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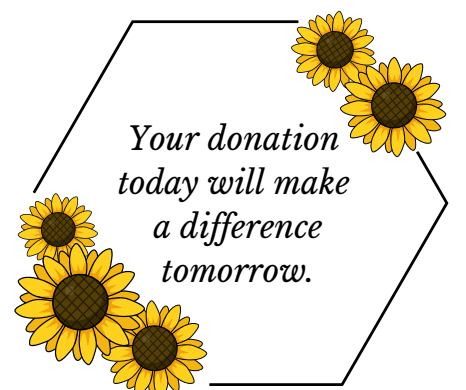
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Enjoy Life Outside – Creating Curb Appeal...



Urban Landscaping Ltd:

by: Lorna Pond, Certified Landscape Professional

We're all spending more time at home these days, so it's a prime opportunity to give attention to our homes both inside and out. As the temperatures increase and the days get longer, we are drawn to spend more time outdoors, enjoying the fresh air and our outdoor living spaces. Perhaps these living spaces aren't quite what you dreamed they would be, or maybe there's just a few projects you'd like to complete to make your house really feel like home. Whatever the situation, now is the time to have a look around to see what needs improving or updating. Depending on your time, desire, ability or budget, some projects might be DIY where-as some might be better left to the professionals. Have a look at the following check list and see what inspires you to dig in and get your hands dirty and what inspires you to seek a professional's assistance.



1. Clean up the lawn and shrub beds. Nothing sets the tone for a good looking property than a thorough cleanup in the Spring of the year. Dethatching, aerating and fertilizing a lawn promotes good health for the coming growing season. Cleaning, edging and mulching shrub beds does wonders for curb appeal and won't break the bank.



2. Step back and have a look at the greenery surrounding your home. Determine what shrubs are starting to outgrow their space and need to be removed and what shrubs need a simple "hair-cut". Maybe there are some areas that are stark and need a shrub bed installed or some trees planted. Planting can be done throughout the Spring, Summer and Fall and, in most cases, so can shrub pruning so don't stress about having to accomplish it all right now!

3. Overseeding thin or bare lawn areas and repairing damaged lawns will provide the basis for a lush, green lawn during the season and will help reduce the amount of weed activity that can take place. Seeding in the Spring or early Fall will provide the best results for your efforts.

4. Check your lawn and your neighbours' lawns for signs of grub activity. This will look like areas that are tilled up as crows and skunks go in search of the grubs in the lawn. If there is activity on your lawn or on a nearby property, call a professional to provide advice and a quote on what options are available to help protect your lawn.

5. Make a list of landscape features you'd like to update, change or improve upon such as decks, patios, fences and walkways and prioritize based on needs and wants. Then determine a budget for those items that are at the top of the list. Obtain a quote for those items you cannot (or should not) do yourself and set a schedule for projects you plan to tackle on your own. But remember, don't fret too much about timelines because no matter when these landscape features are completed, they'll be there to enjoy for many years to come.

When you put into action some of the above curb appeal items, you will rediscover how enjoyable it can be to stay home. And we all deserve a beautiful, safe haven to look at and enjoy year after year.



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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 by a hot stove for a minute, you think it's two hours. That, said Albert Einstein, is relativity...

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Let's Make Financial Abuse a Thing of the Past!

Financial abuse can happen to anyone at any time.

But sadly, perpetrators tend to target those who are more vulnerable, like older adults or those with diminished capacity. People who are alone, lonely or in poor health also tend to be more at risk.

A serious financial loss can be devastating in later years and sometimes victims are unable to financially recover. But financial abuse can cause more than just money problems. It can cause a person to lose trust in others, become socially isolated and show signs of health problems such as depression and anxiety.

While it's hard to quantify the true extent of the problem here in New Brunswick, we know that financial abuse occurs more frequently than people think. Known as the invisible crime of the 21st century, it can be tough to identify and often goes unreported.

The Financial and Consumer Services Commission of New Brunswick offers a free, on-demand e-learning course intended to help older adults and their families and caregivers learn about the factors that increase vulnerability, the signs of abuse, and the financial scams and schemes targeting older adults.

After completing the course, you can expect to have a better understanding of the following topics:

- What is financial exploitation
- How to recognize and identify signs of financial exploitation
- Financial frauds and scams targeting older New Brunswickers and their impact
- How to help prevent instances of financial exploitation from occurring
- What to do if you suspect financial exploitation
- How and where to report financial exploitation

The e-learning course is a simple tool all New Brunswickers can use to learn about the impacts of financial exploitation and help protect themselves and those they care for from becoming victims.

Don't let the risk of financial exploitation ruin your peace of mind. Take control of the situation and arm yourself with knowledge. Start learning today by visiting Finances50plus.FCNB.ca/en/learning and make sure that you and those you love are protected.

Faisons de la maltraitance financière une chose du passé!

Personne n'est à l'abri de la maltraitance financière.

Malheureusement, les malfaiteurs ciblent souvent les personnes vulnérables, comme les personnes du troisième âge et les personnes à faculté diminuée. Celles qui sont seules, isolées ou en mauvaise santé sont aussi plus à risque.

Une perte financière grave peut être dévastatrice pour les personnes âgées qui peinent à retrouver leur stabilité financière. Et elle n'occasionne pas seulement des problèmes d'argent. La maltraitance financière peut amener la victime à perdre confiance en autrui, à s'isoler socialement et à développer des problèmes de santé, comme la dépression ou l'anxiété.

C'est vrai qu'il est difficile de mesurer l'étendue réelle du problème au Nouveau-Brunswick, mais nous savons que la maltraitance financière se produit plus souvent que l'on pense. Non seulement connue comme le crime invisible du XXI^e siècle, la maltraitance financière peut être difficile à reconnaître et est rarement signalée.

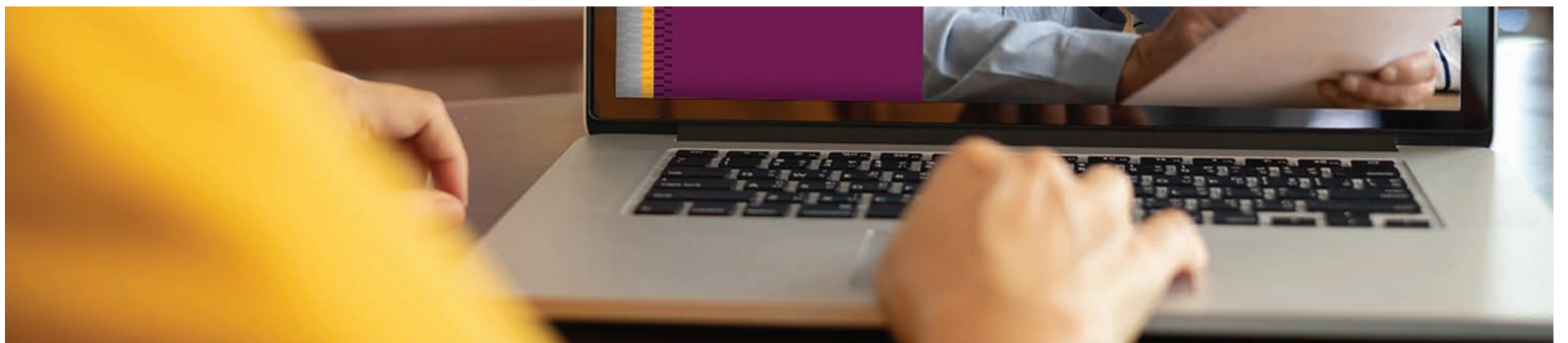
La Commission des services financiers et des services aux consommateurs offre un cours virtuel gratuit et disponible sur demande pour aider les personnes du troisième âge, leur famille et leurs soignants à en apprendre plus sur les facteurs de vulnérabilité, les signes de maltraitance financière et les fraudes ciblant les personnes âgées.

Après avoir terminé le cours, vous serez mieux en mesure de :

- Comprendre ce qu'est l'exploitation financière
- Repérer les signes d'exploitation financière
- Comprendre les fraudes qui ciblent les personnes âgées du Nouveau-Brunswick et leurs répercussions
- Prévenir l'exploitation financière
- Agir si vous soupçonnez un cas d'exploitation financière

Ce cours virtuel est un simple outil que tous les gens de la province peuvent utiliser pour mieux connaître les effets de l'exploitation financière ainsi que la façon de se protéger et protéger leurs proches.

Ne laissez pas le risque d'exploitation financière troubler votre tranquillité d'esprit. Contrôlez la situation et outillez-vous avec des connaissances! Commencez votre apprentissage aujourd'hui en visitant finances50plus.fcnb.ca/fr/apprentissage afin d'assurer votre protection et celle de vos proches.



Don't let the risk of financial exploitation ruin your peace of mind.

Learn how to protect yourself and others with FCNB's free e-learning course.

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Apprenez à vous protéger et à protéger les autres grâce au cours virtuel gratuit de la FCNB.

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pour en savoir plus.

The Tools of Foot Comfort... “Shoes, Stockings and In-Shoe-Devices”

An ingrown toenail, a painful callous, a sore heel or a throbbing knee? When the aggravation persists what can you do? Putting it in perspective you will often find there is a trail of evidence leading up to one of these incidents or injuries.

A sore nail bed or cuticle may come from a shallow toe box or a short shoe fitting. A callous is an indication of friction or movement inside the shoe. Heel, knee, hip, or back pain may come from poor alignment that can sometimes be seen by distortion or unusual wear in shoes.

Many of these conditions can be diagnosed by your Family Physician or evaluated by a Health Care Professional familiar with body mechanics.

Appropriate footwear is a good starting place. Deep toe box, firm heel counter, cushioned rocker soles and foot friendly seam placement are all features that should be considered. Slip on shoes may be convenient but an adjustable closure is more secure for walking and standing. If you have difficulty lacing due to back or hand disability Velcro closures might help, although these will tend to loosen with vigorous activity.

Stockings are often overlooked as a comfort solution. Avoid patterned or ribbed knits. Many synthetics have real advantages with fibre blends offering unique properties for cushion and friction reduction. Cotton and wool may be the standard but there is great variation in products. Just because the label says “diabetic sock” does not guarantee quality.

All cotton becomes more abrasive with laundering and knowing when to discard and move to a new pair is critical. Often a synthetic yarn with anti-bacterial treatments will be a better long term buy. There is likely to be more significant difference between a

\$5 and \$15 stocking than the price.

In shoe devices such as cushioned foot-beds or custom orthotics are helpful in repositioning the foot and alleviating pressure and friction that lead to joint and muscle pain.

They can often improve ankle, knee, hip, and back posture improving or eliminating pain symptoms.

Foot orthotics are assessed, designed, and fitted by a certified Health Care Professional familiar with body mechanics and how the bones, joints, ligaments, tendons, and muscles respond to activity. These devices can range from soft through flexible to rigid depending on activity level, weight, occupation, or shoe type so they are truly particular to you and your lifestyle. If you experience pain

or disability and this a limiting factor in your activities or enjoyment of them, talk to your Physician about getting a biomechanical assessment orthopedic footwear or foot orthotics.

by: Terry B. Trask, C Ped(C). For more information call: 506



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

One problem about getting old is that it happens to us when we are so young...

We are changed by what we do, not what we read about or think about, but what we actually do...

“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

Power of Attorney – Important for Aging Boomers and their Parents...

A recent study by the Alzheimer Society shows the likelihood of developing dementia doubles every five years once you reach age 60. This also increases the likelihood that someone may need to act on your behalf when making financial decisions.

While many people can easily identify family or friends that they would trust with their personal wellbeing establishing a POA requires a much more involved evaluation of the relationship and what this role will entail.

Investors Group tax and financial planning is available to discuss the obligations and responsibilities involved in this role and what Canadians need to consider when selecting or assigning a POA.

Dementia and disorders like Alzheimer’s involve loss of memory and cognitive abilities limiting one’s ability to make decisions for themselves that can impact their financial wellbeing.

A power of attorney, a legal document authorizing someone to act on another’s behalf, is an important part of a comprehensive, personal financial plan.

While most people recognize that granting someone power of attorney over your affairs carries responsibility for decisions regarding medical care and living arrangements, many do not realize it also includes responsibility for managing all assets (including investments) as well as decisions that can impact retirement planning and saving.

“A power of attorney is a critical document that completes any financial plan,” says Investors Group tax and financial planning expert Christine Van Cauwenberghe. “Without one, if you become incapacitated even for a short time, your assets may be managed by someone you haven’t chosen, or in a manner you don’t approve of.”

While many people can easily identify family or friends that they would trust with their wellbeing, establishing a POA requires a much more involved evaluation of the relationship and what this role will entail. Christine recommends that Canadians investigate what is entailed and select someone that will best manage what’s involved.

“It’s also imperative that the party selected fully understands their roles and obligations to best serve your interests,” says Ms. Van Cauwenberghe. She offers the following tips when formalizing your power of attorney:

- Consider the scope of the powers granted
- Determine at what point the power comes into effect
- Make parameters that require the person assuming the POA to seek expert advice when it comes to financial decisions
- Make this decision sooner rather than later, since you will not be able to once you lose mental capacity
- Talk to your parents if this isn’t factored into their financial plan.

– Article provided by Senior Watch

Relish Your Retirement: Illuminating new book sparkles with ideas for women to feel good and delight in retirement’s new found freedom...

Florance Philips’ Relish Your Retirement: 501 Fun, Insightful, Simple and Enjoyable Ideas and Things to Do in Your Retirement Without Spending Too Much is not just for women who are retiring from the workforce, but homemakers with empty nests and about to embark on a new phase in their lives. Sharing the five stages of retirement, along with the benefits of a good plan, proper implementation and passion, this book is all about making retirement a happy and productive part of life



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Carol Maber – Editor

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A problem half stated is a problem half solved...

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Easy ways to use less hot water at home...

Easy access to hot water is one of life's great conveniences and Canadian households use a lot of it. From dishwashing to laundry to your morning shower, the average household uses

75 litres per day, per person. And your water heater is working around the clock to keep hot water at the ready. It should come as no surprise that hot water can account for up to

20% of your monthly energy use. What may surprise you is how much of that hot water use can be replaced with cold water, with no effort or inconvenience.

Find hot water savings in every room

In the kitchen: If you have a dishwasher, use it. In most households using the dishwasher is more energy efficient than washing by hand. A dishwasher cycle uses less water than a single sink full of water and can clean stacks of dishes in a single load. To help your dishwasher work more efficiently, don't rinse your dishes (just scrape off food), and run full loads when possible.

If you don't have a dishwasher, or have items that need to be washed by hand, follow these tips to reduce your hot water use:

- Half-fill the sink. Using only as much water in the sink as necessary to do the job cuts down on hot water

- Take care rinsing. Running faucet can use up to 15 litres every 2 minutes. Instead of running the tap to rinse detergent residue from your dishes, partially fill your second sink with water for rinsing.

In the laundry room: Did you know cold water washing is better for fabrics? Fabric is less likely to shrink or fade when washed in cold water. Delicates benefit from cold water washing too. In most cases hot water washing is unnecessary unless your clothing is significantly dirty. Even then it depends on the nature of the stain.

Do you need a new washing machine? An energy efficient model uses 25% less energy and up to 33% less water than standard machines on the market. Front load washers can add to your savings- they use less water than top-load washers and are gentler on clothing.

In the bathroom: Bathroom water use can account for 30-50% of your household hot water use, but it's the last place you want to use cold water in place of hot. That's where faucet aerators and water efficient showerheads are a practical choice. Aerators in both sink faucets and showerheads can save up to 50% of household water use. For the most energy-efficient models look for showerheads with a WaterSense® certification.

For more energy saving ideas, programs, and rebates for efficiency upgrades, visit SaveEnergyNB.ca.

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Published by
EMC Publications & Media
Saint John, NB

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11. Your secrets are safe with your friends because they can't remember them either.

Canadian Music Legend Ian Tyson – A Look Back...

The family of the late Canadian country legend Ian Tyson, CM AOE, has announced the singer-songwriter died from on-going health complications on December 29th, 2022 at his ranch in southern Alberta, Canada at age 89.

Tyson was inducted into the Canadian Country Music Hall of Fame in 1989, and was inducted into the Canadian Music Hall of Fame, with his former wife and singing partner, Sylvia, in 1992. Tyson became a Member of the Order of Canada in 1994 and in 2003, he received a Governor General's Performing Arts Award, and inducted into the Alberta Order of Excellence in 2006.

Tyson was born to British immigrants in Victoria, and grew up in Duncan B.C. A rough stock rider in his late teens and early twenties, he took up the guitar while recovering from an injury he sustained in a bad fall in the rodeo.

Ian Tyson's story from there is familiar to most. He upped stakes from Vancouver Island and hitchhiked to Toronto, where he met a young singer from small-town Ontario called Sylvia Fricker. As Ian & Sylvia, they were the Canadian stars of the early '60s folk boom that gave the world Bob Dylan, Phil Ochs, Joan Baez, the Clancy Brothers, and the Kingston Trio.

Married in 1964, the pair made almost a dozen albums — and wrote some of Canada's best-loved songs, including Ian's "Four Strong Winds" and "Someday Soon," and Sylvia's "You Were on My Mind" — songs that have all been covered countless times by some of the most famous artists of our time, including Dylan, Neil Young, Judy Collins, and a young Canadian singer the couple mentored in his early days, Gordon Lightfoot.

During the British Invasion, Ian and Sylvia evolved into pioneers of country-rock. Their band, Great Speckled Bird, rivaled the Byrds and other groups which helped create modern country, a decade before the Urban Cowboy phase of contemporary "new traditionalists."

After hosting a national Canadian television music show from 1970 to 1975, Tyson realized his dream of returning to the Canadian West. The music and marriage of Ian and Sylvia had ended. It was now or never. Disillusioned with the Canadian country music scene, Tyson decided the time had come to return to his first love — training horses in the ranch country of southern Alberta.

After three idyllic years cowboying in the Rockies at Pincher Creek, Tyson recorded the album *Old Corrals & Sagebrush*, consisting

of cowboy songs, both traditional and new. "It was a kind of a musical Christmas card for my friends" he recalls. "We weren't looking for a 'hit' or radio play or anything like that." Unbeknownst to Tyson and his friends, the cowboy renaissance was about to find expression at the inaugural Elko Cowboy Poetry Gathering in 1983; a small coterie of saddle makers, rawhide braiders, cowboy poets and pickers discovered one another in a small cow town in northern Nevada. Tyson was invited to perform his "new western music" — and he's missed only one or two gatherings in the 30-plus years since.

Bob Dylan and the Band recorded his song "One Single River" in Woodstock, New York, in 1967. The recording can be found on the unreleased *Genuine Basement Tapes*, vol. 1. Judy Collins recorded a version of his song "Someday Soon" in 1968. In 1989, Tyson was inducted into the Canadian Country Music Hall of Fame. In 2005, CBC Radio One listeners chose his song "Four Strong Winds" as the greatest Canadian song of all time on the series *50 Tracks: The Canadian Version*. He has been a strong influence on many Canadian artists, including Neil Young, who recorded "Four Strong Winds" for *Comes a Time* (1978). Johnny Cash would also record the same song for *American V: A Hundred Highways* (2006).

Life has not been without its difficulties, however. In 2006, he seriously damaged his voice after a particularly tough performance at an outdoor country music festival.

"I fought the sound system and I lost," he said afterwards. With a virus that took months to pass, his smooth voice was now hoarse, grainy, and had lost much of its resonant bottom end. After briefly entertaining thoughts that he would never sing again, he began relearning and reworking his songs to accommodate his "new voice." To his surprise, audiences now paid rapt attention as he half-spoke, half-sung familiar words, which seemed to reveal new depths for his listeners.

Tyson released his most recent single "You Should Have Known" in September 2017 on Stony Plain Records, the label that Tyson's released fifteen albums with since the '80s. The song unapologetically celebrated the hard living, hard drinking, hard loving cowboy life and joins his favorites such as hits like "Four Strong Winds," "Someday Soon," "Summer Wages" and more.

Donations in Ian's memory can be made to *The Ian Tyson Legacy Fund* - <https://www.westernfolklife.org/donate>



VINTAGE AVONDALE KITCHEN: Gets a Makeover!

317 Lockhart Mill Road, Jacksonville NB. 506-328-4111. www.avondalekitchens.com

Welcome to the home of Brandon and Jessica Kelly, Woodstock NB.

When the Kelly family purchased their new home, it came ready with a vintage Avondale Kitchen, approximately twenty-five years old. At that time, open concept living was a fairly new idea, and most homeowners were looking for separation between rooms.

In recent years, the popularity of open concept living has been on the rise. An easy way to make a space feel larger, is to remove walls and combine multiple rooms to create a flex space. Not only does it feel larger, but many young families enjoy the connectivity of the space; one family member can be working in the kitchen, while keeping an eye on the little ones in the living room, and feeling included in the happenings of the household.

Although the vintage Avondale cabinets no longer served for maximum efficiency for the new homeowner, they were easily removed and passed on to another happy family looking for a "new to them" set of quality cabinets.

Renovation portion by *Simply Renovated*

Custom cabinetry designed, built and installed by *Avondale Kitchens*.



Funeral & Estate Planning...

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!

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.





Will They Know?

A funeral should be just what you want it to be; a thoughtful memorial; a reflection of faith; celebration of a good life; a time of comfort and support for your family; a simple acknowledgement of loss and change... or perhaps a little of each. A preplanned funeral means knowing that, when the time comes, they will know just what you wanted it to be.



David Humphreys
Owner / Funeral Director
humphreysfh@humphreysfh.com



Andre LeClair
Funeral Director
humphreysfh@humphreysfh.com

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Have I Thought of Everything – Important Planning Issues...

Have you pre-planned your funeral?

– Did you make arrangements for your burial?

Have you reviewed your Family burial lot?

– Is there defined space for each person?

Who has the say-so for the lot?

– Is your contract information current?

What arrangements can you make now?

– What can you pay for in advance?

Benefits of Pre-Paying Opening/Closing Costs?

– Lock in price at current rate.

Does the Funeral Home have to be involved?

What about a Family Grave Side Service?

Purchasing Lots


Choices – Traditional vs Cremation? – How many burials per lot?
– Columbarium vs Cremation Space? – Is financing available?

Monuments – Do you have a monument? – Can I pre-pay my final date?


Cedar Hill-Greenwood Cemetery

1650 Manawagonish Rd., Saint John, NB E2M 3Y3

Phone: 506-672-4309 info@cedarhillcemetery.ca



Cedar Hill Extension – Expansion...



The View

Cedar Hill Extension Cemetery

Expansion

Reserve your Traditional Lot or Cremation Space now....

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Saint John, NB E2M 3Y3
Phone: 506-672-4309
info@cedarhillcemetery.ca

War Amps 2024 Key Tag Mailing Begins...

NATIONAL – January 15, 2024 – The War Amps begins its 2024 key tag mailing to Canadian residents this week.

Five-year-old Vanessa Parsons was born missing the lower part of her left arm. As a member of The War Amps Child Amputee (CHAMP) Program, she receives financial assistance for artificial limbs and devices and also attends seminars where Champs and their parents learn about the latest in artificial limbs, dealing with teasing and staring, and parenting an amputee child.

“I attended my first CHAMP Seminar with Vanessa when she was six months old,” says her mother, Tori. “I learned a lot about artificial limbs and how they can help in so many ways. The War Amps funded her bike arm, which grips the handlebar and ensures she can sit up straight and ride safely. She also has a myoelectric arm that has a hand that opens and closes, which helps her to do activities like puzzles and colouring.”



Photo: Vanessa Parsons is benefitting from The War Amps Child Amputee (CHAMP) Program thanks to public support of the Key Tag Service.

The Key Tag Service was launched in 1946 so that returning war amputee veterans could not only work for competitive wages, but also provide a service to Canadians that would generate funds for the Association’s many programs. Each key tag has a confidentially coded number. If you lose your keys, the finder can call the toll-free number on the back of the tag or place them in any mailbox in Canada, and The War Amps will return them to you by courier, free of charge.

The War Amps receives no government grants and its programs are possible through public support of the Key Tag Service. For more information, or to order key tags, visit waramps.ca or call toll-free 1 800 250-3030.

For more information or to interview a War Amps representative in your area (where available), contact communications@waramps.ca. Stock images/key tag graphic can be found at <http://www.waramps.ca/media/media-enquiries/>



The War Amps

You can help amputees

with a charitable estate donation in your will. Your gift provides amputees, including children, with essential artificial limbs and so much more.



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Charitable Registration No.: 13196 9628 RR001

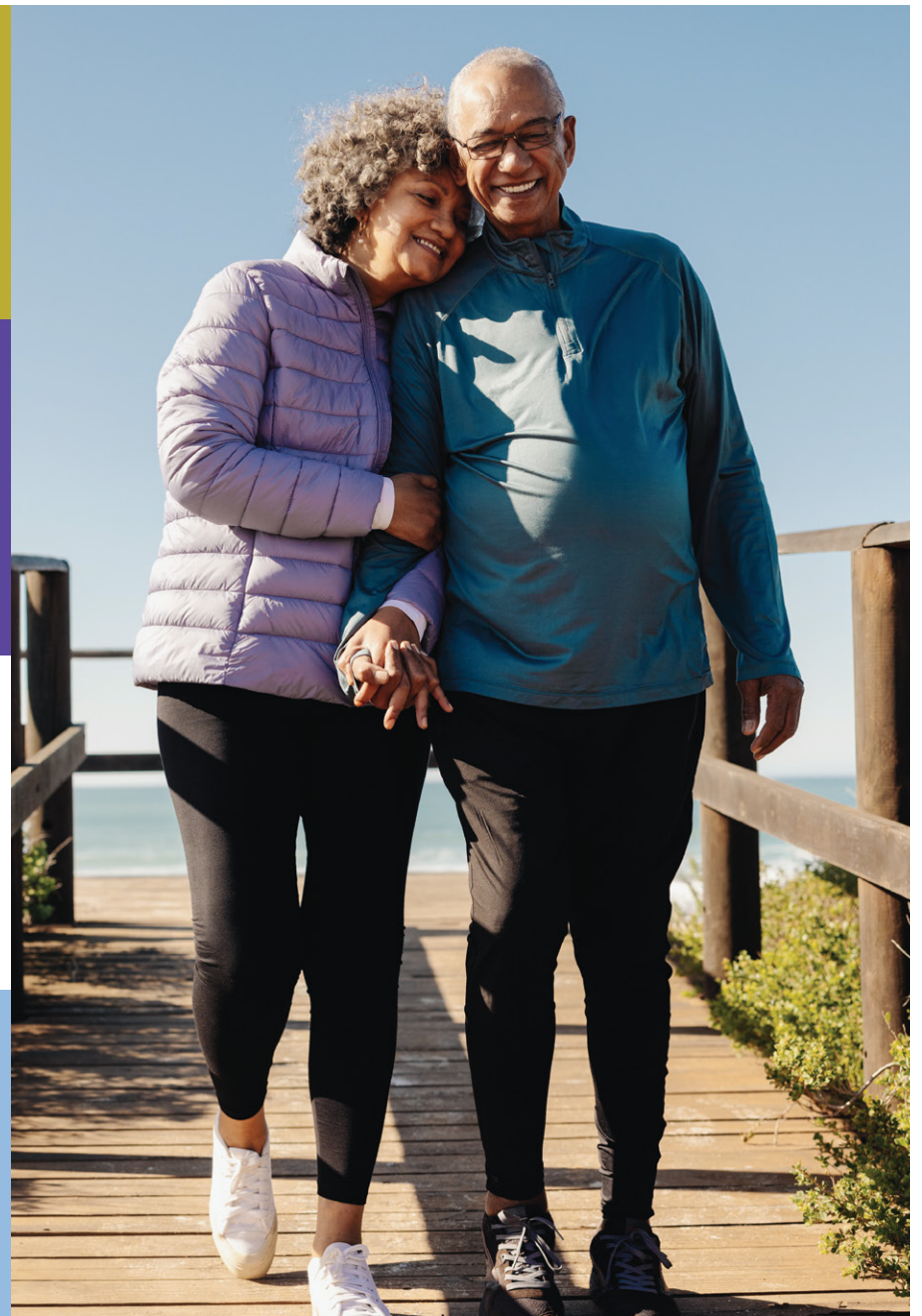


Living with Dementia

A dementia diagnosis should not be a lonely journey.

Get support for planning **the future.**

GNB.CA/Dementia



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 if someone you know needs in-patient palliative care to give a gift.

“Interesting Ways to Increase your Brain Power..”

If you can’t remember where you left your keys or the name of a new colleague, it’s probably not stupidity or dementia. More likely, your brain has gotten caught in ruts and information overload. But you can help your brain learn and remember. Create new connections—big or small—and your brain becomes more active and flexible. Here are a few ways to create new neural pathways and to help your brain stay plastic:

Laugh. It’s good for your brain! Humor works in the whole brain, and quickly. Less than a half-second after you hear or see something funny, an electrical wave moves through the higher brain functions of the cerebral cortex: the left hemisphere analyzes the joke’s words and structure; the right hemisphere interprets the meaning. Meanwhile, the visual sensory area of the occipital lobe creates images; the limbic (emotional system) makes you happier; and the motor sections make you smile or laugh. In short, laughter improves creativity, and memory.

Exercise. Movement helps you think. The brain’s cognitive and movement functions work side by side, sharing the same automatic process. When you solve a problem, you imagine moving through the steps. Exercise also stimulates the production of brain chemicals, such as BDNF (brain-derived neurotrophic factor), which encourages growth of new nerve connections.

If you already exercise, great – keep going. If you don’t exercise, then it’s time to begin. Park two blocks from the store or the office, and walk. Take the stairs rather than the elevator. Schedule a walk with a friend, join a gym, and mark out your exercise time on a calendar.

Balance light and darkness. Changes in light can affect the brain, even if you’re not aware of it. The lack of sufficient brightness in the wintertime can lead to seasonal affective disorder, otherwise known as the blues. When we move the clocks back and forth (from Daylight Savings to Standard Time), there are more accidents on the road. We need light.

The brain uses it to enhance alertness. We also need darkness to synchronize our body clock. Indoor lights, computers, street lamps, and television sets can create too much brightness at night.

Learn. Learning new skills strengthens the whole brain. Start by simply trying new things: visit a new place, learn a song—they all stimulate your neurons. Or do normal things in odd ways, such as brushing your teeth with your left (non-dominant) hand, taking a new route home. At first you might feel a little awkward or silly, but then you will begin to enjoy the challenge.

Learn something new like quilting or bridge, or take a community class in engine repair or gourmet cooking. As a reward, you’ll come away with new skills and possibly give your brain a better chance against Alzheimer’s.

Create. For years, scientists believed the right side of the brain was responsible for creativity. However, recent functional brain scans show that the whole brain engages in creative thinking. You can also

build time for creative experience: try a new craft, or make a date to spend a half hour each week writing, painting, knitting, or building something. Pump the creative well, and you’ll inspire yourself while building new neural connections.

By reducing stimulation and making little changes, you’ll appreciate your wonderful brain. Start big or small, and you’ll find your brain coming back to life.

Sondra Kornblatt is the author of "A Better Brain at Any Age:"

People & Pet Cemetery

**Eternal Resting Place
at Greenwood Cemetery
1380 Sand Cove Road
Saint John, NB**

Smith
Rhiannon Lynn
"Lady Bug"
Sept. 21, 1997 - Oct. 15, 2017
Bailey
2008 - 2018
Too well loved to ever be forgotten

Pets are family members too!

Cedar Hill-Greenwood Cemetery recognizes this and is responding to the many requests for pets to be buried with their owners.

To that end, we have prepared a dedicated area in Greenwood Cemetery.

People have the choice of a Traditional or Cremation Burial with an upright monument. Pet ashes may be buried when you are ready, they can be added to the Family Monument or have their own Marker.

FLUFFY
Feb. 1, 2002
Aug 18, 2021
Sometimes the smallest things take up the most room in your heart

MAX
2010 - 2020

Jake
2008 - 2021

Cedar Hill-Greenwood Cemetery
1650 Manawagonish Rd.
Saint John, NB E2M 3Y3
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info@cedarhillcemetery.ca

The 41st Annual Sussex Flea Market is set for August 2024

The Giant Flea Market in Sussex, will have it all, and will be the NB Antique Auto Club's biggest and most popular event for the year. Attracting hundreds of vendors and thousands of buyers.

The calendar may say Spring, but many are already thinking ahead to August, when thousands of people will be enjoying one of the biggest flea markets around held in Sussex NB.

The 41st Annual Sussex Flea Market starting on August 16th., 2024. 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 club's 41st 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.

There are up to 900 vendors at 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!

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!

You get the best out of others when you give the best of yourself...

The best way to get rid of an enemy is to make them into a friend...

41st Annual

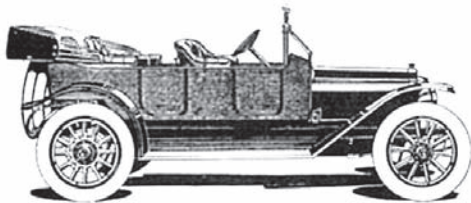
SUSSEX FLEA MARKET

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) –



SIX THE MARITIME SINGER SIX

Friday, August 16, 2024 8 am - 8 pm
Saturday, August 17, 2024 8 am - 8 pm
Sunday, August 18, 2024 8 am - 3 pm

– No Pets Allowed by Public –

Show & Shine - Sunday 9 am - 3 pm

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



41st Sussex Flea Market

**Buying or Selling
You'll Be Glad You Came!
See you there...**

Visit our website: www.nbaac.org





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Every Sunday

EXHIBITION PARK
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NOW
so you
don't
miss out...

NOVEMBER 15TH, 16TH, 17TH 2024

FESTIVAL HOURS:
Friday : Noon - 9:00 PM
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Sunday: 10:00 AM - 4:00 PM
For Info: 658-1232

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Grand Prize Value \$1000

Delbert Santa & His Elves Hourly Door Prizes

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of Crafts, Antiques, Art & Food
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Email colleenhatfield@live.ca for more information.



Weekend Pass
Adult \$3
Senior & Student \$2

Battling the Over 40 Dad Bod...

June is Men's Health Month – Many men reach 40 and feel like their health is suddenly deteriorating. No matter what they do, they find they're gaining weight, feeling moody and irritable, lack energy, and feel more joint pain and soreness. Personal trainer, former professional volleyball player and mixed martial arts athlete Funk Roberts, who started Over 40 Alpha Brotherhood, says men tend to focus too much on the scale and not enough on hormones.

Now 52, Roberts went through this shift when he turned 40. He found himself suffering from the effects of higher estrogen and cortisol. Roberts says men make common mistakes when it comes to their health, including:

- Focusing too much on the scale
- Following fad diets and eating foods that promote estrogen production (soy, lentils, processed foods)
- Not getting enough sleep
- Using long bouts of cardio to lose weight, jumping in too quickly and not allowing for recovery.

Funk Roberts teaches his clients natural ways to stimulate testosterone production to get stronger, feel better and enjoy their lives more.

The hardest decision in life, when to start middle age...

A room full of pictures is a room full of memories...

Living with a saint is much more grueling than being one...

Identify your real motivation to get healthy – your WHY – so you'll be more likely to continue your healthy habits in the face of temptation and motivation challenges.

- Aim for short metabolic workouts for 20-30 minutes 4X a week
- Plan for three balanced meals a day, including protein, healthy fats, fruits and veggies
- Build in healthy sleep patterns – 7-9 hours
- Build in recovery days that include mobility, yoga to promote muscle and tissue repair and minimize cortisol production.

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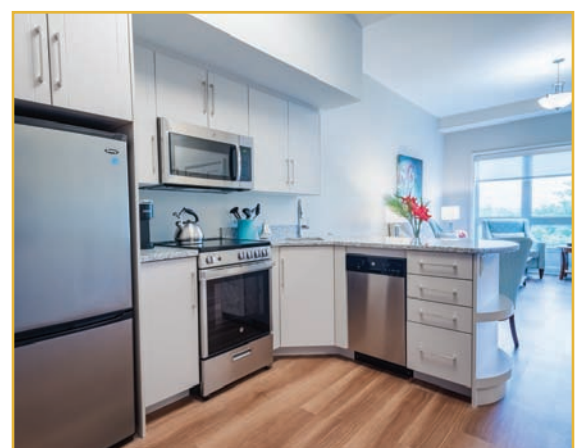




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We understand being independent, active and social is an important part of living your best life. At Parkland, residents spend each day as they please, whether they choose to read within the comfort of their private suite, dance to live music in the lounge, go out for an afternoon of shopping, or enjoy a delicious meal at one of the on-site restaurant-style dining rooms.

If you or a loved one are thinking about exploring a retirement community that promotes wellness, happiness, and service excellence, consider Parkland – it's a place residents are proud to call home.



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RETIREMENT LIVING



Looking for a refreshing meal this season?

Pan-Seared Haddock with Summer Salsa

Try out this recipe created from one of our talented Chefs at Parkland. Our Chef's pride themselves on preparing meals that are both nourishing and delicious. This baked haddock recipe is enjoyable all year long!

5 oz pc boneless haddock – dusted, pan-fried
2 oz carrots cooked
2 pc asparagus
1 pc grilled red pepper
5 oz Rice Pilaf (diced bell pepper, sesame oil, butter)



Salsa (Small Dice) Enough for a Few Servings

1 tbsp. English cucumber (seeded)
1 tbsp. Roma tomato (seeded)
1 tbsp. fresh blueberries
1/2 tsp. fresh ginger (grated)
1 tbsp. red wine vinegar
1 tbsp. honey
1 tsp. fresh dill or cilantro
Pinch of salt and pepper
Mix all together well, spoon on top of the haddock