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Fall 2025

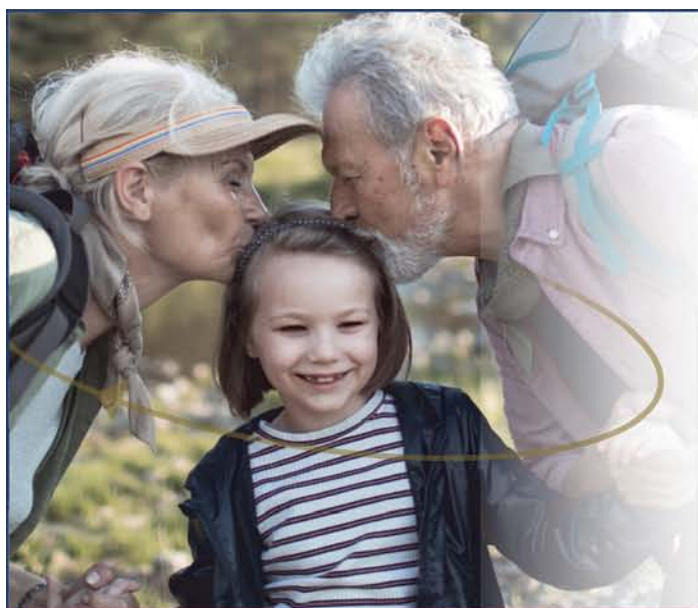
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Your donation today can make a difference tomorrow. By supporting the Hospice Legacy Foundation, you can help ensure that our community continues to have access to the care and support they need during life's most difficult moments.

For more information on how you can leave a legacy of love, please call us at 506-632-5593.

Your donation today will make a difference tomorrow.





Rhoda's Christmas Festival Celebrates 50th Anniversary with Crafts, Antiques, Art & Food at Irving Oil Field House, Saint John

Rhoda's Christmas Festival of Crafts, Art, Antiques, Food and collectables has moved to **Irving Oil Field House** to **Celebrate our 50th Anniversary**.

This year Rhoda's will provide **free parking**, have more vendors and prizes, more decorations, and be one level for easier shopping! We have lots of new and lots of favorite vendors attending from all over the Maritimes and from Quebec.

Known to many as their "**kick off to Christmas**," the seasons festivities and shopping begin at our festival.

The show starts Friday November 14th, noon to 9pm. Saturday November 15th, 10am to 6pm. Sunday November 16th, 10am to 4pm.

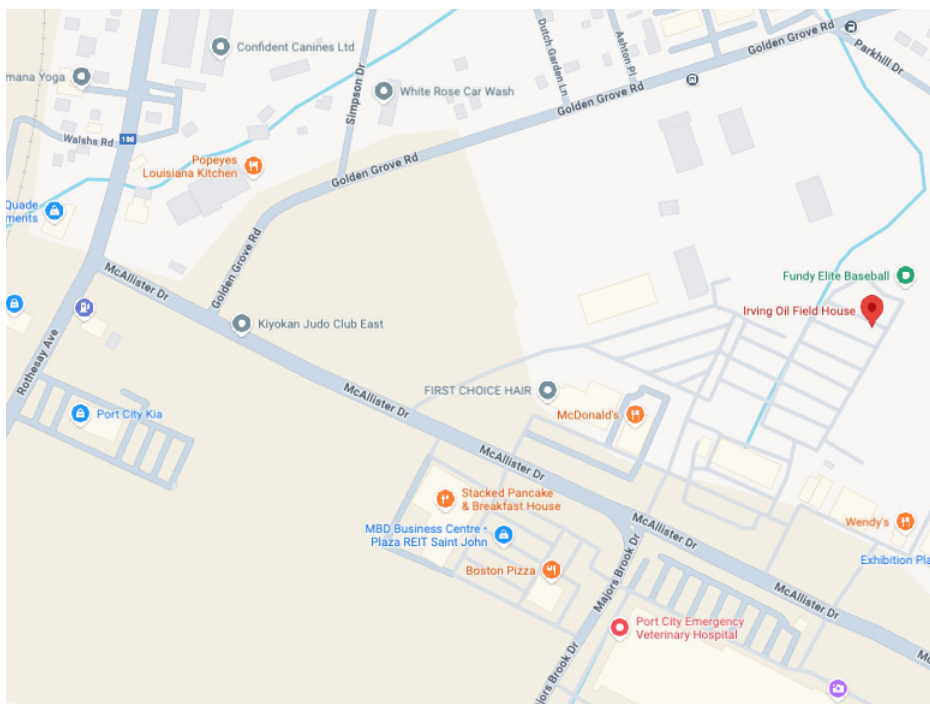
Again this year one low admission price will get you into the festival at the field house for all 3 days. Your stamp will allow you to come and go as you please all weekend long.

There is something for everyone on your Christmas list, (perhaps you will find something for yourself as well!) Potters, Quilters, Woodworkers, Jewelry Makers, Artists, Bakers and so much more.

Get all your holiday sweets and goodies that make Christmas a special time. Have lunch at one of our food booths and catch up with friends and family you meet at the show.

Kids love the magical decorations, take your family Christmas photo in front of one of our many Christmas scenes. Enjoy the sights and sounds of the season, live entertainment daily including Delbert. Santa and his Elves will visit on Sunday!

Plan to be at Rhoda's Festival of Crafts, Antiques and Food at the **Irving Oil Field House, 129 McAllister Drive Saint John, NB. November 14th to 16th**. Start a new family tradition or continue with an old one. Cost for admission, week-end pass for all 3 days \$8, seniors \$7. Children under 12 free.



*Wishing everyone love, peace and joy this
Holiday Season...
Rhoda's family and friends*



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NEW VENUE
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Celebrating Life at Hospice Greater Saint John: Where Every Moment Matters

In the heart of Saint John, a compassionate community thrives at Hospice Greater Saint John, where the ethos of celebrating life runs deep. Since its establishment in 1983, this remarkable organization has become a beacon of hope, offering palliative and grief support.

Bobby's Hospice, which opened its doors in November 2010, is Atlantic Canada's first 10-bed community palliative care facility, providing a warm, welcoming environment for individuals in their final weeks and months. More than just a place for expert medical care, Bobby's is a home filled with laughter, love, and memorable moments. Inspired by the dedication of Catherine "Bobby" Lawson, a beloved volunteer whose generosity helped bring the hospice to life, the facility embraces its mission: "Compassionate Care that Celebrates Life."

At Bobby's, each day is an opportunity to create lasting memories. From holiday parties that fill the air with joy to intimate weddings that honor the love between partners, the hospice is alive with activity. Special events, personalized meals prepared with care, and themed celebrations allow patients and their families to experience joy and connection, even in the face of difficult times. Life is meant to be celebrated, no matter the circumstances.



We work tirelessly to create an environment where every moment counts. Whether it's a birthday, an anniversary, or just a beautiful autumn day, we find ways to honor those milestones.

The warmth of community extends beyond the walls of Bobby's Hospice through The Hospice Shoppe, which opened in July 2009. This upscale second-hand boutique offers a treasure trove of donated clothing and household items, with 100% of the proceeds supporting care at Bobby's. The Shoppe not only provides essential funding but also fosters connections, inviting locals to support the mission while discovering unique finds.

At the heart of it all are the values that guide Hospice Greater Saint John: healing, hope, comfort, dignity, meaning, and growth. These principles shape every interaction, ensuring that patients and their families feel supported, cherished, and understood.

Every person who comes to us is treated with the utmost respect. We believe in preserving dignity and finding meaning in each person's story. Our role is to help them experience peace, purpose, and love during their time here.

As the seasons change and new memories are made, Hospice Greater Saint John remains committed to its vision: quality hospice palliative care for all. In this nurturing environment, every life is celebrated, and every moment is a gift. With a community of care surrounding them, residents and families are reminded that even in the face of life's challenges, there is always room for joy, connection, and love.



Walking for Fitness "The Tools of Foot Comfort..."

Many people who come to us do so because they 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 – More stable shoes with soles that are proper for the surfaces you walk on. Warm up stretching geared to make you more aware of where your deficiencies in balance are. 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 should we say... feet). Get out and smell

the stroll down the side paths to see the fall foliage. It will do you a world of good.



"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

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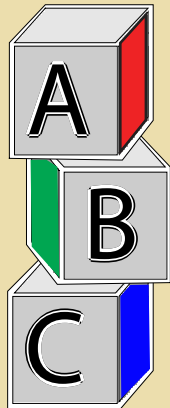
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Protecting yourself from AI and deepfake scams

Artificial intelligence (AI) has opened new avenues for criminals to carry out fraud. With AI technology, scammers can manipulate media by changing photos, voices, videos, or written messages to make them look real. This is called a "deepfake." Sometimes, they pretend to be well-known people, like company leaders or politicians, to trick you into fake investments. Other times, they may copy the voice of someone you know, such as a friend or family member, and ask you for money.

Recently, scammers created deepfake videos of well-known figures like the Canadian prime minister to peddle a fake cryptocurrency scam through social media. Many victims unfortunately had their money stolen through this means, including some New Brunswickers.

Types of Deepfakes and Generative AI

Text-Based AI Scams – Scammers can use AI to create personalised phishing emails, fake social media messages, manipulate news articles, or even pretend to be someone else in a chat.

Voice Cloning Scams – Also known as "deepfake audio", voice cloning involves using AI to copy someone's voice. Scammers use voice cloning in vishing (voice phishing) calls. For example, calling someone and pretending to be a relative in distress or a bank official.

Deepfake Image and video scams – Deepfake images are AI-generated images or videos that swap or mimic someone's likeness. This can be a fake profile picture or a video of someone appearing to say things they never did.

How to Protect Yourself from AI deepfake scams

Be cautious with unsolicited calls and messages – Be cautious of unexpected phone or video calls from people you know; if something feels off, it's okay to hang up and verify through another method. Create a "code word" that only your family knows.

Don't overshare online – Review your social media privacy settings. If you make every detail about your relationships, travels, and work public, you could give fraudsters the data they need to impersonate you or someone you know. Share wisely and consider limiting who can see your content.

article continued on page 6

Protégez-vous contre les arnaques liées à l'intelligence artificielle et à l'hypertrucage

L'intelligence artificielle a ouvert de nouveaux horizons pour les fraudeurs. En effet, cet outil peut être utilisé pour modifier une photo, une voix, une vidéo ou un message écrit et ces changements sont très difficiles à détecter. C'est qu'on appelle un « hypertrucage ». Les fraudeurs peuvent se faire passer pour des personnes en vue, comme des chefs d'entreprise ou des personnalités politiques, dans le but de promouvoir des placements qui n'existent pas. Ils peuvent même imiter la voix d'un ami ou d'un membre de la famille pour obtenir de l'argent.

Récemment, des fraudeurs ont créé des hypertrucages vidéo de personnalités, notamment du premier ministre du Canada, pour promouvoir une fausse cryptomonnaie dans les réseaux sociaux. Malheureusement, de nombreuses victimes ont perdu de l'argent de cette manière, y compris au Nouveau-Brunswick.

Les différentes formes d'hypertrucage et l'intelligence artificielle générative

Communications écrites générées par l'intelligence artificielle – Les fraudeurs peuvent se servir de l'intelligence artificielle pour créer des courriels hameçons personnalisés, remanier des articles de presse, ou se faire passer pour quelqu'un d'autre dans un clavardage.

Usurpation de la voix – L'hypertrucage audio (« clonage vocal ») est une technique qui utilise l'intelligence artificielle pour imiter la voix humaine. Les fraudeurs l'utilisent dans leurs appels d'hameçonnage vocal, comme lorsqu'ils veulent se faire passer pour un membre de la famille en détresse ou un agent de la banque.

Hypertrucage visuel – L'hypertrucage visuel est une image ou une vidéo générée par l'intelligence artificielle, qui remplace l'image d'une personne ou imite son apparence. Il peut s'agir d'une fausse photo de profil ou d'une vidéo où la personne semble dire des choses qu'elle n'a jamais dites.

Comment se protéger des hypertrucages malicieux

Méfiez-vous des appels et des messages non sollicités – Restez sur vos gardes lorsque vous recevez un appel téléphonique ou vidéo inattendu provenant d'une personne que vous connaissez; si quelque

suite de l'article en page 6



Want to learn
how scammers
are using AI and
deepfakes?

Visit fcnb.ca/guides



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NEW BRUNSWICK





continued: Protecting yourself from AI and deepfake scams

Practice cyber safety – Educate yourself about common phishing tactics. AI might be used to make scams more convincing, but basic

practices like not clicking suspicious links and not downloading unknown attachments help protect your money.

Pause and check – Before using a trading platform or working with an investment advisor, always check if they are registered – even if they are online – at [FCNB.ca/check-now](https://fcnb.ca/check-now). Contact the Commission if you have any concerns about unsolicited investment opportunities or about the legitimacy of an investment opportunity.

Stay informed and pause before reacting – Awareness is a powerful tool. Learn about the different types of scams in our Fraud and Scams Database at [FCNB.ca](https://fcnb.ca).

Healthy Diet vs Supplements

A recent survey found that seniors are less likely to make dietary changes that would lower cancer risk and are more likely to turn to dietary supplements.

This is disturbing in light of the evidence that a diet rich in a variety of fruits, vegetables, whole grains, can significantly lower the risk for cancer.

In contrast, there is no evidence that the same is true for dietary supplements. Although hundreds of vitamins, minerals, and herbal compounds are available in supplement form, food scientists estimate that fruits, vegetables, whole grains, and beans could contain thousands of yet-to-be-identified substances that may play a crucial role in cancer prevention.

Multivitamins are useful for people who have difficulty meeting their daily requirements for necessary vitamins. However, for cancer prevention, you must alter your diet, increasing your intake of fruits, vegetables, and grains.



The Seniors’ Resource Center provides resources and information on a variety of services, events and activities to enhance wellness and quality of life for seniors.

Visit us at Level 3, Brunswick Square, online at www.seniorshelpsj.com or call (506) 633-8781.

Proudly funded by the City of Saint John.



suite: Protégez-vous contre les arnaques liées à l’intelligence artificielle et à l’hypertrucage

chose semble anormal, vous devriez raccrocher et vous servir d’une autre méthode pour vérifier l’identité de l’appelant. Une autre bonne idée est d’avoir un « mot code » pour la famille. Cela pourrait être une question ou un mot de passe que seule votre famille connaît.

Ne révélez pas trop d’informations en ligne – Revoyez les paramètres de confidentialité de vos réseaux sociaux. Si vous diffusez tous les détails de votre vie personnelle, vous risquez de fournir aux fraudeurs l’information dont ils ont besoin pour usurper votre identité ou celle d’un proche. Ne partagez pas n’importe quoi avec n’importe qui. Pensez à limiter la liste des personnes qui peuvent voir vos publications.

Pensez cybersécurité – Renseignez-vous sur les tactiques courantes d’hameçonnage. L’intelligence artificielle peut être utilisée pour rendre les arnaques plus convaincantes, mais la simple habitude de ne jamais ouvrir de liens suspects ni télécharger de fichiers inconnus demeure un excellent moyen de protéger votre argent

Prenez le temps de vérifier – Avant de vous rendre sur une plateforme de négociation ou de travailler avec un professionnel en placement, vérifiez toujours l’autorisation d’exercice de la plateforme ou du professionnel. Au Nouveau-Brunswick, les plateformes de négociation doivent être inscrites auprès de la Commission tandis que les conseillers en placement doivent être inscrits auprès des Autorités canadiennes en valeurs mobilières (ACVM). Communiquez avec la Commission si vous avez des doutes concernant la légitimité d’un placement.

Renseignez-vous avant de prendre une décision – La sensibilisation est un outil puissant. Renseignez-vous sur les différents types d’arnaques en consultant notre base de données sur les fraudes et les escroqueries at [FCNB.ca](https://fcnb.ca).

Could the man who sits under a tree while his wife mows the lawn be called a shady character...

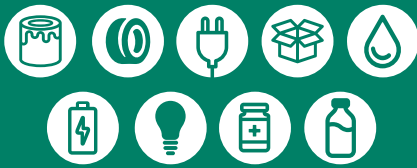
The value of a friend cannot be measured, only treasured...

A word of encouragement during failure is worth more than a book of praises after success...



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Do you know all the different things you can recycle in New Brunswick? Paint, tires, electronics, plastic packaging & paper products, beverage containers and even oil & glycol! It's easier than you think to help keep NB clean and green.

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Take Charge of Your Energy Use this Holiday Season...

Enjoy all the sparkle of the season while saving on your energy use.

December festivities can easily increase household energy consumption. Extra guests, more cooking and baking, and holiday entertaining, all contribute to higher energy use. (Not to mention strings of festive lights.) Understanding how your household uses energy during this busy time can help you manage consumption.

Following these tips will help you conserve energy during the holidays. And you won't compromise the sparkle and warmth of your celebrations.

Smart holiday lighting and decorations
Switch to LED holiday lights for significant energy savings. LED lights use up to 90% less electricity than traditional incandescent bulbs. They also emit minimal heat, making them safer for your Christmas tree. Are you still using older incandescent lights? Upgrading to LEDs is worth the investment. LEDs come in various styles so you can still create the festive atmosphere you love.

For added savings, use timers to turn off outdoor lights and decorations during sleeping hours.

Energy-efficient holiday cooking and entertaining

Adjust your thermostat before guests arrive to account for the extra body heat in your home. It's more efficient than opening windows during the gathering. Remember, busy kitchens naturally generate additional warmth too.

Maximize oven efficiency by preparing multiple dishes simultaneously. Consider using slow cookers, pressure cookers, and microwaves, which consume less energy than conventional ovens. Keep lids on pots to trap heat and reduce cooking time. Avoid opening the oven door frequently. Each peek drops the temperature 25-30°F, requiring extra energy to reheat.

Efficient clean-up and water use

Hot water consumption can account for up to 17% of household energy use. With extra guests at home, this can add up. Optimize dishwashing by running only full loads in your dishwasher and scraping dishes instead of pre-rinsing. When hand washing items, you don't always need a full sink of hot water. Often a half-filled sink is sufficient.

To further reduce your use, install water-efficient showerheads and faucet aerators.

Encourage five-minute showers over baths and wash clothes in cold water whenever possible. Holiday sparkle doesn't require excessive energy consumption. By implementing these simple strategies, you can maintain the magic of your celebrations while keeping energy use under control. Small changes in

lighting, cooking, and water usage add up to significant energy reductions throughout the season.
Celebrate your savings this holiday season. Our rebates and tips can help keep your gatherings warm, bright and energy efficient. Visit saveenergynb.ca/choices to get started.



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Childhood Memories

The thoughts that go the deepest,
are the closest to the heart.

The things most deeply cherished,
are the hardest to impart.

But somehow you come to understand,
the things that go untold.

For no one knows like mother
the love a heart can hold.

Columbarium Niche vs In Ground Cremation Burial?

One of most important aspects of end-of-life planning is choosing the final resting place for yourself and your loved ones. Cremation burials currently represent about 75% of all burials. Some family members choose to hold their loved one's ashes at home but there are several issues to consider when making that decision; protection of the urn itself against damage and loss is often a primary concern. Burying the ashes, preserves the history forever. A dedicated resting place also provides all family members a comfortable place to visit and reflect - on their own time, in their own way.

Columbariums are large stand-alone structures, built-in vaults, or walls of individual compartments, known as niches, designed to inter cremated remains. Most often a columbarium is constructed of granite, which will essentially last forever.

Niches are the compartments within the columbarium that hold cremated remains. Niches may vary in size but are typically large enough to hold at least two urns. Some niches have bronze plaques to mark the statistics. Granite doors have a more personal laser etch finish to detail photos, statistics, or quotes.

In Ground Cremation Burial. Ashes interred in a cemetery will require a burial lot. Depending on the cemetery you choose, you may have several options for burial, including a full lot, an urn garden lot, or double cremation lot. Another option is having the ashes buried in the same lot with a family member in an existing grave. When burying ashes with another family members you will have to be certain you have permission for the use of the lot and the marking of the grave. An urn garden lot often has flat grave markers while a full or double lot will accommodate an upright monument.

Questions to ask when comparing a niche vs in-ground cremation burial.

- What is the cost of a niche vs burial lot?
- How many ashes can be buried in that space?
- How do I mark the grave – monument or door lettering?
- Is there space available in a family lot?
- What is the opening/closing costs for each option?
- What are the inside dimensions of the niche?

Columbarium Niche vs In Ground Cremation Burial?

A cemetery provides a permanent location that anyone can visit, is well cared for, and maintained. Cremains are safe in a well-maintained, manicured setting. Cremation burial allows timing flexibility of final placement when waiting upon the arrival of out-of-town relatives and guests. A designated and beautiful place for friends and family to visit and pay their respects. A forever memorial honoring both life and legacy.

– *Donna Gray Executive Director,
Cedar Hill-Greenwood Cemetery.*



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Important Questions...

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

*Cedar Hill-Greenwood Cemetery,
1650 Manawagonish Rd Saint John, NB E2M 3Y3
Tel: 506-672-4309 Email: info@cedarhillcemetery.ca*

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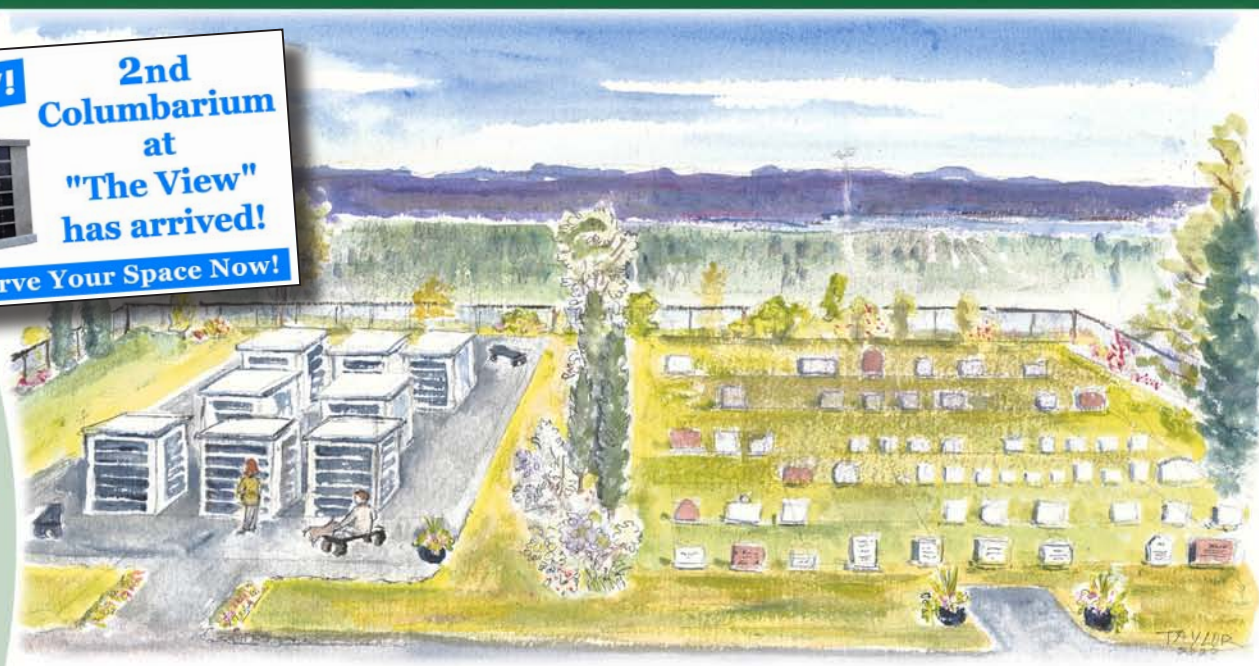
The decision to preplan your funeral is a very personal one. Those who ultimately take the important step of documenting their wishes regarding their funeral and ultimately sharing these decisions with loved ones usually express a great sense of comfort and relief. Humphreys' Funeral Home offers FREE no obligation pre-arranged funeral arrangements, call us today to make an appointment. We will discuss your wishes and go over a variety of guaranteed funding options.

20 Marks Street, St. Stephen - (506) 466-3110



*Cedar Hill-
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Expansion

When Faced with Managing Changes – Do We Resist or Do We Flow...

You are absolutely right, things are just not what they used to be.

There are changes all around us and within us, as we grow older. Energy wasted trying to hold on and keep things the same only leaves us exhausted, bitter and too tired to enjoy life.

Let's start with our attitude towards change. Many changes have both good and bad points.

Will we choose to see the positive or to resist change for the sake of resisting change? Every change is not the "end of the world", but we can choose to make it seem that way!

The first thing we need to do when change happens is to let go of the old way. This can be painful. Remember when automatic washers and dryers came along? Wasn't it a lot more fun lugging water and running the clothes through the wringer and then standing in the cold wind and hanging them on the line?

Somehow, I sense few of us would want to go back to that way of washing now even though we may have been a bit hesitant at the time. I have never seen one of those old wringer washers bronzed and put on display in a living room!

Why do we resist change? Sometimes it is fear of the unknown. We feel a new ache or pain and we wonder what is happening to us.

Aging does play some tricks on us. We may realize our response time is a bit slower than it used to be and we start feeling incompetent driving.

We wonder if retirement will mean the end of the status we have built in the community. There are many reasons why we resist, but we can counter many of them. There is always going to be change and life will be much better if we take an active role in meeting it!

We need to keep an open mind - open to new ideas (not that we have to embrace every new idea as our own) and gather all the informa-

tion available. Being knowledgeable helps us understand what is happening. A good sense of humour will help us manage the tough times.

This does not mean that we deny our sense of loss or our confusion, but it could help us get over the bumps along the way.

We need to ask appropriate questions about the impending change and its affect on us personally. Is it really going to matter a year from now? – *Article provided by Senior Watch*

Experience is the best teacher... if we become the best students...

Information for the 50-Plus Generation

Choices After 50

published by: EMC Publications & Media, P.O. Box 1291 Saint John, N.B. E2L 4H8
Telephone: (506) 658-0754 Fax: (506) 633-0868

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Carol Maher – Editor

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ISSN 1203-4363 Mailed Under Publication Mail Sales Agreement: No. 795224



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Remembering our Veterans



War movies have a way of making things look exciting. Made so that a soldier, without too much effort, wins the day by saving injured men or a town from destruction, often both. If only past World Wars were like the movies, but we know that true war is brutal, and many of the stories buried with the heroes that were there day after day, fighting in horrific conditions are best left untold. Families back home could image

the conditions, the sacrifices, the courage needed to fight on, but letters home assured the family that "things were OK", a faint effort so they would not worry. Seldom were the true stories sent home, they were kept with the soldier's who lived them. These soldiers are now our Veterans and their stories need telling, and telling often, so that we can know war for what it truly is, and what it can do to a country. Our special tribute: "A Salute To Veterans" is our way of saying "Thank You" to these brave men and women. Your many sacrifices are not hidden to us.

Canada Enters The War: Britain was at war in 1914. Prime Minister Robert Borden offered Canadian assistance to Great Britain. The offer was accepted and from Halifax to Vancouver, thousands hastened to recruiting offices and within two months, the first contingent, Canadian Expeditionary Force was on its way to England. Canada ended the war with a superb fighting force. For a nation of eight million, Canada's war effort was remarkable.

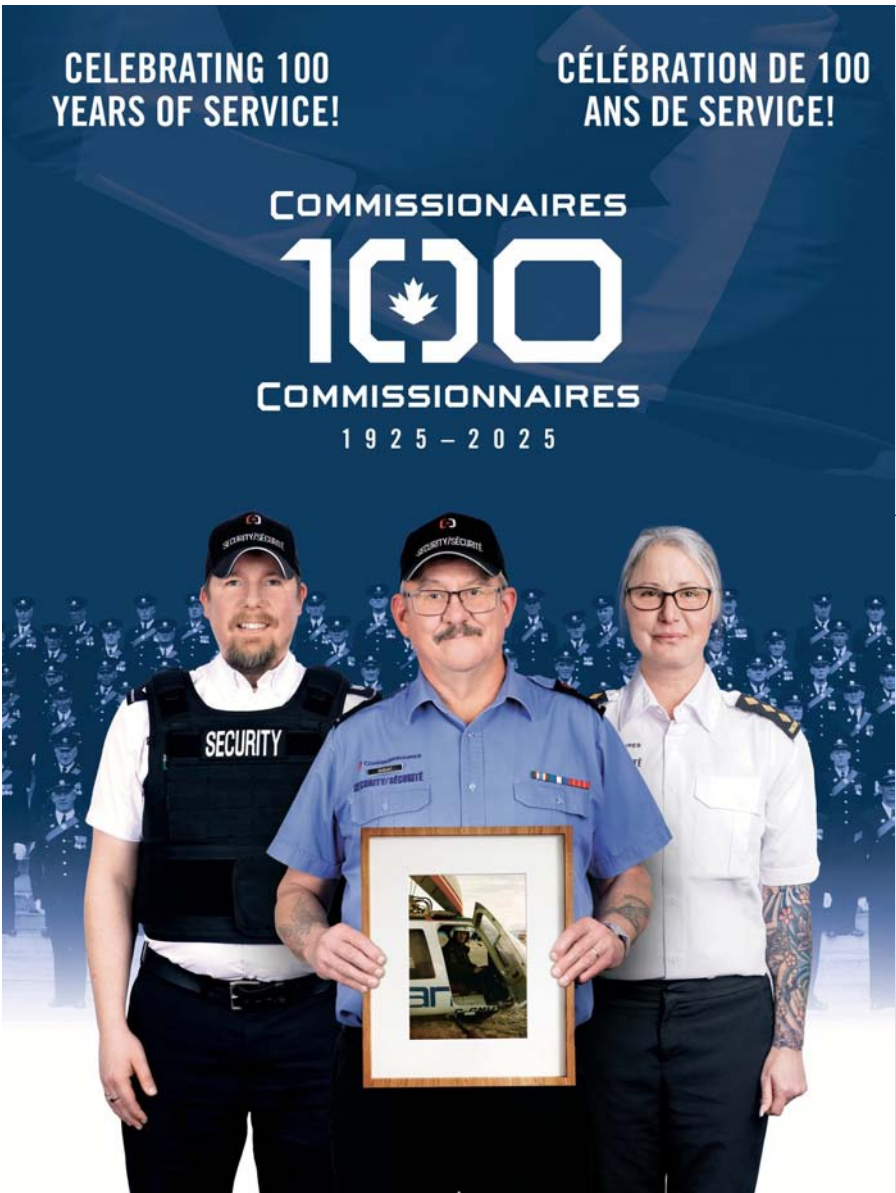
Our special feature "A Salute to Veterans 2025" is our way of saying: "Thank You... We Will Remember All Your Sacrifices."

Looking back – Remenbering: Canada & The Second World War: The Second World War lasted six years. It was truly a war encircling the globe from the Atlantic to the Pacific and touching the far reaches of the Artic. More than one million Canadians and NewFoundlanders served in WWII. Of these more than 45,000 gave their lives and another 55,000 were wounded. Countless others shared the suffering and hardships of war. Canada as a nation matured through WWII and was ready for responsibilities as a member of the world community.

Canadians in Korea: World leaders met in 1943, promising Korea would become free and independent. The Soviet Union occupy North Korea, while the US held control of South Korea. On June 25, 1950, the forces of North Korea crossed the 38th parallel and Canadians went back to war. The Canadian Forces had been reduced to peacetime levels, but the call was answered by many men and women willing to give their lives for freedom.

"WAR IS OVER" - Soldiers Coming home: Home to an anxious nation waiting to say "Thank You." Men and women who gave us so much, and who asked us for nothing in return, except that we would remember what they fought for, remember the ones' fallen in battle, remember, so that War could never happen again. Years have passed since the guns fell silent on the morning of November 11, 1918, And the images of war slowly fade from memory.





Wear a Poppy and Remember!

A photograph of a man in a military uniform holding a large wreath during a ceremony. Other people are visible in the background.

PROUD TO STAND FOR VETERANS

 MP **WAYNE LONG**
Saint John – Kennebecasis
(506) 657-2500
wayne.long@parl.gc.ca



Remembrance Day is a time for reflection. We will never forget the brave people who fought for freedom and left a legacy that inspires pride in all Canadians. Thank you for your service.

Le jour du Souvenir est un moment de réflexion. Nous n'oublierons jamais les personnes courageuses qui ont combattu pour la liberté et qui ont laissé un héritage qui inspire la fierté à tous les Canadiens. Nous vous remercions de votre service.

Andrew J. LeBlanc, Mayor/Maire



Lest we forget. / Nous n'oublierons jamais.



The Hon./L'hon.
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Tel : 506.851.3310 • E-mail : ginette.petitpastaylor@parl.gc.ca
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Remembrance Day

A day to reflect on the brave men & women, including our family members & yours, who served & continue to fight for our freedom, to thank our Veterans for their sacrifices and to remember...

WE MUST NEVER FORGET!



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Saint John - 634-7136
Moncton - 857-3223
Miramichi - 778-1119
Riverview - 388-4144



The peace and freedom we know and cherish in Canada become all the more meaningful as we consider those who do not share in our good fortune and the sacrifice thousands of Canadians made to preserve those ideals.

Sherry Wilson
MLA for Albert-Riverview
1037 Route 114
Lower Coverdale, NB E1J 1A1
506 382-6567 Sherry.Wilson@legnb.ca



Remembrance Day and the Poppy are symbols of sacrifice which help recall the burden Canadians paid for the freedom we enjoy. Stopping for just a few moments to remember those who gave so much is a small tribute to the many veterans who defended our country and what it represents

Hon. Aaron Kennedy
MLA for Quispamsis
aaron.kennedy@gnb.ca



Lest we forget

Remember our veterans, our peacekeepers and our fallen compatriots.

Remember our brothers, daughters, sons, wives, husbands and friends.

Remember the sacrifice and courage of so many, especially those who paid for the cause of freedom with their lives.

Mayor Donna Noade Reardon
Saint John Common Council



"We Salute all Veterans"

Thank You..."





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We Salute All Veterans... Thank You

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We Salute All Veterans...

Thank You



Brunswick CREDIT UNION

In honour of Remembrance Day

Lest we forget.



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A poster titled "We Remember" featuring a grayscale image of poppies. The text "We Remember" is in a large, bold font, followed by "- Mayor Kate Rogers and Fredericton City Council". At the bottom, there are social media icons for Facebook and Twitter, and the "Fredericton" logo.

A logo for "Sussex NEW BRUNSWICK" featuring a stylized house and trees. Below the logo, the text "Remember Our Veterans With Honour & Pride" is written in a cursive font, followed by "Mayor Thorne & Members of Council" and "On Behalf of the Citizens of Sussex".

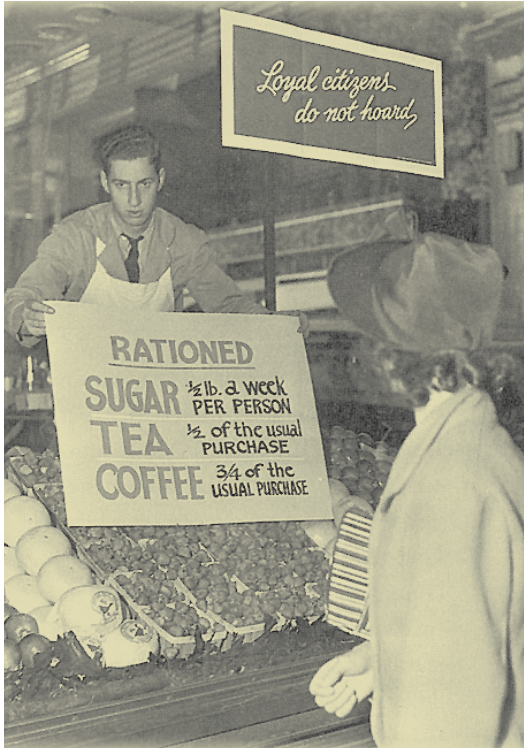
An advertisement for "Thera-Ped Ltd. Foot and Ankle Clinics". It features a quote in red: "In Grateful Remembrance of Their Actions & Courage". Below the quote, the clinic's name and services are listed. At the bottom, the address "Brunswick Plaza, 70 Lansdowne Ave., Saint John, NB E2K 2Z8" and phone number "(506) 632-9397" are provided.



A portrait of Glen Savoie, MLA for Saint John East, next to a red poppy. To the right of the portrait, a quote reads: "I wish to salute all Veterans! You are a living reminder of the freedom we are privileged to enjoy as Canadians". Below the quote, his name "Glen Savoie" and title "MLA for Saint John East" are listed, along with his phone number "506 658-6333" and email "glen.savoie@gnb.ca".



An advertisement titled "HONOURING THE PAST BY CELEBRATING LIFE" for Fernhill Cemetery. It describes the cemetery as a special place with 81 hectares of mature trees, gardens, and meadows. It lists the types of people buried there: soldiers, mariners, civilians, clergy, pirates, poets, friends, and family. It encourages visitors to consider Fernhill for their final resting place and provides the website "www.fernhillcemetery.ca" and phone number "(506) 652-1133". The "Fernhill CEMETERY" logo is at the bottom.



Audrey Celebrates 50 Years of The War Amps CHAMP Program

For seven-year-old Audrey Otis, being a part of The War Amps Child Amputee (CHAMP) Program has meant connecting with a support system that has a longstanding legacy in Canada.

Audrey recently celebrated the 50th anniversary of the CHAMP Program with peers from across the Atlantic provinces at the organization's CHAMP Seminar in Halifax. The seminar was a special moment for her to meet other kids with amputations and see that she is not alone.

Born without her right arm below the elbow, Audrey was enrolled in the CHAMP Program when she was just nine months old.

"Audrey's amputation has never slowed her down," says Mary LeBlanc, Audrey's mom. "She faces every day with determination, creativity and a bright smile."

As a "Champ," Audrey is eligible for financial assistance for artificial limbs and adaptive devices, as well as peer support through the CHAMP Program. CHAMP was established in 1975 by the war amputee veterans who founded The War Amps and continues today thanks to donations from the public to the organization's Key Tag Service.

"Thanks to donations to The War Amps, Audrey has received prosthetic arms that help her reach new milestones," LeBlanc says. "She was recently fitted with a prosthetic arm that makes it easier for her to grab and release objects. She also has a prosthetic arm that supports her in activities like doing the bridge in gymnastics and swinging on the monkey bars at the park. These tools have opened up a world of possibilities for Audrey."

In addition to providing life-changing funding for these artificial arms, LeBlanc says CHAMP has given Audrey confidence, support, and connection through War Amps events like seminars, which are unique

opportunities for families to share experiences and learn about the resources available to them.

"From the bottom of our hearts, thank you to every donor. You've truly made a difference in our daughter's life."

The War Amps receives no government grants; its programs are made possible through the public's 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.



Audrey wearing her artificial arm at The War Amps 2025 Atlantic Child Amputee (CHAMP) Seminar in June.



The War Amps

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- Salute to Veterans 2025 -

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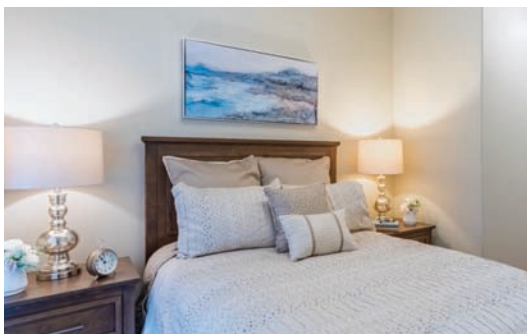


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