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- See Information, Page 14 & 16



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- See Article, Page 13

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May the
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- See Article on Page 12

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Kia's Largest SUV brings Technology, Value and Luxury... Meet the Award Winning Kia Telluride



The all-new Kia Telluride won the Best New Model category in the Kelley Blue Book's 2020 Best Buy Awards.

The Kia Telluride has been named a winner in two categories of Kelley Blue Book's 2020 Best Buy Awards. Kia's big and bold utility vehicle earned the top spot in both the Best New Model and 3-Row Midsize SUV segments after a yearlong process of head-to-head testing, evaluation and data analysis of hundreds of 2020 model-year vehicles.

"With more than 45,000 units sold since the Telluride's launch earlier this year, our largest SUV ever has been on a winning streak, impressing journalists and consumers alike with its quality and value," said Michael Cole, president, Kia Motors America. "We know that today's buyers put their trust in the Kelley Blue Book Best Buy Awards and are honored to be recognized for giving it everything to bring the Telluride to life."

Imagined, designed and assembled in the U.S., the Telluride delivers a confidence-inspiring driving experience that opens the door to exploration. With a boxy exterior that is complemented by luxurious interior accents such as available Nappa leather-trimmed upholstery and an available heated steering wheel, Kia's mid-size SUV offers comfort, utility and convenience that will excite both drivers and passengers. For the 2020 model year, the Telluride can be outfitted with an array of advanced technology and safety systems¹ including standard Blind Spot Collision-Avoidance Assist Rear, Driver Attention Warning, Lane Keeping Assist, Forward Collision Avoidance Assist, Rear Occupant Alert², Driver Talk, Quiet Mode and more.

"The Telluride impressed everyone on the editorial team with its eye-catching styling, notable driving dynamics, all-inclusive list of standard features, and well-integrated safety technology," said Michael Harley, executive editor for Kelley Blue Book. "Even more striking is the crossover's extremely attractive price, which alludes that 'value' is the Telluride's middle name."

To select the winners of the Best Buy Awards, Kelley Blue Book evaluated more than 300 new models available for 2020, with a specific emphasis on the best combination of quality, safety, comfort, driving dynamics, dependability, low ownership costs and affordability. As part of their decision-making process, Kelley Blue Book's experts also analyze a wide array



of vehicle-related data, including vehicle pricing, 5-Year Cost to Own data, consumer reviews and ratings, and vehicle sales information. These prestigious awards provide a helpful service by allowing shoppers to narrow their new-car consideration list and purchase that new vehicle with confidence.



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On behalf of Saint John Common Council and staff, we wish everyone a happy and safe holiday season and a prosperous New Year. May joy and wonder fill our City, our hearts and our homes.

Au nom du Conseil municipal et les employés de la Ville de Saint John, nous vous souhaitons de très heureux Fêtes en toute sécurité ainsi qu'une nouvelle année prospère. Que la joie et l'émerveillement remplissent notre ville, nos coeurs et nos maisons.


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Cathy Rogers
MLA for Moncton South (506) 869-6824
Députée Moncton-Sud (506) 869-6824
Cathy.rogers@gnb.ca



Merry Christmas!
Best wishes for a wonderful holiday season, and a New Year full of hope, good health and happiness.

Dorothy Shephard
MLA for Saint John Lancaster
640 Manawagonish Rd. 506 643-2900 dorothy.shephard@gnb.ca



Wishing you Happy Holidays and Warm Wishes for 2020!
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The Real Scoop on Snow Shovelling...

Physiotherapists offer some advice and tips on Safe Snow Shovelling...

While many people recognize that shovelling snow is hard work, physiotherapists caution that shovelling can place severe stress on your heart, and cause stress and strain on your body. Research in the Journal of Cardiopulmonary Rehabilitation has identified snow shovelling as a high-risk activity for cardiovascular events, reports Cathy Simon, Physiotherapist and President of the NB Physiotherapy Association.

“Every year shovellers also sustain injuries such as pulled and strained muscles from repetitive twisting and improper lifting.” “However,” Simon says, “Canadians can still enjoy cardiovascular benefits from snow shovelling if they prepare themselves and listen to their bodies.”

Snow shovelling has a similar intensity to jogging, racquet sports, and other strenuous sporting activities. Individuals will be better prepared for shovelling if they avoid being sedentary by regularly participating in activities like walking.”

Simon offers these important tips for shovellers: include warming up before shovelling, take frequent breaks, and separate the job into smaller stages to prevent overexertion. Shovellers should take notice of any symptoms of back pain or repetitive strain, and should be aware of any warning signs of cardiac distress including shortness of breath, chest and/or upper body pain or discomfort, palpitations, and other symptoms such as anxiety, sudden extreme fatigue, nausea, dizziness or lightheadedness.

Shovelling can be made even more difficult by the weather. “Cold air makes it harder to work and breathe, which adds extra strain on the body,” warns Simon. Cold, tight muscles are more likely to strain than warm, relaxed muscles. Take time to stretch and prepare your body for activity with a simple warm-up before shovelling, and wear warm clothing. The Canadian Physiotherapy Association offers the following tips to you help get a handle on safe shovelling:

Choose a shovel that's right for you:

- A shovel's handle is the appropriate length when you can slightly bend your knees, and hold the shovel comfortably in your hands at the start of the shovel stroke.
- A bent-handled shovel can reduce bending compared to a traditional straight-handled shovel.
- A shovel blade that is made of plastic will be lighter than a metal one, putting less strain on your spine.



- A smaller blade may be better than a larger one because it avoids temptation to pick up snow that is too heavy for your body to carry.

Use proper techniques:

- Grip the shovel with your hands at least 12 inches apart, and keep one hand close to the base of the shovel. Positioning your hands further apart will help increase your leverage.
- Squat with your legs hip-width apart, knees bent and back straight. Lift with your legs. Do not bend at the waist.
- Scoop small amounts of snow into the shovel and walk to where you want to dump it. Holding a shovel of snow with your arms outstretched puts undue strain and compression on your spine.
 - Step in the direction in which you are throwing the snow. This will help prevent twisting of the low back and next-day back fatigue, experienced by many shovellers.

Take care of your body:

If you have any doubts about your ability to shovel due to health concerns, injuries, or inactivity, consult a physiotherapist.

- Clear heavy snow in two stages – by skimming snow from the top, then removing the bottom layer
- Take a short rest or decrease the intensity of effort slightly if you find yourself unable to say a

long sentence in one breath.

- Take frequent breaks when shovelling – stand up straight and walk around periodically to bring your spine back to a neutral position. You can also do standing extension exercises by placing your hands in the small of your back, bending slightly backwards, holding the position for several seconds, and repeating this movement 5 to 10 times.

If you are experiencing pain, consult a physiotherapist. Physiotherapists are primary health care professionals who help people gain and maintain their physical mobility. Physiotherapists can work to increase your mobility, help relieve pain, build strength, improve balance and increase cardiovascular function. Physiotherapists will also help you prevent the onset of pain or injury, allowing you to maintain your level of active living. - Visit the Canadian Physiotherapy Association's website at www.physiotherapy.ca



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The Gift of Growing Old...



Senior Watch:

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

In his book, “Loving Each Other”, Leo Buscaglia addressed the intricacies and challenges of relationships. Writing in 1984 he made the poignant observation that “society’s flippant and suspicious attitude toward tenderness, compassion and caring had created detached persons and perpetuated isolation”.

So here we are over 30 years later. Have things really changed for our present elders? Do we give consideration to their struggles and achievements as they continue on their life journey? Do we encourage them? Do we offer them inclusion and hope? What have we done to improve the aging process?

In 2007 Dr. Sherwin Nuland made his point by calling his book “The Art of Aging” insisting that aging is an ART not a disease. Two Associate Professors at St. Thomas University, Elizabeth McKim and William Randall, pick up a similar theme in 2016 when they expand the idea of “Reading Our Lives: The Poetics of Growing Older”...with emphasis on the positive activity of “growing” – always learning, and looking at later life as a time of challenges and possibilities.

Can we as family members and as caregivers support our elders in our community in meeting their goals? What would have to change? Do we take time to listen to their wisdom accumulated over the first part of their life journey? Do we welcome their ideas and their hopes? Do we take time to ensure their inclusion in the community?

Are we ready to make a commitment to take steps to change attitudes and decrease isolation of our elders? We have an opportunity to make a difference...but, will we?

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Health News from the Net

Arthritis and Knee Replacement

Did you know? As Canadians age and develop arthritis, more people are requiring knee and hip replacements. Between 1993 and 1999, when the study was done, the rate of total knee replacements increased by a staggering 52% and these rates are continuing to rise.

Get ready for knee replacement surgery every 15 years. One knee replacement seems reasonable as we get older, but two or three? That's the warning from researchers at the Toronto Western Research Institute, who say Canadians will likely outlive their artificial knees, which last about 15 years. Dr. Aileen Davis and colleagues are examining whether that second or third artificial knee works as well as the first or if we should expect less mobility with each new knee.

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Carol Maber – Editor

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Walking 30 Minutes Every Day has Health Benefits...

Walking is the simplest form of exercise imaginable. With its natural pleasures and range of benefits, walking occupies a special place in the world of healthy living. Thirty minutes of walking each day can help maintain flexibility, increase mobility and build strength and endurance. Almost anyone can participate at any skill level from seniors to kids. Its easy, convenient and inexpensive all one needs is a good pair of shoes.

Canadians of any age and weight can use walking as a great way to keep active and healthy, remarks Yvonne Chan, a physiotherapist and area manager for LifeMark Health in eastern Ontario. The simple act of walking can play an important role in keeping you feeling good.

Walking helps with mobility in your joints, stimulates muscles, pumps blood through your heart and lungs, and it can help you to lose body fat by burning off calories. It can be a walk around the neighborhood or as simple as finding a parking spot further away from the door. Start small and grow into it. Its easy to make walking a part of your everyday life.

Canadian physiotherapists suggest, before starting any walking or recreational program, to ease into the activity to avoid undue stress to the muscles and joints. Dur-

ing the first week, walk 10-15 minutes at a slow pace. After week one, maintain the same distance but pick up the pace. Over the next several weeks, build up gradually to a 20- to 30-minute walk, three to four times per week, at a pace that is brisk but comfortable.

The CPA suggests the following five S.M.A.R.T. Walking tips: Stretch, Move, Add it up, Reduce strain, Talk to a physiotherapist.

STRETCH Keep muscles flexible, joints mobile, and relieve tension and strain by doing a few gentle stretches before and after your walk. Important areas to stretch are the neck, shoulders, arms, low back and spine, calves and ankles. Stretch until you feel tension but not pain.

MOVE TODAY FOR TOMORROW

The body was designed with balance in mind. With good posture you will be able to breathe easier and avoid back pain. Use the following tips to keep your body in line and add more power to your step.

- Focus on keeping your shoulders square and relaxed;
- Focus on achieving an efficient stride; not too long or too short;
- Find and maintain a consistent, comfortable pace;
- Maintain a tall erect posture, keeping your breathing relaxed;

- Think arm swing, driving arms backwards, not just forwards;
- Pay attention to actively pushing off, rolling from the heel right through and off the end of the toe; and feet straight ahead.

ADD IT UP, AN HOUR IS POWER

Adding up the time spent doing particular activities, along with pacing and rotating them frequently, eases tension to strained muscles. Start slow and build up your walking routine. With proper clothing, you can walk, hike and snowshoe 12 months of the year. Drink plenty of water to ensure proper hydration.

REDUCE STRAIN Walking shoes, backpacks, etc., are meant to ease the load. Take measures to fit the gear to you, not you to the gear. Shop around for the right shoe. Your physiotherapist can make suggestions for in a walking shoe that best suits your walking program;

Replace old shoes. The average life of a walking shoe is approximately 400 to 600 miles (620 to 800 km);

Monitor your posture and body mechanics. Make sure your head, shoulders and hips are lined up over your feet;

Consider getting orthotics. Custom-made orthotics can correct or reduce improper motions which lead to chronic injuries.

Keep your stride comfortable. Rotate your walking routes from incline to flat, sidewalk to grass, to keep it interesting and avoiding over-use injuries;

Drink lots of fluids and be careful of overheating or dehydrating during activity;

Listen to your body and watch for recurring or persisting pain if concerned, seek early professional attention from a physiotherapist.

TALK TO A PHYSIOTHERAPIST

Physiotherapists are the mobility experts for both the fit person who requires specific fitness and injury prevention advice, and for the elderly, injured or disabled person who has specific needs and considerations. With their applied knowledge and understanding of the human body in action, physiotherapists are able to help you to increase mobility, relieve pain, build strength and improve balance and cardiovascular function. A physiotherapist will assess your injury and provide appropriate treatment that will promote an earlier return to your walking program as well as advice on how to prevent recurrence of injury.

Visit the Walking Tips page found on the Canadian Physiotherapy web site www.

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The passing of my husband at the age of fifty-three launched me on my own grief journey, inspiring me to write a book on the widow's experience and ultimately to enter the field of grief recovery professionally.

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We all need a helping hand when we get knocked down, and so to start I'm offering you the opportunity to download my first three Guides for free: Grieving to Healing, Stress is Stealing My Sleep and Healthy Relationships. All you have to do is go to this link: <https://sisterhoodofwidows.com/guide-downloads/> to get more information.

Are you looking for grief resources from online sites that are not trying to sell you something? Then check out the resource page on my website for a list of free online sites that offer professional support for all grievers, <https://sisterhoodofwidows.com/grief-resources/>

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I look forward to being part of the team at "Choices After 50" and if you have any questions or comments concerning your grief journey please email me at mary@thesisterhoodofwidows.com

– Author and CEO of "The Sisterhood of Widows", Certified Grief Recovery Specialist, Early Intervention Field Traumatologist and Certified Law of Attraction Facilitator

Take the time to deliberate, but when it comes to action, stop thinking and just do it...

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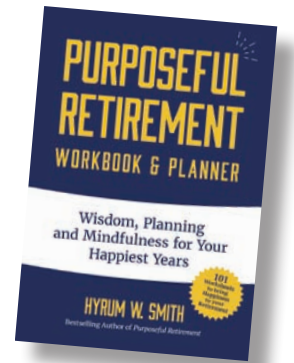


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The author of the bestselling Purposeful Retirement, Smith's new book lays out a guide to making sure we all take full advantage of the decades we get to enjoy after full-time work. Smith sheds light on what he calls the "gifts of retirement," the opportunity to reclaim your time and spend it exactly the way you want to. This practical handbook covers: Retirement financial planning, Health management and exercise advice The importance of clubs, volunteering and social groups in maintaining friendships, relationships, and a social life once you stop going to work every day. And much more!

Smith's one-of-a-kind expertise and wise counsel in The Purposeful Retirement Workbook will take you from apprehension to living life and loving it! "This book is packed with wise advice for anyone staring down the barrel of retirement. I agree wholeheartedly with Hyrum Smith: you may be retired, but you can still live with meaning, purpose and energy."



An older woman shook hands with the pastor after the service. "Wonderful sermon," she exclaimed. "Everything you said applies to somebody that I know..."

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Stay Out of Fraud's Reach...

New Brunswickers reported losing \$1.4 million last year to scams and frauds.

That's likely only a fraction of the money lost to con artists. According to the Canadian Anti-Fraud Centre, 95 per cent of scams go unreported because many victims are too embarrassed to do so.

As New Brunswick's aging population continues to grow – according to Statistics Canada, 31 per cent of the population will be over the age of 65 by 2038 -- so too does the vulnerability to financial fraud.

Older people are often targeted for several reasons. Today's seniors are more engaged, active and online than ever before, using the Internet for banking, social media and online dating.

They are often home during the day to answer the door or phone, they can be more trusting and they may not have family or friends close by to ask for a second opinion. They can best protect themselves by recognizing the tactics scam artists use.

Here are the top four scams targeting seniors and how they can avoid them:

Grandparents scam – Scammers may call and impersonate a family member (often a grandchild) in distress. Before sending any money, call to verify if the family member is really in trouble. They may ask you not to tell your family members. Red Flag: They ask you to keep it a secret.

Sweepstakes and lottery scams – Scam artists may contact you by telephone or mail saying you have won a lottery prize. To collect the prize, you are told to pay a fee. Red Flag: They ask you to pay fees to collect a prize.

Door-to-door scams – Door-to-door salespeople may use high-pressure tactics to get you to purchase a product or a service you neither need or want. Ask to see their licence from FCNB. Review any contracts before signing. You have the right to cancel a contract for any reason within 10 days. Red Flag: They pressure you to act fast and not give you time to think it through.

Romance scams – Fraudsters use dating websites to lure lonely people into online relationships. Soon after, they begin making financial requests. Red Flag: They ask you to send money and you've only interacted online.

Frauds and scams change all the time. Knowing the red flags to watch for will help you be better prepared to recognize the scam and not become a victim. It's also important to report if you believe you may have been targeted by a fraud or scam. Learn more about identifying potential frauds and scams and where to report them by visiting: <http://fcnb.ca/how-to-report-fraud.html>

The best defense is to be informed and report the scam to help protect others in your community!



There Is a Time...

*A time to get. A time to give,
a time to throw away. A time to do a kindly
deed, that time is here to day. A time to work,
a time to play, a time for joy and sorrow.
A time to think about today, and not about
tomorrow.*

Estate Planning 101...

Regardless of how much money you have, an estate plan can help secure everything you've accumulated in your lifetime.

A well thought-out estate plan may help protect you from financial abuse, theft or fraud. It can also ensure your loved ones are taken care of after you are gone and that your wishes regarding your financial assets are known.

An estate plan might include the following documents: a will and an enduring financial power of attorney, also called a POA.

A financial POA allows you to appoint someone you trust to take care of your finances should you become unable to do so.

A will outlines your wishes and the distribution of your assets after you are gone. If you die without a will, you are considered to have died intestate. When this happens in New Brunswick, provincial law will dictate how your assets are distributed – and it may not be according to your wishes.

It's never too early to plan. Consult your lawyer today.



Have you had the family money talk yet?

Many seniors are uncomfortable talking about money with their adult children. But your children need to know about your financial situation, your plans and your wishes.

Visit our website at www.fcnb.ca/estate for free tools to help you start the conversation.

Avez-vous parlé d'argent avec votre famille?

Bon nombre d'aînés ne se sentent pas à l'aise de parler de leurs finances avec leurs enfants d'âge adulte. Pourtant, il est important que vos enfants connaissent votre situation financière, vos plans et vos souhaits.

Visitez notre site fr.fcnb.ca/succession pour obtenir gratuitement des conseils et des outils qui vous aideront à aborder le sujet.

Mac Tips – Similarities and Differences between Mac OS and Windows

Although it may feel like you're entering a brand new world with your Mac, you'll be happy to know that Finder has some familiar similarities to Windows Explorer. For example, you still have a desktop and windows, you still access many functions from menus, you can still use keyboard shortcuts to accomplish tasks quickly, and more.

In Windows you used Windows Explorer to manage your files. In MacOS, you use the Finder to manage your files. You can search for files, copy files, move files, or delete files. You can also see file server connections, inserted DVDs, and USB thumb drives.

Here is a sample Mac desktop and Finder window labeled so we can compare it to Windows.



1. Apple (🍏) menu - Similar to the Start menu in Windows; used to access functions such as Software Update (equivalent to Windows Update), System Preferences (equivalent to Control Panel), Sleep, Log Out, and Shut Down.

2. Menu bar - This is always at the top of your screen. It contains the Apple menu, active application menu, menu bar extras and the Spotlight icon.

3. Finder window close, minimize and zoom buttons—just like in Windows but on the left. Note: Closing all application windows in Mac MacOS does not always quit the application as it does in Windows. In Mac MacOS every application menu has a Quit option.

4. Finder window View buttons
Equivalent to the options contained in the View menu of Windows Explorer. • Icon view - Similar to Windows Icons view mode, used to display the contents of your folder as a series of icons. • List view - Similar to Windows Details view mode, used to display your folder in a spreadsheet-style manner. • Column view - Used to display the hierarchy of your hard disk where each column represents a folder. • Cover Flow view - Used to display the contents of your folder just like the Cover Flow used in iTunes.

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5. Action Menu - Similar to right clicking an item in Windows Explorer, it will give you quick access to Finder for highlighted items, such as Get Info and Move to Trash.

6. Item Arrangement - Similar to Group By, Stack By in Windows Explorer, it will group the items in a folder by a certain criteria, such as Name, Date Last Opened and more.

7. Search Field - Similar to Windows Search, start typing a word and Spotlight will search your Mac for any matches.

8. Spotlight icon.

9. Back / Forward buttons - Just like in Windows Explorer, as you move to different places in the Finder window, you can use the back button to return one step back and the forward button to go forward.

10. Sidebar - Similar to the Task Pane in Windows Explorer, items are grouped into categories: Favorites, Shared, and Devices.

11. Cover Flow content - Shows you a preview of files, where you can page through a document or watch a QuickTime movie.

12. The Finder application icon - Similar to Windows Explorer, click it to bring the Finder to the foreground or open a Finder window if none are already opened.

13. The Dock - Similar to the Windows Taskbar, it has quick access to the Finder and your most frequently used applications, folders, and files. With a single click the application, folder, or file opens.

14. Trash - Similar to the Recycle Bin, deleted items are kept here until you empty the Trash. You can also eject DVD's, SD memory cards, or external drives connected to your Mac by dragging them to the trash (DVD's will physically eject when you do this, other devices can be disconnected after doing this).

Dale Forbes – Mac Repair And Consulting 506.636.0385. Apple Certified Mac Technician (ACMT) – Please see contact information in ad below

Wise old philosopher:
Man needs but very little while here and that very little not for very long...

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Cell: 506 636-0385
e-mail: adaleforbes@icloud.com
www.macrepairandconsulting.com

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.

The Poverty of Loneliness!

Recent Study talks about the effects of physical exercise on an aging brain.

Doctors have long recommended that their aging patients exercise, citing benefits ranging from better heart health to improved balance. Now there's a new reason for seniors to exercise: according to a new study, even moderate physical activity can have positive effects on brain function in aging individuals.

The study, tested the effects of aerobic exercise on attention activity in the brain. The findings were stunning: even low-impact activity, such as walking, resulted in more brain activity in areas devoted to attention.

None of this comes as a surprise to Dr. Frederic Flach, the editor-in-chief of Hatherleigh Press and publisher of FITNESS OVER FIFTY (Healthy Living Books, \$15.95). Flach, who has remained a prolific author and practicing physician into his 70s, cites staying fit as one of the most important goals a senior can have.

"Following the four pillars of exercise outlined in this book have kept me active, fit, and alert, even as I get older," explains Flach. "That's a gift I wanted to pass on to other seniors."

The book, a special illustrated edition from the National Institute on Aging, has the following tips for seniors who want to start an exercise program like the one in the newly released study:

CHOOSE AN ACTIVITY YOU ENJOY

Don't feel that you have to be able to run a marathon to get the positive effects of exercise. Any activity that increases your heart rate and breathing for an extended period of time counts as exercise: walking, swimming, dancing, even raking leaves! By choosing an activity you enjoy, you'll be more likely to stick with your exercise plan.

START SLOW

Build up endurance gradually. If you need to, you can start out with as little as 5 minutes of endurance activities at a time. Starting out at a lower level of effort and working your way up gradually is especially important if you have been inactive for a long time. And remember: you should always check with your doctor before starting an exercise program.

LISTEN TO YOUR BODY

The goal is to build up to 30 minutes of moderate exercise a day (you can divide this into three 10 minute sessions if you need to). But remember to work at your own pace and pay attention to what your body tells you. Endurance activities shouldn't cause dizziness or chest pain.

DRESS FOR EXERCISE SUCCESS

Older adults can be affected by heat and cold more than other adults. In extreme cases, exposure to too much heat can cause heat stroke, and exposure to very cold temperatures can lead to hypothermia. If you are exercising outdoors, dress in layers so you can add or remove clothes as needed.

DRINK PLENTY OF WATER

As you get older, your body may become less likely to trigger the urge to drink when you need water. Be sure to drink liquids when you are doing any activity that makes you lose fluid through sweat. The rule of thumb is that, by the time you notice you are thirsty, you are already somewhat dehydrated.

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

If you can't do great things, do small things in a great way...

Good Communication...

A "hearing aid" is just that, an aid in communication

For the New Year, some good communication techniques to utilize when talking to the hearing impaired:

Hearing aids can improve your hearing, but they cannot restore your natural hearing. A hearing "aid" is just that, an aid in human communication. Good quality and professionally fit hearing aids may be your first step in improving communication. However, there are a number of other techniques we can also employ that will maximize the benefit of the hearing aids. Here are a few ideas...

Talk Face to Face

Face the person with whom you are speaking. Do not try to talk with your back turned to the individual or from another room. Visual cues from the face will help in understanding. Try to stand where your face is well lit. Try not to be chewing, smoking, covering your mouth or leaning your hand on your cheek. These will all interfere with lip reading.

Speak at a Natural Pace and Volume

Try not to speak too fast, but do not slow down unnaturally. It is important that you do not shout at someone who is hearing impaired. Auditory damage can often result in an increased sensitivity to loud sounds in the hearing impaired. If you are not understood in conversation, do not repeat what you have said exactly. You should say the same thing, but in other words. This will allow the individual to piece all the words together to understand the message.

Try to Eliminate Background Noise

Most people do not complain of difficulty understanding one on one. They more often complain they cannot understand speech in competing noise situations. This environment stresses the auditory system, especially that of a hearing impaired individual. It would be helpful to turn off the TV, close car windows, find a quiet location to talk. The closer one is to the hearing impaired individual the better.

For more information on this topic, or if you have any other audiological inquiries, feel free to contact Argus Audiology at one of our four locations:

634-7136 in Saint John,
857-3223 in Moncton,
388-4144 in Riverview,
778-1119 in Miramichi or at
www.argusaudiology.ca



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*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 kind...*

Planning for the 39th Annual Sussex Flea Market is Under Way..

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 calendar says Winter and the weather is cold, but many are already thinking ahead to next August, when thousands of people each year look forward to one of the biggest flea markets around held in Southern NB.

The 39th Annual Sussex Flea Market starting on August 14, 2020. 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).

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 will 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 39th. 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. When you visit the Flea Market, drop by the NBAAC's booth for more information about the club. Hope to see you there!

There is an old saying that those who bring sunshine into the lives of others, cannot keep it from themselves...

"I shall grow old, but never lose life's zest, because the road's last travelled will be the very best." – Henry Van Dyke

"Blessed are those who can give without remembering and those who can take without forgetting." – Elizabeth Bibesco

39th ANNUAL

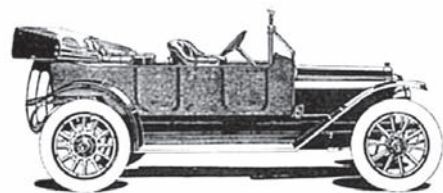
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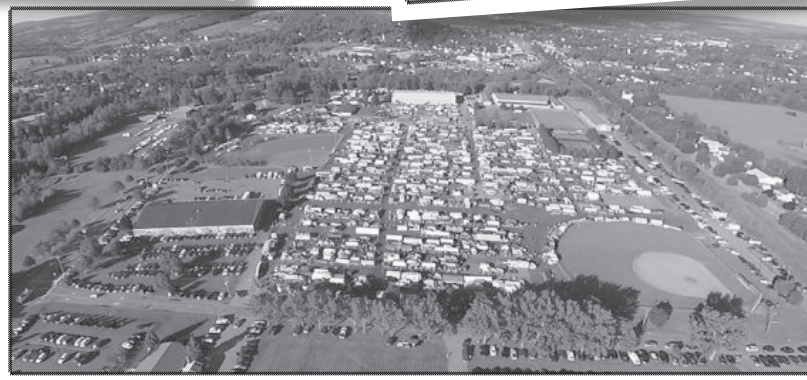


Friday, August 14, 2020 8 am - 8 pm
Saturday, August 15, 2020 8 am - 8 pm
Sunday, August 16, 2020 8 am - 3 pm

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)



39th Sussex Flea Market

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Visit our website: www.nbaac.org

Tuning In and Turning Up the Support for The GIVE: Clinic 1 Expansion

Radio is special. It's about storytelling and personalities and music and information.

It's about connection.

And although a radio-thon can happen anywhere, when it's the Love Your Hospital Radio-thon, it's important to have the right connection.

For eight years, Acadia Broadcasting has brought sister stations 97.3 The Wave and Country 94.1 and set up studio in Horizon's Saint John Regional Hospital each February.

While it's a day of fundraising, it is also a day of compelling and emotional stories, as patients and health care providers share their experiences over the airwaves.

"I would like to say how proud Country 94 and 97.3 The Wave are to be able to work with such a great organization as the Saint John Regional Hospital Foundation and all the staff that work there, they are an amazing team," says Station Manager, David Boone.

Last year, that team effort encouraged a record in corporate and personal donations, \$286,536!



The Road Show with Marky B and Jeff McAloon, Pres. and CEO, SJRH



Wave Wake Up Show with Dan and Joelle and Eileen MacGibbon, Program Director for Surgery and ICU, SJRH

We are very excited about this year's Radio-thon," says Foundation President and CEO Jeff McAloon. "We are so fortunate to have Acadia Broadcasting keep the "On-Air" light burning bright for us as a beacon of continued support.

And the generosity of New Brunswickers is always inspiring."

The Radio-thon is in support of the expansion and renovation of the busiest clinic in the Saint John Regional Hospital, Clinic 1.

The Saint John Regional Hospital Foundation is in the midst of a 12-million-dollar campaign to complete the overhaul.

Listen for the Love Your Hospital Radio-thon on February 13th, from 6 am to 6 pm on The Wave 97.3 FM and Country 94.1 FM!


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The words of love are spoken from one heart to another...



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