉREZ LES SIGNAUX D'ALARME

Au téléphone: Si vous recevez l'appel d'une personne qui vous pousse à lui envoyer de l'argent, à lui donner vos renseignements personnels ou à acheter quelque chose dont vous n'avez pas besoin, raccrochez!

Par message texte: Les agences gouvernementales, les banques ou autres organismes ne vous demanderont pas de renseignements personnels par texto. Ne répondez pas si vous ne reconnaissez pas le numéro de téléphone.

À la porte : Quand une personne se présente chez vous avec une offre, demandez toujours à voir son permis de démarcheur.

Par la poste: Jetez toute lettre au sujet d'un héritage considérable, d'un prix à la loterie ou d'un investissement trop beau pour être vrai, ou qui provient d'un organisme que vous ne connaissez pas.

Par courriel: Les fraudeurs insèrent dans leurs courriels des liens vers de faux sites Web qui imitent des sites légitimes dans le but de recueillir vos renseignements personnels. Ne répondez pas à ce type de courriel et ne cliquez sur aucun lien avant d'avoir confirmé l'identité de l'expéditeur.

Petites annonces en ligne: Les fraudeurs affichent parfois de fausses annonces et demandent un paiement par virement télégraphique. Suivez toujours les consignes de sécurité des sites de petites annonces lorsque vous faites des achats ou vendez des articles en ligne.















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Her jewellery is simply breathtaking, regally glistening with hand-painted "gold" highlights and dazzling faux gemstones.



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### Her good fortune shines bright!

This lady is as lovely as she is lucky—and she's marching in to share her good fortune with you! Presenting "Fortune's Smile" a dazzling elephant diva who sparkles glamorously from the tassel of her tail to the tip of her upturned trunk—a symbol of prosperity and good fortune!

#### Shimmering faux gems and other fancy flair!

She boasts elaborate, hand-crafted details throughout, such as the "golden," hand-painted filigree of her ornate jewellery ... the delicately hand-applied pearlescent glaze that gives her the polished look of fine china ... and the real feather plume that majestically crowns her.

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## Deer are the Commonest Foil to Suburban Gardening...



by: Duncan Kelbaugh Brunswick Nurseries, Quispamsis, NB

Our thanks to Duncan for the Front Cover Photo...

I simply can't convey to you the joy and relief I feel seeing the last few remnants of white melting away in the shady corners of the garden, perennial tips just nudging the surface, and cardinals singing their springtime melody. Every winter I seem to have a little less patience for the chill, while summer's warmth and greenery delight me that much more. I was excited to see the ice leave the river below our house extra early this spring... March 3<sup>rd</sup> from Perry Point down to the twin ferries. But like all springs, the warming takes its bloody time, testing the gardener's patience. It will come, no doubt, and there are tasks like pruning and cleanup that needn't wait for for the soil to dry.



One garden I'm really looking forward to observing this spring is my so-called deer-proof garden outside the fence at the foot of the driveway. Deer are, no doubt, the commonest foil to suburban gardening for most of you reading this paper. I have taken my battle with deer far beyond what most of you have the desire to do, namely, I fenced in almost all of our property two years ago, complete with

gates at the foot of the driveway. The fence has given Betty and I full reign over our gardens... with the joy of growing hostas, lilies, phlox, tulips, cedars, and whatever else we want, and see them bloom and grow to their full potential.

Knowing that a fence is not an option for most of my friends and customers, I decided last spring to experiment with some deer-resistant gardening outside the fence, at the foot of the driveway right

off Model Farm Rd. There deer pass daily, walking around the fence, in herds of 7 or 8 at times. I shaped the banks that flank the drive, then added 4 or 5 inches to the existing soil to raise the beds and improve fertility. I have been planting and tending hundreds of gardens throughout our





My Summer Paradise

I sat in a beautiful garden,
Dreaming away the hours,
Bathed in the golden sunlight,
Charmed by the scent of the flowers,
Soothed by bees in search of store,
And I wondered in all creation,
What mortal, could wish for more.

-Unknown



area for decades, since before deer were even considered a minor pest. And I have gradually removed a very large number of species from my gardening palette, as deer became bolder and more numerous. Eventually, a list of pretty well deer proof (never say never!) species of shrubs, perenniais, and annuals has evolved that



no deer seem interested in eating. There are many more that rarely get

bothered, and can be successfully planted in almost all area gardens, but these few I can call deer-proof. In evergreen shrubs, boxwood and dwarf Alberta spruce, perennials catmint, 'May Night' salvia, and bigroot geranium, and two annuals, dusty miller and Cleome (or spider flower).

I planted these 7 species in those large beds far from the house, in the high-traffic deer zone, and I can say that not a one ever got bitten that I could see, all season. Because I had lots of new bed area to cover, I mass-planted them, in groups of 3 or more of the same kind. Usually it was more like 6 to 20 of a kind in each group. That's a way to cover large areas, but keep the garden looking organized and sophisticated, rather than a jumble of many species scattered and mixed randomly in what sometimes appears as a hodge-podge.



I was very pleased with the performance of every one of these, and the perennials grew and even spread remarkably for season one. I put liberal amounts of compost and bone meal in all planting holes, and that speeds establishment greatly. The outstanding performer had to be the Cleome annual. It is

totally modest when you buy it, just a green plant 8 or 10" tall in the six-packs. It even takes a month or so to come to bloom, first colour appearing in early July. But it just never stopped growing and blooming beautifully until late October, through a few light frosts. Some by then were 5' tall. The mixed whte, light pink, and dark pink flower clusters are large, at the tip of each branch and stem, with spidery seed pods below them. They are sticky- and thorny-stemmed, with a pungent though not unpleasant odour of growing marijuana, so I guess that combo is just too much of a turn-off to our good friends, the deer. What a shame!



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May 12-13 MOTHER'S DAY SALE 40% off a tree/shrub for Mum

May 21 VICTORIA DAY FLOWER SALE!! One month of specials on 3 beautiful perennial flowers the deer won't eat. Dunc's Details Page 3

May 26 & 27 WINDOW BOXING WEEKEND. Plant your own containers and window boxes. We supply design expertise & Free Potting Soil, you do the work. Shop from our huge stock of plants. Large selection of annuals all May and June SENIORS DAYS: Tuesdays in July, Aug, Sept Oct: Free Ice Cream, 20% discount on all plants, Free Delivery of \$50+ purchases

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