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Summer Issue 2019

# Choices After 50

**Features On:**

- Estate Planning
- Retirement Matters
- Lifestyle Trends & Travel
- Fitness & Recreation
- Hearing Tips & Advice
- Healthcare Concerns
- Cartoons & Humour

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Call (506) 632-5593 for more information.

Every year, Bobby's Hospice cares for over 200 people who need in-patient palliative care and grief support. Some of these people are your neighbors, friends and perhaps family members. Your donation today will make a difference tomorrow.





# Kia Tops JD Power Quality Study for 5th Consecutive Year



Kia Owners Reported Fewest Quality Issues Within the First 90 Days of Ownership Among All Non-Luxury Auto Brands in the U.S.

Kia's reported problem levels improved by two points over last year to secure the top spot over all non-luxury automakers and second among all brands, luxury and non-luxury.

Four Kia models included among the top 10 vehicles in the industry, the most of any brand.

The Rio subcompact, Forte compact, Sportage SUV and Sedona minivan each topped their respective segments.

For the fifth consecutive year, Kia was named the number one non-luxury automotive brand today by J.D. Power in the 2019 U.S. Initial Quality Study (IQS), with a reported 70 problems per 100 vehicles, a two-point improvement over last year's results.

Kia's continued success in IQS was led by having four models – Rio, Forte, Sportage and Soul -- included among the top 10 vehicles in the industry, the most of any brand.

In addition, Kia had segment-topping performances from Rio (Small Car), Forte (Compact Car), Sportage (Small SUV) and Sedona (Minivan).

"Ranking as the highest mass market brand in J.D. Power's U.S. Initial Quality Study for five consecutive years is a tremendous honour for Kia and demonstrates the brand's established commitment to quality and the customer experience," said Elias El-Achhab, VP & COO, Kia Canada Inc.

"As we celebrate our twentieth year in Canada, we will continue delivering award-winning vehicles and working to ensure that customers are getting the industry's top quality products and unmatched customer experience when they choose Kia over the competition."

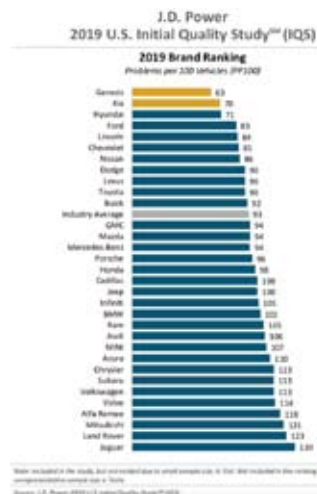
The annual report analyzed responses from 76,256 respondents with regards to 257

vehicle models across 26 segments. Vehicles were evaluated on driving experience, engine and transmission performance and a broad range of quality issues reported by vehicle owners. More information on Kia and its



Four Kia models included among the top 10 vehicles in the industry, – the most of any brand. Above is the popular 2019 Forte.

Canadian lineup of vehicles can be found at [KiaMedia.ca](http://KiaMedia.ca).



Kia Canada Inc. (KCI), established in 1999 and celebrating 20 years in Canada, is a subsidiary of Kia Motors Corporation (KMC) based in Seoul, South Korea.

Kia's full line of award-winning

vehicles offers world-class quality and customer satisfaction through a network of 193 dealers nationwide.

The company employs 170 people in its Mississauga, Ontario headquarters, various locations across Canada and at its regional office in Montreal, Quebec.

Kia's brand slogan "The Power to Surprise" represents the company's global commitment to surpassing customer expectations

through continuous automotive innovation.

From compact to crossover to industry leading EV's, every Kia delivers an extraordinary combination of precision engineering, outstanding performance, innovative features, and advanced safety systems.



Having sold close to one million vehicles, popular Canadian models include Soul, Forte, Sportage, Sorento and Stinger.

To learn more about the Kia advantage, visit [kia.ca](http://kia.ca) or Facebook, LinkedIn, Twitter and Instagram.

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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."

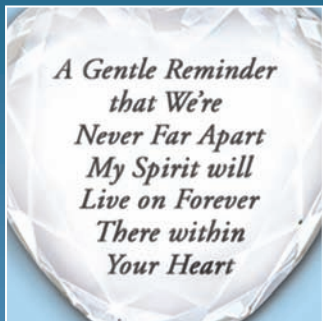


“Messenger  
from Heaven”  
Crystal Pendant

Genuine White Topaz

Solid Sterling Silver

Meaningful Message Featured  
on Reverse Side



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Exclusive from The  
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Faceted Crystal Heart  
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*A Shimmering Reminder of Love from Heaven Above*

The red cardinal is a gentle reminder that a loved one is near. A comforting message of love, hope and encouragement when we need it the most, this visitor has been envisioned in the “Messenger from Heaven” Crystal Pendant only from The Bradford Exchange. Expertly crafted, our pendant features an intricately-faceted crystal heart that celebrates the meaningful sighting of a cardinal.

The exclusive imagery showcases the messenger poised upon a branch in a vibrant shade of red. The reverse side of the crystal carries the message: “A Gentle Reminder that We’re Never Far Apart My Spirit will Live on Forever There within Your Heart.” The design suspends from an 18" (46 cm) chain with a genuine white topaz atop the solid sterling silver bail.

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Complete with a custom presentation case, meaningful poem card and a Certificate of Authenticity, this bracelet is available at the remarkable price of just \$99.00\*, payable in 2 interest-free payments of \$49.50, backed by our 120-day unconditional guarantee. Don’t miss out, simply complete and return the Reservation Application today.



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01-26318-001-F81828

The value of a special friend cannot be measured,  
only treasured...

\*\*\*

A good example is not the main thing influencing other,  
it is the only thing...

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...



# Hospice and Palliative Care – What's the Difference...

**At Bobby's Hospice, our motto is  
"It's your journey, YOUR way."**

A palliative care unit and a residential hospice offer the same quality of care delivered by a team of trained and experienced palliative care specialists. However, a residential hospice offers a non-institutional, home-like environment with lots of space for family use. At Bobby's Hospice, we welcome family to be here 24-hours a day and provide them with a full kitchen, living rooms, bedrooms and bathroom facilities.

The focus of Hospice care is on comfort, not cure – and on life, not death. At Bobby's Hospice, our motto is "It's your journey, YOUR way." Our goal is to make each person's last weeks and months of life

as comfortable as possible while also providing support to family members and friends.

Hospice is about dignity, respect, comfort, peace and hope. It is about celebrating life and enhancing

the quality of living. At Bobby's Hospice, we help to make a patient's last wishes come true, like spending a weekend at the camp, or taking a special trip with loved ones, etc.

40% of the funds needed to provide care at Bobby's Hospice are provided by the NB Government. The additional 60% must be raised through fundraising. This means, Bobby's Hospice must raise over \$1M every year to cover the cost of food, medical & general supplies, heat,

lights, phone, cable, snow clearing, garbage pick up, equipment and furniture, etc.

It's caring people like you who support Hospice that make this high level of compassionate care possible to people when they need it most! A donation to our Legacy Foundation is a gift from the heart that will help us care for others when they need it the most.

Call (506) 632-5593 for more information or visit our website at [www.hospicesj.ca](http://www.hospicesj.ca) if someone you know needs in-patient palliative care to give a gift.



**HOSPICE**  
Legacy Foundation

*A Gift for the Future*

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**Call (506) 632-5593 for more information.**

*Every year, Bobby's Hospice cares for over 170 people who need in-patient palliative care and grief support. Some of these people are your neighbors, friends and perhaps family members. Your donation today will make a difference tomorrow.*



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**After 50**

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*Carol Maber – Editor*

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# The Poverty of Loneliness!



## Senior Watch:

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

We hear a great deal these days of the increasing poverty in our society and in our community. For most of us “poverty” evokes pictures of people living in substandard housing with no means of accessing what we would consider basic necessities; e.g., food, medicine, clothing.

However, there is another level of poverty that is becoming epidemic particularly among the older population. That is the poverty of loneliness. This occurs when nurturing relationships are missing in their lives.

The basic needs of housing, food, and health care may be met through community organizations and programs. The big question is how can we identify those who go from day to day with very little or even no human contact to remind them of their worth?

What can we do to dispel the terrible loneliness that overcomes them? Do we really care about this segment of our population?

What difference could we make if each person reading article reached out to one elderly person and followed through with an appropriate action; e.g., a phone call, a trip to the grocery store (stopping for an ice cream cone or a cup of tea!), stopping in for conversation, a card reminding them that they are important to us.....There are 168 hours in every week. Can we even imagine what the gift of one hour could do to dispel loneliness?

Yes, we are a busy society, but we need to remember that it is possible that one day we, too, could sense that same loneliness. What would brighten our day?

# Walking for Fitness...

Your Doctor should be able to point you in the right direction, the rest is in your hands or should we say ‘Feet’

Many people who come to us want to walk more. They may have difficulty walking because of postural pain, disability, lung capacity or circulatory problems. Often, they will say: “My Doctor says I need to walk for my heart” or “My dog’s putting on too much weight and so am I”. Since our primary goal is to improve activity level, we always have input. With a bit of history, we can usually figure out how to get you moving more comfortably.

Although the tangible parts (footwear, socks and orthotics) are important sometimes the biggest “stumbling block” is motivation. “My balance is poor and I am afraid of falling”. “I can only walk so far and I am exhausted (or in pain – or both)”.

In our community there are plenty of fitness resources to help you, whatever your age. These days there are many therapists who specialize in movement and balance and can help guide you to better fitness. These “body workers” are always happy to advise you on exercise and pain relief. The starting point is not “I want to be healthier” but “I am going to be healthier”. Here are a few considerations.

Balance – Stable shoes with soles that are proper for the surfaces you walk on; warm up stretching geared to make you more aware of your deficiencies in balance; Nordic walking poles or a cane if necessary.

Pain – Better footwear; graduated exercise and stretching; Physiotherapy or massage therapy; balanced foot orthotics.

Conditioning – This is a self-fulfilling thing. Once you get started, your conditioning will improve and you will feel stronger clearer and if not able to eradicate pain at least come to terms with it.

So, talk to the Doc. Your Doctor should be able to point you in the right direction, the rest is in your hands (or feet). Get out and smell the roses. It’ll do you a world of good. **-Terry Trask C. Ped. (C)**

*He has the right to criticize who has the heart to help...*

*Remember to always be yourself – but be your best self...*



## Senior Watch Inc.

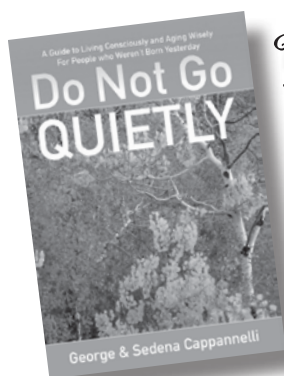
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If you are a senior, or care for someone who is, call Senior Watch Inc. Our highly qualified and experienced staff are here to help you and yours. Get the answers from professionals who care. **Ask for our free newsletter...**

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*The greatest happiness comes from the greatest activity...*

*A man who makes no mistakes, usually doesn't make anything...*



## Book Review...

**Do Not Go Quietly: A Guide To Living Real Solutions and Empowering Strategies For People Who Weren't Born Yesterday**

The book for GenXers (40 to 45), Boomers (46 to 64) and Elders (65+) who want to live more consciously and age wisely and celebrate their lives and for those under 40 who want to better prepare for the road ahead

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## Estate Planning is for Everyone...

Only two things are certain in life: death and taxes.

That's why it's important to consider developing an estate plan to ensure your wishes are followed when it comes to managing and distributing your financial assets.

Regardless of how much money you have, an estate plan can help secure everything you've accumulated in your lifetime – your home, maybe a cottage, your bank accounts, your investment accounts, any vehicles or interest in a family business, and your personal possessions.

If you don't have a will setting out who will inherit your money and your belongings when you die, provincial law determines it for you -- and it may not be according to your wishes.

### Estate planning also protects you in other ways.

It's a sad fact that financial exploitation is the most common form of senior abuse. It happens when someone like a family member or friend -- or even a scam artist -- tries to take control of a senior's money or property for their own benefit.

One of the best ways to prevent financial abuse is to have a well thought-out and well drafted estate plan and to make sure your family knows your wishes. FCNB has resources and tools to help get you started.

Remember, estate planning isn't just about you. It's about the people you leave behind. Consult your lawyer now so you can rest easy knowing your loved ones are taken care of after you are gone. To learn more about protecting your financial assets, please visit: [fcnb.ca/estate](http://fcnb.ca/estate)

### FRIENDSHIP

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As long as we have Hope, Tomorrow waits.

As long as we have Friendship, Today is wonderful.



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*Be yourself, but be your  
best self. Dare to be differ-  
ent, but always be happy...*

\*\*\*

*In friendship there's a  
language that we only  
understand with the heart...*

\*\*\*

*Hope is not pretending that  
troubles don't exist, it is the  
trust that they will not last  
forever...*



*Spending time outdoors with family and  
friends is the best way to enjoy Summer in  
New Brunswick. Be Active, get involved  
in community events and extend your  
Summer into Fall... Have Fun!*

**Dorothy Shephard**

MLA for Saint John Lancaster

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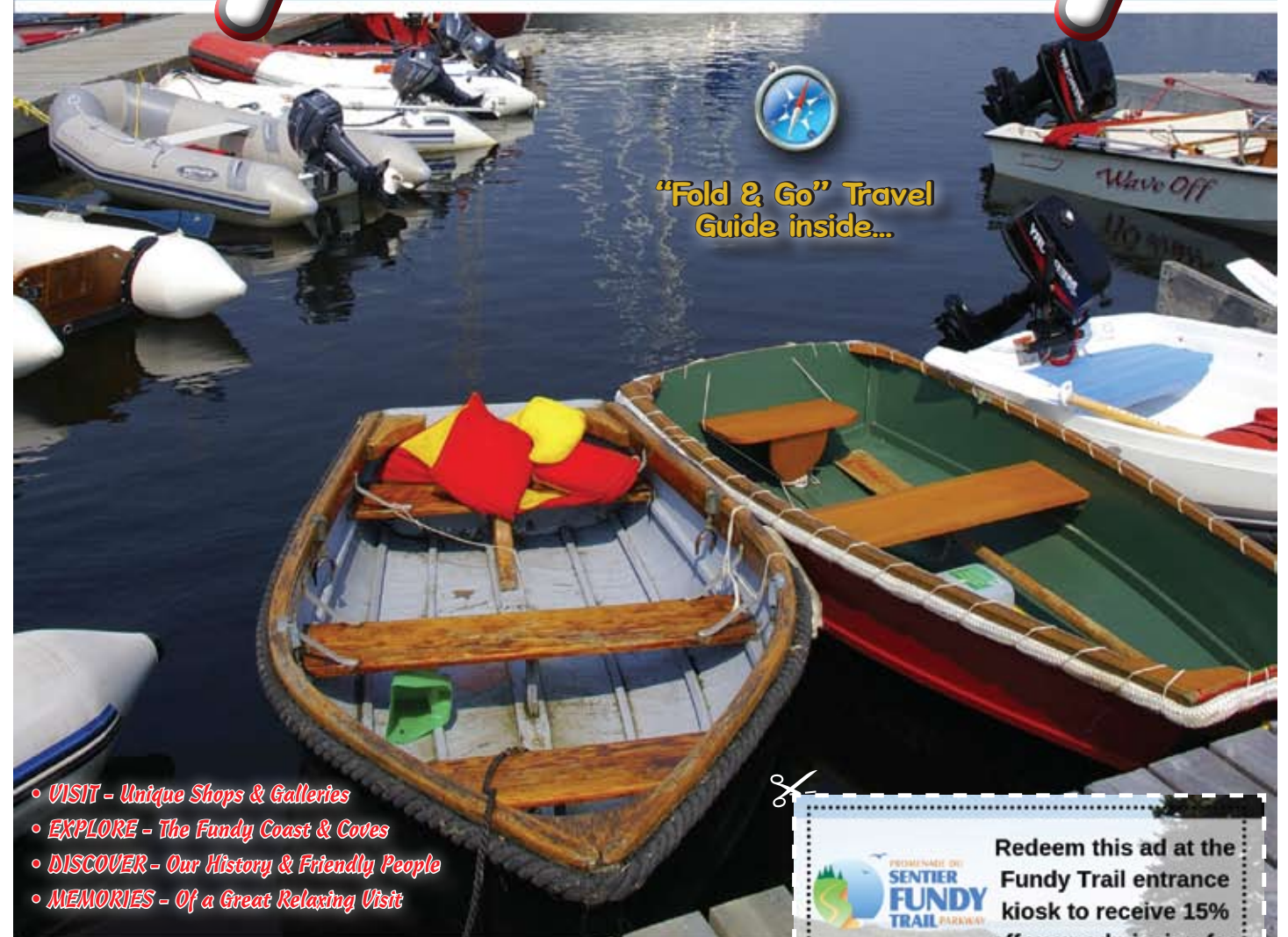


--- 2019 "Fold & Go" Travel Guide... ---

Visitor Discovery Guide

2019 Complimentary Copy

# By The Bay



"Fold & Go" Travel  
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- DISCOVER - Our History & Friendly People
- MEMORIES - Of a Great Relaxing Visit

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## Explore Canada's Oldest Woolen Mill...

**Briggs & Little Woolen Mills Ltd.** has been the name of the woolen mill located in York Mills, NB, Canada, since 1916. Previous to that it was called Little's Woolen Mills, and previous to that York Woolen Mills. To date, the woolen mill has been operating for 162 years.

The mill was first started in 1857 and in the 1890's it was bought by Roy Little, who ran it until 1916. The business was then bought by Mathew Briggs and Howard Little, giving us the name Briggs & Little Woolen Mills Ltd. John Little and Michael Little, father and son, are currently the sole owners of Briggs and Little Woolen Mills Ltd. In 2016, Briggs & Little celebrated 100 years of the "Little" blood-line. Currently there are three generations, as Michael's eldest and youngest sons also work in the mill.

Briggs & Little carries an inventory of 100% Canadian made pure wool yarns in over 80 shades and 8 weights. Sizes vary from 24sts to 10cm (4 in.) and 1720 yds/lb., to 11sts to 10cm (4 in.) and 340 yds/lb. We also have a classic aran weight available in white only, and an 80%/20% wool nylon blend yarn available in 15 shades. Our wool spun and roving unspun are suitable for hand-knitting, machine-knitting, crocheting, rug hooking, punching, macramé and weaving.

**Briggs & Little FACTS:** • Due to devastating fires, the mill has been re-built 4 times. Most recently in 1994 • The first colors other than white, grey and black were introduced in the 1940's and included Scarlet, Blue and Paddy Green. • The mill was partially powered by water until 1994. • Ward Little worked over 60 years at the mill and John Little reached a 50 year milestone in the office in 2020.

## Come Visit the Outlet Store of Canada's Oldest Woolen Mill

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Woolen Mills Ltd.  
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*While travelling in New Brunswick be sure to visit our factory outlet.*

*We manufacture 100% wool yarns in over 80 shades and 8 weights*

**Our Factory Outlet is open year round Monday to Friday 8 am - 5 pm (except on Holidays)**

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## Let's Eat... Vito's Restaurant - 3 Great Locations

**Vito's Restaurant** – (uptown) is located on the corner of Union Street and Hazen Avenue, opposite the Brunswick Square car park. One short block from the inside pedway system, Harbour Station, or the Canada Games Aquatic Centre. Vitos newest location at 324 Rothesay Ave. in east Saint John carries the same great menu and has lots of handy, free parking. Their (KV) location at 111 Old Hampton Hwy., in Rothesay offers a beautiful setting with ample free parking and outdoor patio. All three locations offer a relaxing atmosphere, excellent food, reasonable family prices and friendly service. The house speciality is Italian cuisine, such as Caesar Chicken™, Pizza and Steaming Spaghetti. Greek dishes are served, and, traditional favourites are also offered such as Scallops, Chicken, Steak or Veal. Everything is prepared to please. With licensed, non-smoking dining rooms and a bar for relaxing, Vito's offers the perfect dining experience. Since 1972 Vito's reputation has been built on good food and good service. A favourite for visitors and residents alike. Call 634-3900 for Vito's uptown location or 634-1300 for Vito's east and 847-4400 for Vito's in Rothesay.

## Discover Unique Shopping at it's Best...

Saint John is a shopping mecca, with major shopping centres located around and in the metro area. Shopping in today's Saint John is a great way to discover what our city has to offer. From unique one-of-a-kind to large malls – shopping will be rewarding and exciting.

**McAllister Place** is Saint John's premier fashion destination. Located in the heart of the retail hub, it is one of the largest shopping centers in Southern New Brunswick and the only full service regional shopping centre in Saint John. McAllister Place offers families a complete shopping experience with over 100 stores and services. McAllister Place is home of Toys R Us, Sport Chek, H&M, Lawton Drugs, Goodlife Fitness, Party City & Marshalls (opening Sept. 25, 2018). Visit us on [www.mcallisterplace.ca](http://www.mcallisterplace.ca), Facebook, Twitter and Instagram. McAllister Place....this is the place!

**Manchester Shoe Salon** – We are Saint John's award-winning women's shoe, boot and handbag boutique, since 1994. Located on Level 2 of Market Square, in the heart of Uptown Saint John! We pride ourselves on exceptional service and a unique variety of stylish designer footwear for every woman - from bold and trendy to comfortable and supportive in a variety of heel heights.

**Saint John City Market** – The "Market" is a favourite location with cruise ship passengers or for that matter, any visitor. Stroll the isles, and view the offerings, local art, and freshly baked goods. A gathering place close to any holiday and a special place any day. Open daily. Call (506) 658-2820.



Market Square Food Court

**Market Square** - Saint John's Festival Place – Located at the foot of King Street in Saint John's prime waterfront district. Market Square delivers a unique blend of shopping, dining, and entertainment! Activities and events throughout the summer, featuring the Regional Library, NB Museum, outdoor waterfront Boardwalk patios.

**Parkway Mall** – Located on McAllister Drive, in Saint John's prime retail district, Parkway Mall offers customers value priced shopping and services, including Value Village, Fabricville, **Lancaster Mall** – Exit #119 A in Saint John West, has many unique stores and services. Lancaster Mall offers plenty of free parking. This mall is a popular West Saint John location.



**Prince Edward Square** – Located on Union Street and Prince Edward Street in uptown Saint John. This popular shopping centre has many conveniences from food to clothing, and is almost in the center of uptown Saint John, very handy for the traveller.

**East Point Shopping** – The newest and most exciting shopping opportunities abound at this unique "top of the hill" overlooking East Saint John" shopping complex location. With exciting shops and outdoor markets on the weekends.



Saint John City Market



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A Don't Miss Bay of Fundy Experience in St. Martins, NB!

Fundy Trail Parkway is a 2,559-hectare (6,323 acre) park featuring a 30 km (19 mile) drive hugging the southern coast of New Brunswick on the world-famous Bay of Fundy. The park entrance is located 10 km east of St. Martins, less than an hour's drive from Saint John and Sussex. The recently completed parkway features 21 lookouts, 15 observation decks, 5 tidal swept beaches and 4 waterfalls to enjoy. Guests can drive the paved parkway along magnificent coastal cliffs that tower at the water's edge. Easily accessible, the lookouts are situated right along the parkway while additional observation decks require a short hike. It is a great place to lace up your hiking boots and choose one of the nineteen trails to explore or hop on your mountain bike and discover some of the new pathways.

Carved out of the Fundy escarpment, this is one of the last remaining coastal wilderness areas between Florida and Labrador. The Fundy Trail understands and strives to maintain the delicate balance of human access while preserving the ecosystem, wilderness, and local history. The park is the perfect mix of nature and culture and lays claim to being part of two UNESCO-designated sites, Stoneham Global Geopark and the Fundy Biosphere Reserve. Why not stop by the Big Salmon Interpretation Centre, built in the style of an 1800s logging bunkhouse in a lovely setting overlooking the Big Salmon River. It features daily talks, historic photos, artifacts, a snack bar, a small gift boutique and restroom facilities.

A visit to Long Beach will reveal a 2 km tidal beach that extends out half a kilometre at low tide, perfect for exploring. Stop by the Long Beach Interpretive Centre to learn about the world's highest tides and the geology of the park.

Preparing to connect to Sussex for the 2021 season, and outside the gates of Fundy National Park in Alma in 2022, these roads will significantly change New Brunswick itineraries forever to create the ultimate Bay of Fundy experience!

Open May 17 to June 21 from 9 am to 5 pm; June 22 to August 18, from 8 am to 8 pm; August 19 to September 2 from 9 am to 7 pm; and September 3 to October 19 from 9 am to 5 pm. For more information about the Fundy Trail Parkway and admission fees, please visit us online at [www.fundytrailparkway.com](http://www.fundytrailparkway.com) or call 1-866-386-3987.

For more information about the Fundy Trail Parkway, please visit us online at [www.fundytrailparkway.com](http://www.fundytrailparkway.com) or call 1-866-386-3987.

**2018 Hours of Operation:**

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Aug 20 - Sep 3, 9 am - 7 pm	Sep 4 - Oct 20, 9 am - 5 pm

### 2019 Daily Admission (HST included):

ADULTS (19-64 yrs)	\$9.00	SENIORS (65 yrs +)	\$8.00
YOUTH (5-18 yrs)	\$6.00	CHILDREN (4 yrs & under)	Free
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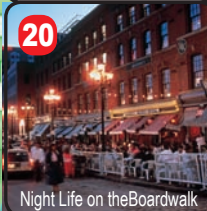
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Parking  
Location



- 6** Rockwood Park
- 7** Loyalist House
- 8** Harbour Station
- 9** St. Joseph's Hospital
- 10** Harbour Passage
- 11** Jewish Museum
- 12** Lily's Lake Rockwood Park
- 13** Connecting Pedway
- 14** Barbour's General Store
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- 17** Cruise Ship Wharf
- 18** Boardwalk
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## 2019 38th ANNUAL Sussex FLEA MARKET 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 16, 2019 8 am - 8 pm

Saturday, August 17, 2019 8 am - 8 pm

Sunday, August 18, 2019 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)



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# It's almost here, the 38th 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.

Summer is finally here, the weather is great up and, many are already thinking ahead to mid August, when thousands of people each year look forward to a very exciting weekend and one of the biggest flea markets around held in Southern New Brunswick.

The 38th Annual Sussex Flea Market starting on August 16, 2019. 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,



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Sussex; Upper Valley-Woodstock. The NBAAC has a representative for the National Association of Automobile Clubs of Canada. (NAACC).

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 approximately 400 members and growing.

**Yearly Membership of \$30.00, entitle you to the following:**

1. 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 & General Flea Market held in Sussex. This year will be the clubs 38th 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.

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

*Our hopes lead us pleasantly along the path of life...*

38<sup>th</sup> ANNUAL

# SUSSEX FLEA MARKET

sponsored by the

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**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)

**38<sup>th</sup> Sussex Flea Market**  
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- 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 current price.
- 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](mailto:info@cedarhillcemetery.ca)



## A Gift for Mom, A Gift for all of Us...

Taking your mom to the hospital is a tough experience. The person who was there when you needed help now needs help herself. It's difficult for the parent. It's difficult for the child.

That's the situation Elaine Gosselin faced when she took her mom to Horizon's Saint John Regional Hospital a couple of years ago. Her mom wasn't feeling well, and Elaine knew something was wrong.

"The doctor took x-rays of Mom and noticed she had something on her lung. So, she wanted to do a more extensive x-ray, an MRI. She said, 'I'd like to get that done tonight for you, and then we'll know for sure.' (It) saved us so much agony. And although it wasn't the outcome we wanted, at least it eased our minds as she wasn't going to have to wait and worry even more. We had our answer, and it saved us a lot of steps."

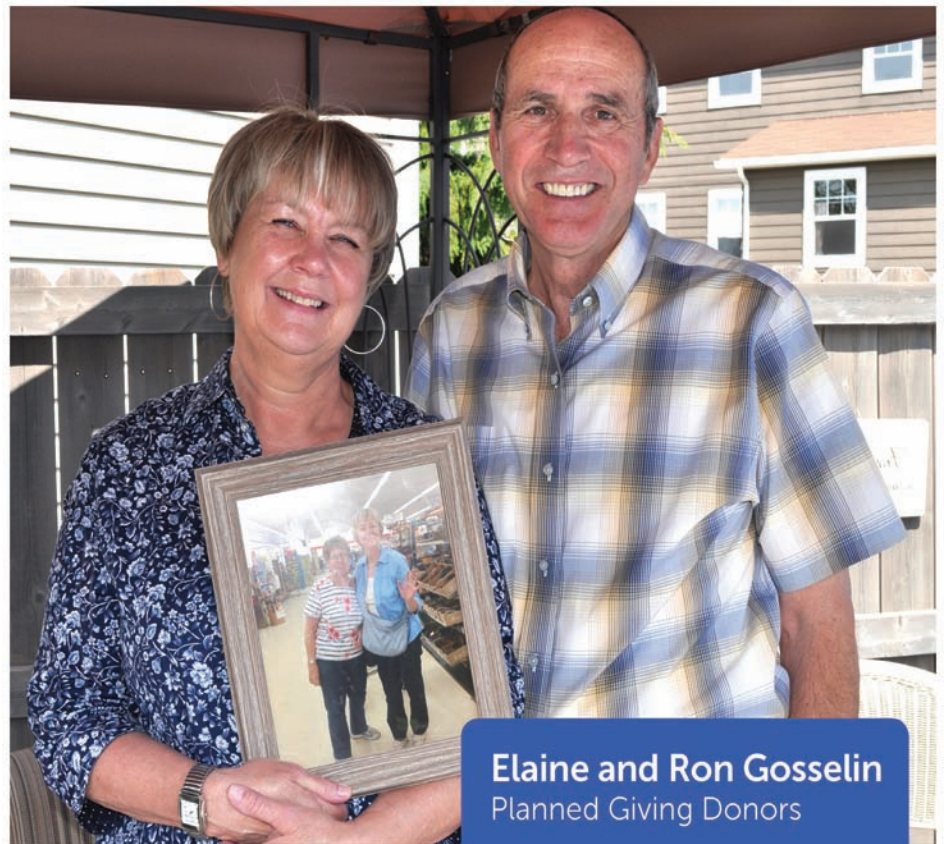
That personal experience stuck with Elaine and her husband, Ron. He's a former RCMP officer, so he's seen inside his share of Emergency Rooms as well. They wanted to do something to give back.

"The emergency department, how many times have we been there?" says Elaine. "People wait so long and worry and fret, and there's such discomfort, I thought that might be a good place to benefit everybody. Maybe we could donate to that, something that everybody needs and can use."

So, the Gosselins have determined they will leave a legacy gift through their estate. Elaine says she used to think it was only an option for the wealthy.

"I thought, well, they can do that... but we all can do it. Big or little, we all can do that. Every little bit counts."

If you'd like to learn more about legacy gifts, please contact the Saint John Regional Hospital Foundation at (506) 648-6400.



**Elaine and Ron Gosselin**  
Planned Giving Donors

*The Gosselins wanted to do something to give back, so the Elaine and Ron will leave a legacy gift through their estate.*

## Benefits of Pre-Planning Your Memorial...

Do you know the burial wishes of those closest to you? Do they know yours? As we get older, we often start thinking about how our death will affect those around us, especially our loved ones.

Losing someone close to you is always traumatic, but we can help our loved ones during that difficult time by being prepared and preplanning as much as possible. This relieves them of the stress of last-minute scrambling or trying to guess how you would like your life memorialized.

Preplanning puts you in charge. It guarantees, before you die, that you will have the memorial that you want. Think of it in the same manner as you did when you planned your wedding, your vacations, and your children.

It is a major life event for you and your loved ones. And, if done properly, it can be one of the most meaningful gestures you make for those left behind. What better way to give the gift of love and to give you peace of mind at the same time.

Pre-purchasing saves your loved ones from being forced into making fast decisions and spending thousands of dollars without the normal, coherent thought process a person typically makes when spending that amount of money.

Your family will be under stress and in a state of shock. They may not even be fully aware of what is being discussed while making your funeral and cemetery arrangements. Pre-purchasing allows you to pay today's price, and by doing this you are avoiding inflation for the years to come.

You can select what you are financially comfortable with at today's budget without financially burdening your family when you are gone. Allow the Preplanning experts at Smet Monuments guide you through this process by reaching out today!

You may also want to consider having your monument or memorial installed while you are still able to enjoy it. It can stand as a tribute to you and your family – your ancestors, your descendants, your loved ones.



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### BENEFITS OF Legacy Giving

For Glenn, the legacy gift to the Saint John Regional Hospital Foundation is recognition and appreciation for care he considers above and beyond. He sees it as an inspiration as he lives a healthier life.



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“We wanted to direct our gift to the amazing people and teams that brought me back from the edge and **saved my life.**”

BENEFITS OF  
*Legacy Giving*

For Glenn, the legacy gift to the **Saint John Regional Hospital Foundation** is recognition and appreciation for care he considers above and beyond. He sees it as an inspiration as he lives a healthier life.

Glenn Foster loves the outdoors. The 56-year-old spends hours being active in the Sussex area.

He's particularly looking forward to the warmer weather to begin biking and canoeing again. And with every peddle and every paddle, he'll be working a heart that had its fair share of work itself.

In 2010, Glenn found out he had a heart arrhythmia. It became more serious as time went on, and in 2016 he suffered a major heart attack.

"I recall feeling like I was falling into a lake of ice. It was the coldest I've ever been. And I remember seeing a dark hole."

Glenn had to have emergency surgery to correct that rhythm problem. After the operation, he was in the cardiac rehab and risk reduction programs at the Saint John Regional Hospital and the NB Heart Centre.

"And full marks for that program," says Glenn. "I've been able to get my heart rate down, my blood pressure down, and I've had no troubles with my arrhythmias, and I think the team they have there is second to none."

Glenn's positive experience with doctors and staff inspired him to give back to the hospital.

"We wanted to direct our gift to the amazing people and teams that brought me back from the edge and saved my life."

It's an idea Portfolio Manager, David Wells encourages for his clients.

"Planned giving is an important part of an overall wealth management plan. In addition to the satisfaction of 'giving back', there are important tax benefits that can be realized," says David.

As for Glenn, the legacy gift to the Saint John Regional Hospital Foundation is recognition and appreciation for care he considers above and beyond. He sees it as an inspiration as he lives a healthier life.

"It's onward and upward for me."

To find out how you can create a legacy of healthcare excellence for years to come while experiencing significant tax benefits now, contact **Stephanie Fox, Vice President, Saint John Regional Hospital Foundation at (506) 648-6296 or Stephanie.Fox@HorizonNB.ca .**



David Wells, CFA  
Vice President & Director, Portfolio Manager,  
Wells Private Wealth Management of RBC Dominion Securities

CONNECT WITH US

For more information on how to create a meaningful legacy, please contact Stephanie Fox, Vice President, at **(506) 333-3952**, by email at **Stephanie.Fox@HorizonNB.ca** or by visiting **www.thegive.ca**





# “Give me a Hoe and Pruners, and I’m a Happy Camper...”



by: Duncan Kelbaugh  
Brunswick Nurseries, Quispamsis, NB

[Our thanks to Duncan and Brunswick Nurseries for the Front Cover Photo...](#)



Such a quintessential summer scene is this, the clear blue water of the pond surrounded by lush and colourful garden plants, the blue waters of the Kennebecasis behind. Betty and I love taking an evening stroll these days, as there is always something new coming into bloom, or ripening in the vegetable garden. It took a lot of work to create this scene, and just as much to maintain it, but the work is a joy to me, and the results so worth the effort.

Give me a hoe and a pair of pruners and a messy bed to tackle (preferably my own!), and I’m a happy camper!

Let’s look at a few of the plants and landscape details we see in this picture. Years ago, I saw a large pond at Fox Harbour golf course in Nova Scotia that had stepping stones somehow suspended on the water as if floating, and I had thought that such an impressive concept ever since, that I finally tackled reproducing it when I built this pond five years ago.



*Orange daylilies and pink Asiatic lilies.*

I won’t divulge the engineering tact I devised, but it has worked splendidly, and allows a visitor a unique experience ‘walking on water’ and viewing life in and around the pond from all angles. The goldfish swim back and forth under your feet as you cross, and you can touch the water lilies in full bloom. A bull frog and several lesser cousins provide visual and vocal entertainment from time to time.

You can’t see all the other water from this spot, but there are two brooks that flow out of two small ponds at the upper end of that brick patio, completely surrounding it with moving water, and cascade into this big pond in two sets of waterfalls. The sounds and sights as you sit on that patio are a joy.

Now let’s take a spin around the pond in a clockwise direction, starting in the right foreground with a tall beebalm plant that has nearly finished its show for the summer. The hummingbirds have enjoyed their wild and crazy looking bright red flowers for over a month now. The mauvy-purple spikes at the bottom are Liatris, whose colourful spires bloom rather backwards, top to bottom. Above them the red cones are annual Celosia (a.k.a. cockscomb).

Though not well-lit in this photo, I have planted drifts of them throughout all the beds, and the scarlet accents near green foliage are striking. Moving left again, the shrub with the large clusters of white flowers is peegee hydrangea. Hard to establish now in areas plagued by deer, I can grow them once again here because the entire property is now deer-fenced. Peegee slowly forms large conical heads of white flowers that gradually turn pink with the onset of cold in September.



*Stepping stones on pond.*

Behind the hydrangea, tall spikes of yellow flower are the perennial Ligularia ‘The Rocket’. This one is deer proof, blooming well in full sun, but also tolerating a fair degree of shade if you need it to, which is unusual for most flowering perennials.

Do give it the overhead space for its 4-5’ tall spikes to reach up-

ward. Finally, on the far side of the pond you can just see three clumps of bright pink, on plants about 3’ tall.

They are garden phlox, now in full bloom for the next month or more, providing not only intense pinks,

purples and reds, but a gorgeous perfume as you stroll or sit nearby.

Sadly for you living outside the fence, a favourite menu item for deer!

Now, you may not want to go quite this far with your own gardens, not owning a landscaping business or garden center as we do, but any garden can give you similar joy. It is not the size of the garden that brings you pleasure, but the time and care you put into it.



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