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THE SENIOR CITIZENS' SERVICES SAINT JOHN INC.

The Senior Citizens' Services Saint John Inc. has been operating on the second floor of the Saint John City Market for the last 40 years. This non-profit, charitable organization has continued to service Saint John seniors in a variety of areas.

The purpose of "The Center" is to keep seniors out of special care homes and hospitals and keep them active participants in the community. We attempt to not only provide a "home away from home" atmosphere, but an opportunity to stimulate the seniors both mentally and physically. We give them the chance to come and meet friends both old and new from all walks of life. As seniors get older, they tend to see their friends pass on over time and it is extremely important for them to meet new people from their generation. Times and lifestyles have changed and family often is so busy that they cannot spend as much time with their parents or grandparents as they would like. This leaves a huge gap in the needs of our seniors and our center helps to fill that gap. If you can keep people motivated and active you can enhance their lives helping them to live a healthier, happier and longer life.



To help us achieve our goals, we provide complete, healthy meals for our seniors and to the general public five days a week from 11:30 a.m. until 12:30 p.m., at a cost of \$6.00. We offer Bingo three afternoons a week at 1:30 p.m. on Monday, Tuesday and Thursday. If you enjoy cards, they play Auction 45's on Wednesday night at 7:30. We also have our famous senior dances on Saturday evenings from 7:30 – 10:30 p.m. Every six weeks we have an affordable foot care clinic. We host information and education sessions whenever possible. We even have an art club and they have been very successful with their shows as well as displays in the Saint John area. We host special events throughout the year which are well attended and lots of fun.

One misconception is that we are available only to seniors. Although the services are based on senior needs, we welcome all those who wish to come in and enjoy our facility. Wii entertainment available. Come in and see all we have to offer.

FREEZING PIPES, SLIPPERY ICE... CAREFUL, YOU COULD BE LIABLE

(NC)—From burst water pipes to cracked masonry, Canada's cold and icy winters can cause serious and expensive damage to your home.

"Without proper maintenance, winter weather can cause damage to homes and if you're not sure about what your home insurance covers, it can also create headaches for homeowners," says Henry Blumenthal, Vice President and Chief Underwriter, TD Insurance. "The good news is that some of the most common home insurance claims during the winter months are preventable with proper home maintenance."

Blumenthal offers his top tips on how to prevent winter home insurance claims:

1. Check winter incident hot spots—Vulnerable exterior spots include your roof, walls and obstructions that could prevent melting snow from draining away from the house. Inside your house, your heating system and pipes should be your biggest concerns.



2. Make sure your home is well insulated—In addition to saving money on your heating bills, ensuring your attic is well-insulated and well-ventilated will prevent ice from forming on your roof and flooding your home.

3. Deal with issues before they become problems—It's always better to deal with potential problems sooner rather than later. Not addressing issues right away can cause further damage to your home or property, and additional problems caused by not properly maintaining your home may not be covered by your insurance policy.

4. When in doubt, ask—Speaking with an expert about your insurance coverage before Jack Frost starts nipping at your nose will give you the peace of mind of knowing that you're covered.

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DISCOVER YOUR FAMILY'S PAST THIS HOLIDAY SEASON

By Lesley Anderson

(NC)—Have you ever wondered where your ancestors came from? Or what they did for a living? Family history is exploding in popularity and thanks to the internet it's now easier than ever before to discover your family's story, whatever it is. This holiday season, when you're gathered with your closest relatives, is the perfect time to start building your family tree and discovering your roots. If it seems like a daunting task, it isn't. Here are some simple tips to get started:

1. Start with what you know

The best place to start your family history journey is with information you already have: write down what you know and talk to family members. Older relatives have incredible insight into past generations and can often relate stories that were told to them as children about their ancestors.

2. Create a family tree

You can easily create a free family tree online at Ancestry.ca. Begin with yourself and add your parents and grandparents. Record each person's name, birthplace and birth date. If you don't know the exact information, take your best guess—vague clues can lead to amazing finds.

3. Search family history records

Historical records are full of clues that connect individuals and events in your family history:

- Military records introduce you to your family's military heroes, including their occupations, physical descriptions and even signatures
- A census record provides a snapshot of a family at a given time and place in history. It lists names, birthplaces and dates, occupations, and even when the family immigrated to Canada
- Immigration records let you trace your ancestor's journey across oceans to their place of origin and can help reveal why your ancestors left their homeland in the first place
- Marriage records are a great place to see where the love blossomed and new branches were added to your family tree

4. Collaborate with the community

Search millions of family trees created by other Ancestry members and include all relevant information you discover into your tree. Add entire generations, upload photos and stories, and even record conversations, saving them to your tree in just a few simple steps.

5. Share your discoveries with your family

Invite family members and friends to view your tree and any photos, stories, audio recordings or historical records attached to it. Then ask them to add facts, stories and photos to the tree for free.

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HOCKEY MOMS PUT FEAR ASIDE TO PREVENT INJURIES

By: Chris North

(NC)—As a hockey mom, knowing your child is safe on the ice is just as important as ensuring they have fun. Hockey continues to play a role in shaping our national identity, and encourages children to exercise and develop team-building skills. Unfortunately, injuries associated with the sport are common, but many can be prevented with the right equipment and planning.

- Ensure your child's basic equipment fits properly: Verify your child is properly protected with certified gear. Helmets should be snug and free of damages, and include a well-fastened chinstrap and full facemask. Keep skates sharp and worn in the correct size. Hockey sticks should come up just below the chin when on skates and all padding should effectively cover each area and be in good condition.



- Check if your child is warming-up: A warm-up skate around the ice in both directions and stretching help maintain endurance and decrease the risk of injury.

- Keep equipment up to date: Experts recommend parents replace their child's hockey helmets every two years to ensure maximum safety. Leading retailers like Canadian Tire offer a variety of styles and brands to suit every hockey mom's needs and budget.

Follow these hockey safety tips to ensure your child is ready to hit the ice and safely bring home a win for the team. www.newscanada.com

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Owner James Jang invites you to visit his new and different toy store at the Fairvale Plaza Mall, near CIBC and Rothesay High School.

The store carries a fascinating selection of toys for all ages, including toys for big boys that will not be found at big box department stores. The science toys and kits are aimed at students from elementary to high school and range from remote control toys to experiment kits, great educational toys that teach about physics, chemistry and biology to electricity.

A wonderful selection of educational toys for preschool and elementary school children is available from bath toys, art kits, clay to prisms and wooden blocks.

Make it a fun family affair to view the many pre-assembled intricate model kits ranging from aircraft, battleships, racing cars and remote control cars.



PUT THE CANADA EDUCATION SAVINGS GRANT TO WORK FOR YOUR CHILD

(NC)—It's never too early to start saving for your child's post-secondary education. One of the best ways to do that is to open a Registered Education Savings Plan (RESP) at your financial institution. In doing so, you could qualify for the Canada Education Savings Grant (CESG), which is money from the federal government that grows until your child needs the money after high school.

This grant has two parts:

The Basic Canada Education Savings Grant

No matter how much money your family makes, the government deposits 20 per cent on top of the contributions you have made into your child's RESP, up to a maximum of \$2,500 saved each year. Anyone, grandparents, aunts, uncles and friends, can also contribute. The maximum lifetime grant that the government can give to your child is \$7,200. More than three million Canadian children have already received the CESG.

For example, for every \$10 you save in your child's RESP, the government will add \$2.

The Additional Canada Education Savings Grant

This grant depends on the net family income of the parents or guardians who look after the child.

Depending on your net family income, you could receive an extra 10 per cent or 20 per cent on every dollar of the first \$500 you save in your child's RESP each year.

For example, for every \$10 you save in your child's RESP, the government will add on extra \$1 or \$2.

Talk to your financial institution about opening an RESP to see if you qualify for these grants.

The Canada Learning Bond

Low-income families in Canada can also qualify for the \$500 Canada Learning Bond. In addition, families who qualify can get up to an additional \$1,500. That adds up to \$2,000 per child in education money from the federal government to help you start saving!

Human Resources and Skills Development Canada, which provides these education savings incentives, has posted everything you need to know at CanLearn.ca. There are videos, savings tools and even brochures in 14 different languages. You can also call 1-800-O-Canada (1-800-622-6232) or visit your nearest Service Canada Centre for more information.

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BURGLAR-PROOF YOUR HOME FOR THE HOLIDAYS

(NC)—With suitcases full of presents and holiday cheer, thousands of people in Canada go on vacation every winter to celebrate the season with friends and family and escape the winter cold.

To ensure the season stays jolly, TD Insurance offers these simple tips on how to better protect your home from unwanted attention while you're away:

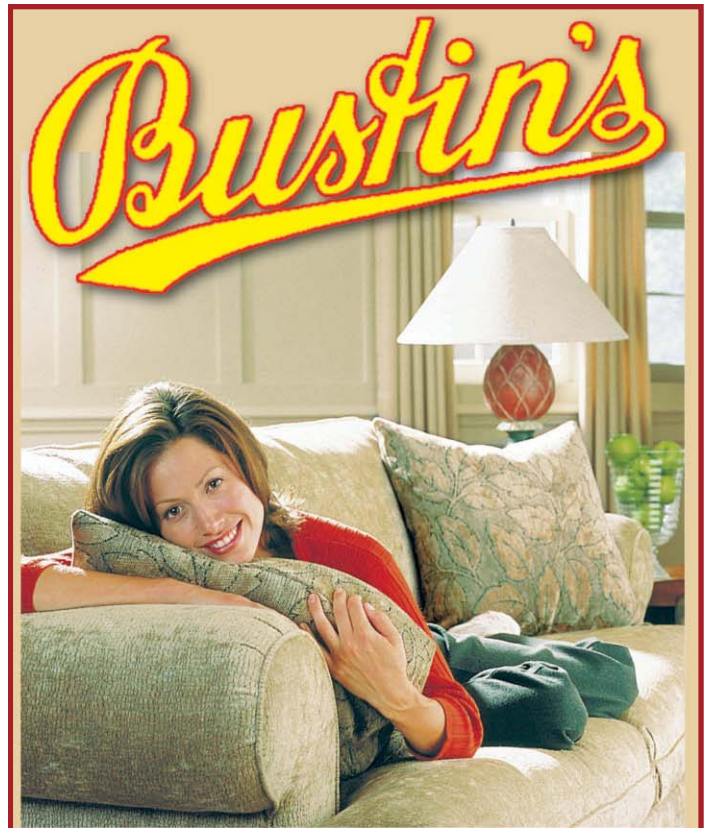
- Consider a security upgrade—Installing extra security measures, like deadbolt locks, automatic timers on your lights and security alarms, can help deter burglars and even decrease your insurance premiums. Don't forget to draw your blinds and double check all doors and windows are locked.
- Take inventory of your belongings—Make a list and take photos of all your valuables and be sure to include the date purchased, brand names and serial numbers and keep the list in a safe place. This will help make the process easier if you ever have to make a claim. You should also inform your insurer about items that are particularly valuable—like jewelry, computers or instruments—as these may require additional coverage.
- Ask your neighbours to look out for unusual activity—Ensuring your home appears occupied will deter intruders. Ask a trusted neighbour to pick up your mail, park a car in your driveway, shovel snow off your walkway, and keep an eye out to ensure everything's in order while you're away.
- Check your insurance coverage—Make sure your home insurance coverage is still adequate and that you're comfortable with your deductible (how much you will have to pay if you have to make a claim), and check whether your policy offers 'actual cash value' or 'replacement cost' coverage for your belongings.

Remember that having adequate coverage for your home is like locking the front door when you leave—it's the extra security measure you take to protect what is probably the most valuable asset in your life.

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Lancaster Minor Basketball Association www.lancasterhoops.com

Baton Twirling

Twirl Zone Inc. www.leaguelineup.com/twirlzonesj

Boxing

Boxing New Brunswick www.boxingnb.ca

Canoeing & Kayaking

Go Fundy! Events www.gofundyevents.com

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Thistle St. Andrews Curling Club www.tsacurlingclub.com

New Brunswick Curling Association www.nbcurling.nb.ca

Cycling

VELO New Brunswick www.velo.nb.ca

Atlantic Canada Cycling www.atlanticcanadacycling.com

Diving

Saint John Fundy Diving Club <http://www.geocities.com/fundydiving-club/index.html>

Fencing

Fencing New Brunswick www.fencingnb.ca

Figure Skating

Saint John Skating Club www.sjsc.ca

Frisbee

Saint John Ultimate Frisbee www.saintjohnultimate.com

Football

Saint John Men's Touch Football League www.sjmtfl.com

Fundy Minor Football Association www.fundymirrorfootball.com

Saint John Wanderers

<http://www.gridironnewbrunswick.org/WanderersHome.html>

Gymnastics

Fundy Gymnastics Club www.fundygymnastics.com

Hockey

Saint John Youth Minor Hockey Association www.saintjohnyouthhockey.com

Lancaster Minor Hockey Association www.lancasterminorhockey.com

Hockey New Brunswick www.hnb.ca

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Kiyokan Judo Club www.kiyokan.com

The Judo Shimpokai www.shimpokai.com

Karate

Karate New Brunswick www.karatenb.com

Lacrosse

Fundy Lacrosse Association www.fundyriptide.ca

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Kennebecasis Rowing and Canoe Club

<http://kennebecasisrowingcl.tripod.com/index.html>

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Saint John Trojans www.trojansrfc.com

New Brunswick Rugby Union www.nbru.ca

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Fundy Soccer Association www.fundysoccer.org

Saint John Soccer Club www.saintjohnsoccer.ca

Softball

Softball New Brunswick www.softballnb.ca

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Saint John Speed Skating Club www.sjspeedskaters.ca

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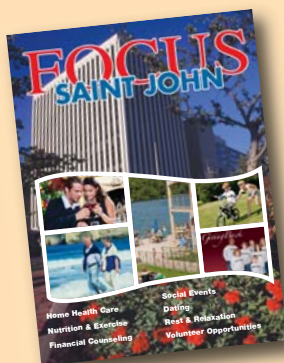
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HOW TO AVOID TRAVEL HICCUPS DURING THE WINTER HOLIDAYS

(NC)—Pick pockets, lost reservations, driving on the other side of the road – vacations aren't always stress-free and the majority of Canadian travellers admit that when the going gets tough, they don't usually have a back-up plan up their sleeves.

According to the TD Credit Cards Travel Hiccups Survey, the majority of Canadians admit they would be very stressed or panicked if their wallet was stolen (87%), they needed to see a doctor in a country where they didn't speak the language (85%), or if they turned up to their pre-booked accommodation at night only to find there was no longer a room available (85%).

"Experiencing new things, exploring new cultures and enjoying the spontaneity are some of the best things about travelling, but it's important to plan ahead in the event that something unexpected or stressful happens," says Christina Panay, Vice President of Credit Cards, TD Canada Trust. "Believe it or not, one of the best ways to protect yourself from unexpected hiccups on vacation is to invest in a good travel credit card."

Panay offers her tips for avoiding unpredictable travel hiccups and reducing travel stress this summer:

- Check official travel advisories before you go – The Canadian government publishes up-to-date information on safety and security conditions abroad, which you should check before you lift off. Regardless of where you go, take precautions when you're on vacation and keep your passport and personal belongings in a safe place at all times.
- Secure 24 hour emergency travel assistance – This will give you the peace of mind that comes from knowing help is just a phone call away in case of a personal emergency when you are travelling. The TD First Class Travel Visa Infinite Card provides cardholders with a toll-free number for medical help, lost luggage assistance, emergency cash transfers and replacement travel documents and emergency transportation.
- Make sure your insurance covers lost baggage – There's nothing more frustrating than arriving at your destination without your baggage, so make sure your credit card offers delayed and lost baggage insurance. Just to be safe, tuck a bathing suit and flip-flops into your carry on, so you can head to the beach for a few hours at your destination if needed.

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AVOID STRAINS AND PAINS FROM SNOW SHOVELING

Avoid strains and pains from snow shoveling (425 words, US, UK, CAN) Snow certainly may be beautiful when it is delicately falling flake-by-flake to the ground. But when the snow slowly but surely starts to pile up, the beauty of a winter's landscape can turn into a formidable project.

A recent 17-year study published by the American Journal of Emergency Medicine says that snow shoveling sends on average more than 11,000 adults and children to the hospital every year. Snow shoveling can contribute to broken bones, head injuries, pulled backs, and even heart attacks. Overworking the muscles, falling, and being hit with the shovel were the most common reasons for getting hurt during a shoveling session.

Individuals who have existing heart problems may actually experience a heart attack if they overtax themselves while shoveling. Adults over the age of 55 are more than four times as likely than younger people to suffer heart-related side effects while shoveling snow.

Many people do not realize just how much of a workout snow shoveling can be. The physical demand of the activity can be on par with running on a treadmill, forcing the heart to work overtime. Compounded by cold temperatures, snow shoveling is nothing to take lightly. Heeding advice to be cautious can be the way to stave off injury or something more serious.

- * Treat shoveling just like any other exercise and warm up first. Stretch your muscles, jog in place and get the heart pumping.
- * Invest in an ergonomic shovel. These shovels are typically lighter than traditional steel shovels and have a handle and design that reduces the need to bend a lift.
- * Move smaller loads of snow at a time. The average shovelful of snow can weigh 20 pounds or more, so lifting less should provide some relief.
- * Push the snow as much as you can to displace it. Should you have to lift it, bend at the knees. Do not twist or throw the snow over your shoulder or you risk back injury.
- * Take a break every few minutes to catch your breath and have some water. It is easy to become dehydrated or overheated while shoveling, but not know it due to the cold.
- * Wear the proper footwear to avoid falls on ice and snow. Many injuries occur due to falls on slippery surfaces.
- * For those who are not physically fit enough to shovel snow, consider investing in a snow blower or pay to have the snow removed. TF11C559



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THE RIGHT TOYS WILL TEACH PROBLEM SOLVING SKILLS

(NC)—Encouraging the use of creative activities and games that challenge your children to think outside the box and build their problem solving skills at an early age will help encourage them to become independent thinkers and problem solvers - skills that will benefit them for the rest of their lives.

Giving your child simple games such as building blocks that require identifying different shapes is a great way to start building problem solving skills. For older children, more challenging games may be required to build their problem solving abilities and their confidence in taking on greater challenges. One new game that has caught the attention of educators and parents alike is the new Perplexus 3D game maze by Plasmart Inc. This is a 3-dimensional maze game where players manoeuvre a small marble around challenging barriers inside a large-sized transparent sphere. Unlike traditional flat-surface mazes that are composed of one path, Perplexus challenges players' problem solving abilities with numerous paths to choose from and hundreds of barriers to overcome. Players can race each other or the clock. In addition to being an entertaining game it's a valuable tool for cognitive development, encouraging children to exercise their problem-solving, motor and dexterity skills, as well as improving their hand-eye coordination. Experts say the game is just as challenging for adults as it is for children and will especially keep parent solving skills sharp as well.

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KEEP YOUR FAMILY FLU-FREE THIS SEASON

(NC)—A bout of the flu can make it hard to enjoy Canada's winter wonderland but families can take preventative steps to help stay healthy this season. "We know busy moms across the country look for advice when it comes to family health—especially during flu season," says Minnow Hamilton, founder of SavvyMom.ca, one of Canada's top websites for helping Canadian women manage modern-day motherhood. "As a mother, I'm vigilant when it comes to flu prevention."



Throughout the winter months, it's extremely important to implement a healthy routine for all family members, especially young children. Nutritious, well-balanced meals can be an important part of keeping kids resilient and strong.

"In our family, we encourage our kids to wash their hands frequently," says Hamilton. To decrease her family's risk of spreading germs and catching a cold or the flu, Hamilton insists her family wash their hands thoroughly after returning from public places, using the washroom and before and after meals. It's a good idea for parents with young children to supervise hand washing and post helpful pictures at their eye level.

A virus can survive on commonly touched surfaces such as doorknobs, countertops, faucets and toys—popular places young children put their little hands on every day. Kids aren't always as careful with their hygiene as adults—they drop toys, play on the floor, and put their hands in their mouths. "It's important to me to keep my home clean and my family healthy, but I also want my home to feel and smell welcoming," says Hamilton. In her home, she uses Mr. Clean with Febreze freshness disinfectant liquid, which is formulated to kill the flu virus (influenza A2) when used as directed, and leaves behind a pleasant scent.

Finally lead by example: make sure sick family members stay home to avoid spreading their cold or flu to others, and do your best to keep young children away from people who are sick. It's okay to ask people to wash their hands when they come over if you're concerned. Helpful tips and tools to keep your home clean can be found online at www.mrclean.ca.

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SAINT JOHN COMMUNITY SERVICES

Special Thanks to the HUMAN DEVELOPMENT COUNCIL for access to their Community Services Database INFO-line. INFO-line is a community information and referral service for the greater Saint John area. Operated by the Human Development Council, INFO-line provides a link between those who need help and the services available. INFO-line publishes the Human Services Directory, a guide to community services. Services can be found online through the Community Services Database. The directory of community-based services provides information on health wellness, social and human services programs.

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Email: meldra@nbnet.nb.ca
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Sheri, Domestic Violence Outreach Coordinator
Robyn, 849-2580
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After Hours: 506-634-7570
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Website: www.kidney.ca

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E-Mail: maddstj@nb.aibn.com
Website: www.madd.ca/saintjohn/
Rick McNulty, Chapter President, MADD Saint John &

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Christine Levesque, Executive Director
Saint John Regional Hospital
c/o MindCare New Brunswick
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Website www.prokidssj.ca
Primary Contact Tammy DeSaulniers, Program Manager

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Fax 506-649-2520
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Kathy Palmer, Administrative Support, Saint John

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Email: volunteer.sj@nb.aibn.com

Volunteer Coordinator Brian Boudreau, Training

Resources Coordinator, Email: training@nb.aibn.com

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Mill Rats to Retire David Cooper's #7

The Saint John Mill Rats have are planning to retire David Cooper's #7 jersey in honour of his longstanding commitment to the organization on and off the court.

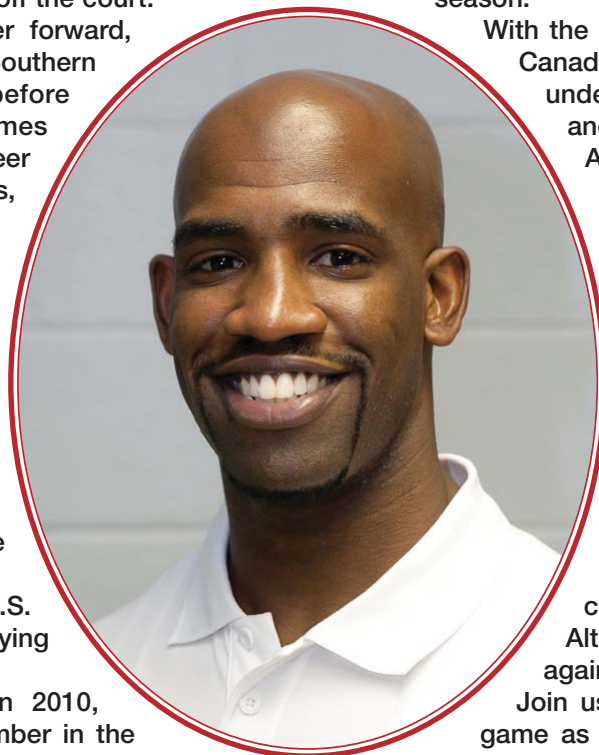
Cooper, a high flying 6'8 power forward, began his college career at Southern New Hampshire University before transferring to Division I James Madison. At JMU, he posted career highs of 8.9 points, 5.7 rebounds, and 1 block per game.

After college, he joined the ownership group that brought professional basketball to his hometown in Manchester, New Hampshire. In the inaugural season-of-then Mill Rats (2007-2008), Cooper averaged 7.4 points and 5.2 rebounds on a sizzling 60% from the field, leading the Mill Rats to the league semi-finals.

He was also a member of the U.S. Virgin Islands National Team, playing in 2006 and 2009.

Since moving to Saint John in 2010, Cooper has been an active member in the community, visiting schools, organizations and clubs, delivering a positive message about staying in school and pursuing your dreams. He was instrumental

in the team's process to relocate to Saint John and was one of the most recognizable players on the team last season.



With the birth of the National Basketball of Canada and a new a new season just underway Cooper will be taking on yet another role within the franchise – Assistant Coach. “This was a huge decision for me and holds a significant meaning for both my basketball career and my future,” Cooper said “I had to leave the court since I had been dealing with several knee injuries going back to my college days. I had been thinking about my future and although I might be ending my career as a player, I am excited about the future of this new league and being part of the Mill Rats in a different role. One door is closing but another one is opening. Although you may catch me playing again someday – never say never!”

Join us at the Mill Rat's December 2nd game as we celebrate Cooper's retirement by retiring his #7 jersey. Tickets to game can be purchased at the Harbour station box office or by visiting www.millratsbasketball.ca

Saint John Mill Rats 2011-12 Schedule

11/30/2011	Summerside Storm *	H	7:00 PM	12/31/2011	Summerside Storm *	A	7:00 PM	2/9/2012	Quebec Kebs *	H	7:00 PM
12/1/2011	Oshawa Power *	H	7:00 PM	1/3/2012	Moncton Miracles *	A	7:00 PM	2/10/2012	Summerside Storm *	H	7:00 PM
12/2/2011	Halifax Rainmen *	H	7:00 PM	1/5/2012	Quebec Kebs *	A	7:30 PM	2/15/2012	Oshawa Power *	A	7:30 PM
12/11/2011	Quebec Kebs *	H	2:00 PM	1/14/2012	Halifax Rainmen *	A	7:00 PM	2/16/2012	London Lightning *	A	7:00 PM
12/13/2011	Moncton Miracles *	A	7:00 PM	1/15/2012	London Lightning *	H	5:00 PM	2/20/2012	Halifax Rainmen *	H	7:00 PM
12/17/2011	Moncton Miracles *	H	7:00 PM	1/20/2012	Quebec Kebs *	H	7:00 PM	2/23/2012	Oshawa Power *	H	7:00 PM
12/19/2011	Quebec Kebs *	A	7:30 PM	1/22/2012	Moncton Miracles *	H	2:00 PM	2/24/2012	Halifax Rainmen *	A	7:00 PM
12/20/2011	Quebec Kebs *	A	7:30 PM	1/26/2012	Oshawa Power *	A	7:30 PM	3/1/2012	Oshawa Power *	H	7:00 PM
12/29/2011	London Lightning *	H	7:00 PM	1/29/2012	London Lightning *	A	2:00 PM	3/4/2012	Halifax Rainmen *	H	2:00 PM
				2/1/2012	Moncton Miracles *	H	7:00 PM				

TOP 10 HOME SAFETY TIPS FOR CANADIAN SNOWBIRDS

(NC)—When Snowbirds finally make their way down south for their annual vacation away from our brutal Canadian winters the last thing they need to worry about is the safety of their home.

According to Patrice De Luca, vice president of marketing and business development for Reliance Protection Security Services, there are several key steps Snowbirds should take to ensure peace of mind when away from home. The following Protection home safety tips for snowbirds can help you plan important safety measures before your departure:

1. Suspend your newspaper and mail delivery; or have a neighbour collect them for you.
2. Make sure your home looks lived in. Try not to draw the window treatments in every window leave it looking somewhat natural.
3. Have someone routinely shovel the walk, clear your car off if it snows, or park their car in your driveway if you're taking yours.
4. Don't forget garbage collection day. Ask a neighbour to put a bag of garbage at your curb on garbage day so not to tip off burglars.
5. Set your lights on timers, in various rooms. With some timers, the lights go on and off at different times each day, which means a burglar can't pick up on a pattern.
6. Look into installing motion sensor lights outside to help deter a burglar. Consider installing them in front and back.
7. Ensure that all your doors and windows are locked and secure. Don't forget about the garage, make sure the door is secure. For additional security, place a bar or stick of wood in the lower track of your sliding doors or windows.

8. Turn off the water-main and unplug the major appliances as an added precaution.

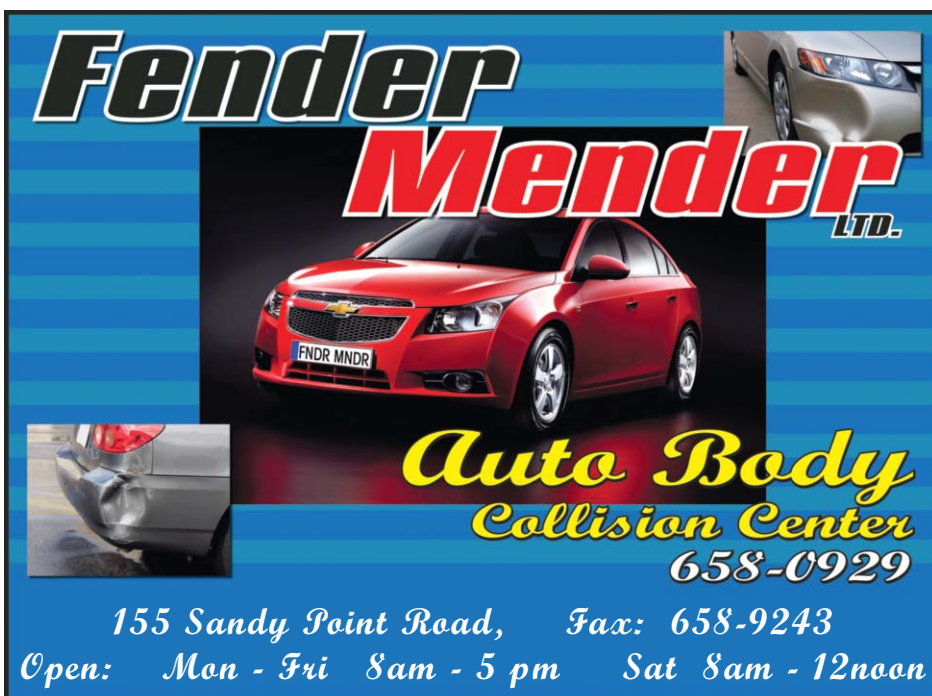
9. Inform a neighbor when you're leaving and returning, and ask them to keep an eye out for anything suspicious. Leave them a phone number where you can be reached, and a spare set of your keys in case of an emergency.

10. Consider investing in a home security system. A home security system is a very effective deterrent. When looking for their targets, thieves usually select an unoccupied home with the easiest access. Why not make it difficult for them. A home protected by a monitored security system is less susceptible to a break in than one without a system. Security system decals and signs are also an effective deterrent. Make sure your security system includes a loud inside alarm, detectors at all exterior doors, and motion sensors in the master bedroom and main living areas.

De Luca says the latest technology in security systems can now allow the monitoring of your home from a distance by wireless transmission (SkyGARD) if you have a cell phone as your primary line for example. The alarm system is linked to a remote monitoring centre that protects your home 24 hours a day against burglars, fire, carbon monoxide poisoning and floods by supervising the temperature, electrical system and point of entries of your home.

"We can even configure the system to alert you by e-mail of the duration of comings and goings in your home, (cleaning staff, neighbours, family) with the TeleGARD service," De Luca added. More information on protecting your home while you're away is available online at www.protectron.com.

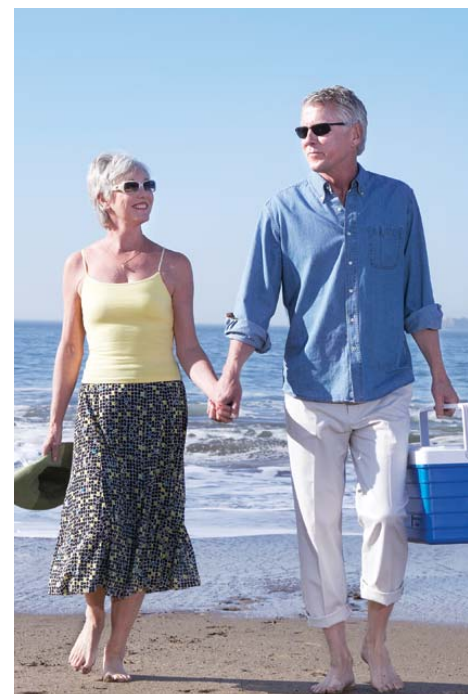
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WITHSTAND FINANCIAL STORMS WITH EMERGENCY SAVINGS

(NC)—According to the wealth management experts at Desjardins Group, being financial prepared for an emergency is essential. As we've seen with the recent financial volatility, carrying too much debt and too little savings can be dangerous. This is especially true if you needed immediate cash due to an illness, accident or a job loss. Building financial stability takes discipline and hard work but pays off when the unexpected occurs.

Simple scenarios where an emergency fund would have been handy:

- You had money set aside to replace your aging car, but your roof has started to leak. The choice is clear: use credit to replace the roof and buy the new car with cash. But now you're in debt. An emergency fund would have given you the flexibility to be able to afford both the roof and the car without incurring debt.
- If you lost your job or got sick, you'd need cash to pay for everyday expenses (groceries, rent, etc.) An emergency fund would give you something to fall back on and peace-of-mind while you look for a new job, or take the time to recover.

Can't I use my credit card, line of credit or RRSP in an emergency?

Lines of credit and credit cards are for temporary expenses that you'll be able to pay off within a month or so. They're not ideal for sustained periods, like being out of work for six months. Some credit cards charge 19.5% interest on cash advances, meaning that you'll have to repay the amount you borrowed plus an additional 20%. RRSPs should not be touched until you retire, unless you plan on using some of these savings for a house down payment. Any withdrawals you make will be considered income on your next tax return, which may result in a year-end tax bill.

How do I get started?

Financial experts suggest that a solid emergency fund is the equivalent of three months worth of living expenses. For example, start by saving the equivalent of one month's worth of groceries and then work on the other monthly expense categories one month at a time. With each paycheque, try to put aside the equivalent of 1 to 10 per cent of your income. Don't forget to put it into a separate account, like a TFSA, so you're not tempted to dip into it. Keep in mind that it's more important that you're starting a savings habit than the total amount that you're saving each month. And remember: don't go into your emergency fund unless it's an emergency. A couch on sale that you simply can't live without isn't an emergency.

For more information about setting up an emergency fund, visit Desjardins Group at www.desjardins.com.

www.newscanada.com

SIMPLE HOME REMEDIES TO EASE THE COMMON COLD

(NC)—Cold season is here again and while a common cold is usually harmless, it sure doesn't feel like it at the time. Most adults will experience a cold two to four times a year and children, especially preschoolers, may get a cold as many as six to 10 times annually. While you can expect to be sick for one to two weeks, it doesn't mean you have to be miserable.

From the Mayo Clinic Book of Home Remedies, try these tips to feel a little more comfortable while fighting the common cold:

- **Adjust your room's humidity**—If the air is dry, a cool-mist humidifier or vaporizer can moisten the air and help ease sinus congestion and coughing. Be sure to keep the humidifier clean and regularly change the filter to prevent the growth of bacteria and molds.
- **Soothe your throat**—Gargling with warm salt water several times a day or drinking warm lemon water mixed with honey may help soothe your sore throat and relieve coughing spells.
- **Use saline nasal drops**—Saline drops are effective, safe and non-irritating—even for children—for the relief of nasal congestion. The drops can be purchased over-the-counter in most drugstores.
- **Try andrographis**—There is some evidence this Indian herb can reduce the severity and duration of upper respiratory infections. It may also reduce your risk of getting a cold. The herb seems safe when used short-term.
- **Try echinacea**—While no studies have shown that this herb can prevent a cold, there is some evidence that it can modestly relieve cold symptoms or shorten the duration of a cold. Echinacea seems most effective when taken soon after cold symptoms appear.
- **Get your vitamin C**—Despite popular belief, there's no evidence that high doses of vitamin C reduces your risk of a cold. However, there's evidence that high doses of the vitamin—up to six grams a day—may have a small effect in reducing the duration of cold symptoms.
- **Consider zinc**—There's some evidence that zinc lozenges taken at the beginning of a cold may help reduce symptoms. The claim that zinc nasal sprays are helpful is controversial. In general, the use of these sprays is discouraged because many people have experienced permanent loss of smell following their use.

More health-related information can be found online at www.mayoclinic.org/canada.
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VISIT CANADA'S NEWEST AQUARIUM

The Fundy Discovery Aquarium, a part of the Huntsman Marine Science Centre, is now open in St. Andrews.

The new, year-round aquarium contains two floors of exhibits, for visitors to learn about the tides, the history and science of the Bay of Fundy, and all about the creatures that call the Bay home. And there's an amazing view of the St. Croix River from the balcony.



The highlights include the two trained harbour seals, Loki and Snorkel, who are fed daily at 11 a.m. and 4 p.m., the rare lobsters, the huge Bay of Fundy fishes tank, and the two new touch pools. The big pool contains many different species, including slimy moon snails, prickly sea urchins, different kinds of sea stars, beautiful anemones, squirting scallops, crabs and much



more. The other tank, which is already proving to be a big hit, is the skate touch pool. Just remember to roll up your sleeves – chances are you're going to get a bit wet!

With informational panels and videos, and interactive kiosks, the Fundy Discovery Aquarium is a world of wonder under the waves. While some of the exhibits are still under construction, admission prices have been reduced. The regular prices will be in place once all of the exhibits are completed, and this will be announced online at www.huntsmanmarine.ca. Special events and new exhibits will also be posted on the website.

From October to April, the aquarium is open from Thursday to Sunday, from 10 a.m. to 5 p.m., although schools and other groups can still book tours Monday to Wednesday.

And, for the holiday shoppers, the aquarium and the gift shop will be open until 9 p.m. Saturdays from November 19 to December 17. The gift shop – which can be accessed without paying admission to the aquarium – features all kinds of marine related gifts, from jewellery to toys, DVDs to clothing.

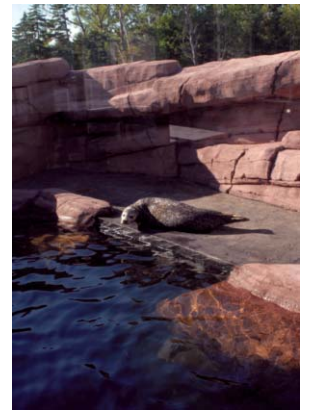
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Contact: (506) 634-8722

Thu Nov 24

LIVERIGHT BREAKFAST.

7:30 AM - 9:30 AM. Saint John Trade & Convention Centre, 1 Market Sq.
The Canadian Liver Foundation Saint John Chapter invites you to join us to celebrate liver health awareness and enjoy a full gourmet breakfast. LIVERight is this year's theme. Tickets: \$20 / Table of 10: \$200. For easy purchase tickets visit: <http://www.liver.ca/clf-chapters/locations/new-brunswick/special-events.aspx> For more information we can be reached by Phone: (506) 214-3511 or Email: saintjohnchapter@liver.ca Contact: (506) 214-3511

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2011 YMCA PEACE BREAKFAST.

7:00 AM - 9:00 AM. Lily Lake Pavilion, 55 Lake Drive South.
Join us to celebrate the 25th Anniversary of the Saint John Peace Award. Tickets are \$12 each; all proceeds go towards the Saint John Y International Programs. Call for tickets.
Contact: (506) 634-4937

Fri Nov 25

AUTHOR READING - JOAN HALL HOVEY.

12:00 PM - 1:00 PM. Saint John Free Public Library, 1 Market
Joan Hall Hovey will read from her latest mystery/suspense novel 'The Abduction of Mary Rose'. Light Refreshments.
Contact: (506) 643-7237

Fri Nov 25

AWARD-WINNING AUTHOR HELEN HUMPHREYS RETURNS.

7:00 PM - 9:00 PM. Ganong Hall Theatre, UNB Saint John.
The Lorenzo Reading Series is delighted to welcome back Helen Humphreys, reading from her new novel, "The Reinvention of Love". For more information contact The University Bookstore (506) 648-5540 or Inprint (506) 648-2315 or email sjbooks@unb.ca
Contact: (506) 648-5540

Fri Nov 25

EVENING OF SEASONAL STORIES & PUPPET SHOW.

7:00 PM - 8:00 PM. Saint John Free Public Library, 1 Market Square.
Get in the holiday spirit and bring your family to this annual program, following the Mayor's Tree Lighting in Loyalist Plaza. Call for more information.
Contact: (506) 643-7239

Fri Nov 25

SAINT JOHN SEA DOGS HOCKEY GAME.

7:30 PM - 10:00 PM. Harbour Station, 99 Station Street. Quebec Major Junior Hockey League game. Saint John Sea Dogs (winners of the 2011 MasterCard Memorial Cup championship) vs Cape Breton Screaming Eagles. www.saintjohnseadogs.com Next Home Game: Nov 26 at 7:00 pm. Contact: (506) 657-1234

Sat Nov 26

CHRISTMAS BAZAAR.

10:00 AM - 1:00 PM. St. Paul's Church, 4 Church Avenue, Rothesay.
Our annual Christmas Bazaar with Santa's Café, bake table, Christmas decorations & crafts, gifts, white elephant table, books, games, jewellery & much more.
Contact: (506) 849-1051

Sat Nov 26

FREE MOVIES AT THE LIBRARY.

2:00 PM - 4:00 PM. Saint John Free Public Library, 1 Market Square.
Join us at the Central Branch in Market Square for the best in free movies this fall & throughout the coming year. November is James Bond Month: Saturday, November 26, 2pm: Viewer's Choice – submit your vote for your favourite Bond movie, by phone (506) 643-7224, e-mail: sjpl@gnb.ca, or in person at your local library branch, and we'll show the winner!
Contact: (506) 643-7224

Sat Nov 26

BIRTHRIGHT GETS THEIR GROOVE ON AT THE DISCO.

6:00 PM - 11:00 PM. Phoenix Dinner Theatre, 68 Exmouth Street.
Come ring in the festive season with 'Disco Bells' -a musical comedy and dinner at Phoenix Dinner Theatre. Silent and Live Auction. Please call (506) 652-1997 for ticket reservations. Is the Disco era here to stay or will Rock n' Roll win the day?
Contact: (506) 654-3258

SPECIAL SERVICES & EVENTS

Sat Nov 26

SAINT JOHN SEA DOGS HOCKEY GAME.

7:00 PM - 9:30 PM. Harbour Station, 99 Station Street.
Quebec Major Junior Hockey League game. Saint John Sea Dogs (winners of the 2011 MasterCard Memorial Cup championship) vs Cape Breton Screaming Eagles. www.saintjohnseadogs.com Next Home Game: Dec 3 at 7:00 pm.
Contact: (506) 657-1234

Sat Dec 03

THE NUTCRACKER & THE GIRL WITH THE SHELL (DEC 03 & 04).

7:00 PM - 2:00 PM. Théâtre L. Vermeersch, École Samuel de Champlain.
Port City Dance Academy's ballet with a twist, The Nutcracker and the Girl with the Shell will be performed December 3 (7 pm) and December 4th (2 pm) at Théâtre Louis Vermeersch (École Samuel de Champlain), 67 Ragged Point Road. For more information visit www.PortCityDanceAcademy.org Tickets are \$15 and \$10 each, and are available at Saint John Regional Hospital, St. Joseph's, Body Expressions Dancewear, Galbraith Electronics, Pharmasave (Millidge Ave), Avenue Animal Hospital (Rothesay Avenue), Samuel and Co (Market Square) or by calling (506) 657-3877.
Contact: (506) 658-1553

Sat Dec 03

SAINT JOHN CHORALE'S 18TH ANNUAL CHRISTMAS GALA.

7:30 PM - 10:00 PM. Imperial Theatre, 24 King Square South.
Tickets: \$10 - \$25, available at the Imperial Box Office (506) 674-4100 or online at www.imperialtheatre.nb.ca
Contact: (506) 847-2317

Wed Dec 07

SEASONAL OPEN HOUSE - EAST BRANCH LIBRARY.

3:00 PM - 7:00 PM. East Branch Library, 545 Westmorland Road.
Patrons and friends of the East Branch Library are invited to our Christmas Open House. Join us for festive treats and celebrate this joyous time of year!
Contact: (506) 643-7250



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Fri Dec 09

CELEBRATE CHRISTMAS IN SONG.

7:00 PM - 9:00 PM. Portland United Church, 50 Newport Crescent.
Celebrate Christmas in Song. An evening of Christmas music featuring the Portland Senior Choir, Nova Quattro, Rachael Ray, Brittain Brass, Terri Lynn Russell, Christopher Lane, Elaine, Danielle, and Zachary Boulanger, and a Christmas Sing-a-Long. Tickets: \$10. Available by calling the church at the number shown.
Contact: (506) 632-4030

Mon Dec 19

CELEBRATION ON ICE.

7:30 PM - 10:00 PM. Harbour Station, 99 Station Street.
A star-studded holiday event for the whole family! Tickets to Celebration on Ice, featuring Canada's best and best loved figure skaters, will go on sale October 20, beginning at 10 am. Celebration on Ice tickets will be available online at www.harbourstation.ca, by calling (506) 657-1234 or 1-800-267-2800 and in person at the Harbour Station box office.
Contact: (506) 657-1234

Tue Dec 20

CHRISTMAS BAKE SALE & FISH CHOWDER OR CHILE SUPPER.

4:00 PM - 7:00 PM. Villa Madonna Retreat House, Rothesay.
Join us at Villa Madonna Retreat House for a combination Bake Sale & \$10 Fish Chowder or Chili Supper which includes Fish Chowder or Chili, homemade biscuits, dessert & beverage. Call to register for the supper or to pre-order bake sale items.
Contact: (506) 849-5125

Wed Dec 21

SYMPHONY NEW BRUNSWICK'S "CHRISTMAS CONCERT".

8:00 PM - 10:00 PM. Imperial Theatre, 24 King Square South.
SNB will be once again presenting a traditional Christmas concert, but this year with a strong New Brunswick theme. The orchestra will be joined by both the 'Choeur Louisbourg' and the 'Choeur Beausejour', under the direction of choir director Monique Richard, to make this a truly memorable evening.
Contact: (506) 634-8379

Sat Dec 31

NEW YEAR'S EVE WITH RADIO FACTORY.

8:00 PM - 1:00 AM. qplex, Quispamsis.
Usher in the New Year with your friends dancing along to the music of Radio Factory at the qplex in Quispamsis. With hors d'oeuvres, party favours, and a champagne toast at midnight. Tickets are \$40 per person, tax included, and are available now at the qplex administration office. Call for more information.
Contact: (506) 848-5903

DELAYING RETIREMENT HAS FINANCIAL, SOCIAL BENEFITS

The need to save for retirement is something professionals start hearing about from the moment they begin their careers. Whether it's parents extolling the virtues of retirement plans or employers who encourage their employees to take advantage of their retirement programs, saving for retirement is never far from the minds of professionals.

As important as such savings can be, many workers are deciding to delay their retirements. As much as men and women envision retiring to a far-away seaside villa for their golden years, such retirements are not terribly common, and many older workers have begun to recognize the economic and social benefits of delaying retirement. Those undecided about when they want to say goodbye to the office should consider the following benefits to delaying retirement.

* Fewer years to worry about financing your lifestyle. Thanks to advancements in medicine and more and more people living healthier lifestyles, men and women are now living longer than in years past. While living longer, healthier lives is a plus, it does have an effect on retirement. Because people can now expect to live longer, they must ensure their money lasts long enough. By delaying retirement, men and women will have fewer retirement years to finance.

* More chances to save money. It might be your dream to retire early, but you could be doing yourself a great disservice by ending your career prematurely. Men and women at or near the end of their careers are often making more money than they ever have, which enables them to save more than they have in the past, especially if children are full grown and

supporting themselves. Take advantage of these high-salary years, even if it means working an extra few years. If you do, when you retire you could have substantially more in savings than you would have had you retired early.

* Stay socially active. In addition to economic benefits, delaying retirement has social benefits as well. Many people get the bulk of their social interaction with colleagues and coworkers. When men and women retire, these opportunities for social interaction can dwindle rather quickly, and it's not uncommon for retirees to battle feelings of isolation. Delaying retirement allows you to easily maintain contact with friends and colleagues, and can lead to a better quality of life.

* The chance to give back. Many older professionals view retirement as being put out to pasture, where their years or experience aren't utilized. However, individuals who delay retirement can use their extra years around the office as an opportunity to leave a legacy for the next generation. This is something professionals find especially valuable as their retirement draws nearer and they want to leave a lasting mark, be it on their company, within their industry or in the community in which their company operates. Delaying retirement provides more time to build this legacy, and can create a greater sense of fulfillment when men and women do decide to retire.

Delaying retirement is growing increasingly popular. Men and women often see it as a chance to build a bigger nest egg and leave a more lasting legacy within their company and community. MM11C515



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"Kitchen Talk"

BY Jim Lawrence

Adding kitchen space without adding on !

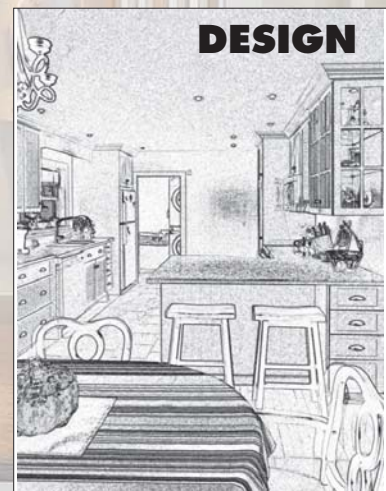
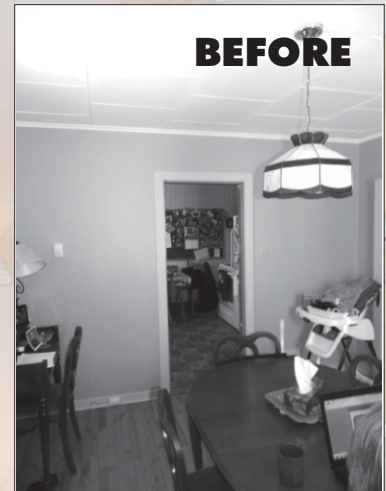
When designing that new kitchen in a small war time home, space can be a bit restrictive. To achieve a good new kitchen it is by far the best to start by looking at, an opening up process. Of course if you open up all of the walls to the dining and living room that can pose a major dilemma. There then would be no walls in which to place new kitchen cabinets or from the living side the same happens with no room to place furniture.

The good thing about small homes is that even a little bit of opening up will achieve huge results. Just removing the wall from the dining room will make a major impact, and it will also help keep cost in line. Once opened up it is important not to narrow up the kitchen with the fridge and pantry, so it is best to work them towards the end of the kitchen. Often in small kitchens an island likely will not work, so that can be solved by a small peninsula, which not only provides sit up bar stool space, but also makes for lots of working, cooking and serving space for the cook.

When you take the cabinets to the ceiling, one gets a very nice architectural crown at the top, not to mention the added cabinet storage, and besides, think of all of the over the cabinet dusting that now is not required.

The final result in a kitchen make over like this? Typically it is nothing short of spectacular. There is now room for larger groups of people, and the cook is now in touch with family when cooking. This kitchen turned out to be so convenient when the grandchildren are over, and when nobody is visiting, it's just a great kitchen to simply sit and relax.

This article was written by Jim Lawrence of Avondale Kitchens. They have designers in your area every week doing professional designs and quotes.



GET OUT AND WELCOME WINTER WITH A BIG HUG!

WE are so lucky to live in a part of the world that has 4 distinct seasons, each with their own bounty from Mother Nature. The one arriving this week is Winter. With it brings, snow and ice and opportunity to try something new or continue enjoying all the great winter activities offered in Saint John and surrounding areas.

We have some exciting new activities to add to our cross country skiing, snowshoeing and pond hockey this winter. We are very happy to announce that the City of Saint John will be grooming the trails at the park this year so that will be a great addition for our ski rental. We will also be offering cross country ski lessons giving you the skills you need to comfortably trek into the back country for an amazing experience.

We are increasing our corporate team building menu for the winter to include guided interpretative hikes and snowshoe and cross country skiing. We will also have organized pond hockey rinks on which your company can have a friendly tournament afternoon or celebrate a day out of the office to break up the winter blahs with an outdoor winter snowman building competition among co workers. We provide all the equipment and you enjoy the fun.

Our Saturday morning hikes have already started so come join us on Saturday mornings at 8:30am at Daytripping. A one hour hike in to the trails at Rockwood Park with our guides will give you a great start to your weekend. We also have our guided moonlit hike and snowshoe hike with interpretation go every month at 8pm. Make it a night with supper at Lily's Café before the hike. Call the office for details on dates.

Don't forget to register your 6-12 year olds for our Winter Break Camp from January 2nd to the 6th. The kids enjoy all the activities Daytripping has to offer including snowshoeing, cross country skiing, sliding, snowman building, hikes, games and indoor activities if weather advisory is in effect. Schools are out that week so get the kids to blow off some steam with our outdoor adventure winter camp. Check our website for details : http://www.daytrippingnb.com/winter-break-adventure-camp_1.html Or call 506-657-8747.

Another new twist on the winter will be the Pavilion Pond Hockey Tournament will be combined with the Winterfest weekend so the festivities will be twice as much fun all weekend long from Feb. 3rd to the 5th. Mark those dates on your calendar for the most winter fun you can have in Saint John. Don't forget the Tim Bits Tournament will be held on the Sunday and promises to be the best one yet with great kit bags.

So you see, winter is a great time of year for us fortunate enough to have the season in full force with frozen ponds and groomed trails and ungroomed ones you can only get on with snowshoes. And remember.....There is no such thing as bad weather....only bad clothing so grab your jacket, boots, mitts and hats and get out and enjoy all there is to do in the great outdoors this winter.



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COMMUNITY CENTRES

The city operates and programs four community centres directly and two with community partners. These centres provide opportunities for children and adults to participate in sports activities, arts and crafts, health and fitness, and social programs. Hours of operation and programs offered vary by season and by centre. Community centres are available for private rentals.

Community Centre Location Program

Carleton (West)
120 Market Place

Tel: (506) 658-2920

Forest Glen (East)
Operated by: YM-YWCA
651 Westmorland Rd.

Tel: (506) 658-2816

Millidgeville (North)
Operated by: YM-YWCA
99 Daniel Avenue

Tel: (506) 632-6157

North End
195 Victoria St.

Tel: (506) 658-2980

Somerset (North)
84 Rope Walk Rd.

Tel: (506) 658-2922

South End
Operated by: Boys and Girls Club
210 Wentworth St.

Tel: (506) 633-5115



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LEARN YOUR PERSONAL EXEMPTIONS FOR CROSS-BORDER SHOPPING

(NC)—Don't spoil a cross-border shopping spree by finding out you have to pay unexpected duty at the border. One way to avoid such a surprise is getting to know your personal exemptions. These exemptions allow you to bring goods of a certain value back home to Canada without paying regular duty and taxes.

Take note of these exemptions from the Canada Border Services Agency to save time and money at the Canadian border.

- After 24 hours - CAN\$50, no alcoholic beverages or tobacco products (if more than \$50, full duty and taxes are applicable);
- After 48 hours - CAN\$400;
- After seven days - CAN\$750.



You can bring one of the following amounts of alcoholic beverages free of duty and taxes as long as you are within the minimum ages, as prescribed by provincial or territorial authorities (18 years for the provinces of Alberta, Manitoba and Quebec, and 19 years for the remaining provinces and territories):

- 1.5 litres of wine;
- a total of 1.14 litres of alcoholic beverages; or
- up to a maximum of 8.5 litres of beer or ale.

If you're 18 or over, you can bring all of these types of tobacco products free of duty and taxes within your personal exemption:

- 200 cigarettes;
- 50 cigars;
- 200 grams of manufactured tobacco; and
- 200 tobacco sticks.

Remember, there are no exemptions for same-day travel. Anything you buy is subject to applicable PST, GST and duty. Also, you must declare everything you buy, regardless if any of the exemptions apply.

There are more tips for travellers at www.cbsa.gc.ca/traveltips.

www.newscanada.com

HOLLY BERRY PUMPKIN PIE

(NC)—Ending your holiday meal on a high note is easy to do with a pumpkin pie that looks almost too pretty to eat. Even the most satisfied guests won't be able to refuse a slice of this showstopper. The best part? It's so quick and easy to prepare, you can do more of what matters most during this special season—spending time with your loved ones. More holiday tips, recipes and free printable stencils are available at www.tenderflake.com.

Preparation time: 15 minutes Serves 8

Ingredients:

- 2 Tenderflake frozen deep dish pie shells
- 3/4 cup (175 mL) lightly packed brown sugar
- 1/2 tsp (2 mL) salt
- 1/4 tsp (1 mL) nutmeg
- 1/4 tsp (1 mL) ginger
- 2 eggs, lightly beaten
- 1 1/2 cups (375 mL) canned pure pumpkin (not pumpkin pie filling)
- 1 1/2 cups (375 mL) light (5%) cream

Sugared cranberries:

- 12 fresh cranberries
- 2 tsp (10 mL) corn syrup
- 1 tbs (15 mL) sugar

Directions:

1. Preheat oven to 450°F (230°C).



2. Remove pie shells from freezer and allow to thaw at room temperature for 15 minutes.
3. Remove one pie shell from foil onto a clean, flat, lightly floured work surface. If cracks appear in pastry, press together and repair using fingers moistened with water.
4. Cut out small seasonal shapes using a small cookie cutter. Transfer to a parchment lined baking sheet and set aside.
5. Mix together brown sugar, salt and spices in a large bowl. Stir in remaining filling ingredients and beat until smooth.
6. Pour into remaining unbaked pie shell.
7. Bake pie and pastry cut outs in preheated oven for 10 minutes. Reduce temperature to 350°F (180°C) and continue baking cut outs for an additional 5 minutes or until golden brown. Remove cut outs and place on rack to cool. Continue baking the pie for 40 or 45 minutes or until knife inserted in the centre of the pie comes out clean.
8. Remove pie from oven and allow to cool.
9. Toss cranberries in corn syrup until all sides are coated, then roll in sugar.
10. Top cooled pie with pastry cut outs and sugared cranberries just before serving.

Tips:

Brush cut outs with milk and top with your favourite decorated sugar. Allow cut outs to cool and decorate with your favourite icing. Remember to refrigerate your pumpkin pie once it has completely cooled to maintain its firmness.
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HOT TIPS FOR GETTING THE MOST OUT OF YOUR VEHICLE IN THE COLD WEATHER

(NC)—You love your vehicle and want it to look and perform at its best, but Canadian winters can create challenges for keeping it in tip top shape. Here are a few tips to safeguard your vehicle from the rough weather to keep you and your ride looking ready for the road:

Inspection/Maintenance:

Routine maintenance is a must for vehicle longevity, but before any long journey in the cold weather, it's even more important to have your vehicle inspected by a professional mechanic. Brake pads, tires, belts and hoses should be inspected for wear and proper operation, and fluids should be checked and topped off.

High-Quality Gasoline:

It's important to note that a 'high octane' number doesn't necessarily ensure the gasoline is 'high-quality'. "For vehicles whose manufacturers recommend or require the higher octane associated with a premium gasoline, ensuring you buy a high-quality fuel can make a difference. For example, Shell V-Power Premium Gasoline is designed to clean and protect your engine from performance-robbing gunk that lower quality gasolines can leave behind, providing maximum protection for optimum performance," explains Ken Mitchell, an engineer at Shell.

Tire Swap:

Snow tires have deeper grooves that provide significantly more traction than all season tires, making them capable of stopping your car faster than all season tires. In addition, the colder weather and rolling resistance caused by snow and slush can decrease air pressure in tires. After you switch to your winter tires, ensure that the pressure is optimal, and re-check the pressure regularly, especially after a sharp drop in temperature. Each tire that is under-inflated by 2 psi (14 kPa) causes a 1%* increase in fuel consumption.



Cold Starts vs. Idling:

You may believe that you're doing the best for your vehicle by allowing it to 'warm up' in the cold weather with a few minutes of idling. In fact, more than just the engine needs to be warmed up and this can only happen if the vehicle is moving. For an average vehicle, it takes about five kilometers of driving* to warm up the engine as well as the wheel bearings, steering, suspension, transmission and tires.

Emergency Kit:

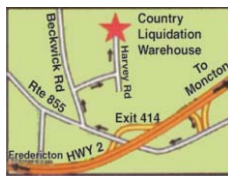
Although the aforementioned tips are preventative measures, vehicle breakdowns can still occur. Pack an emergency kit for your car filled with a first-aid kit, flashlight, thermal blanket, tire pressure gauge, coolant, water, jumper cables, safety flares, and emergency tire inflator.

* Natural Resources Canada Office of Energy Efficiency AutoSmart Thinking program: <http://oee.nrcan.gc.ca/transportation/personal/driving/autosmart-maintenance.cfm#g>

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DON'T LET GAS OR FIRE SMOKE OUT YOUR HOLIDAYS

(NC)—The season for busy holiday shopping, decorating and get-togethers has arrived, and with it come the familiar, but easy-to-overlook safety risks around fire, smoke and gas. The festive season can be a risky time of year, but checking the safety list twice can help Canadians enjoy a holiday without worry.

CSA International, a leader in testing and certification, shares the following safety tips to help Canadians enjoy a safe celebration:

- **Fireplaces:** If the glass panel on your fireplace is removed, cracked or broken, it can be a safety risk to children, pets and the whole family. When purchasing or installing a gas fireplace, check for the mark of an accredited certification organization, such as the flame mark from CSA International. Glass panels and frame assemblies should only be replaced by a qualified service professional.



- **Carbon-monoxide alarms:** It's a good idea to install at least one carbon-monoxide (CO) alarm near bedrooms, and to use more than one alarm if sleeping areas are located on different levels of your home. When purchasing a CO alarm, check for the mark of an accredited certification organization such as the certification flame and CSA 6.19-01 reference mark from CSA International. Follow the manufacturer's instructions for installing and maintaining your CO alarms.

- **Smoke alarms:** Test your smoke alarms monthly. One smoke alarm is not enough; install them on every level of your home and outside all sleeping areas. Only working smoke alarms can give you the precious seconds you may need to escape a fire.

- **Combustible materials:** Combustible materials such as gasoline, propane, paper, chemicals, paint, rags and cleaning products must not be stored too close to a gas furnace. Gasoline or propane cylinders must be stored outside the home. Never use gasoline or other flammable liquids anywhere near your gas furnace or water heater. Look for the familiar CSA International certification flame mark on your gas-fired furnace or water heater to ensure it has been tested and certified to the applicable standard. Have a qualified heating contractor perform a yearly maintenance check of your furnace and venting system.

More safety tips can be found at www.csaholiday.com.

www.newscanada.com

A HOME INVENTORY MAY BE THE BEST GIFT OF ALL

By Gillian Birch

(NC)—The season of giving is all about sharing time with family and friends, the light of children's eyes as they open presents, and festive holiday music playing everywhere. But with all of the gift giving over the holiday season, Aviva Canada is stressing the importance of a home inventory.

A home inventory protects you in the event of theft or major damage to your home's contents.

But many Canadians think –“it's okay, I have insurance.” And while the peace of mind that property insurance provides allows us all to sleep at night, most don't realize what a traumatic experience these events can be.

“Trying to remember all of the items in your home can add to an already stressful event. Having an inventory of items in your home is one of the best ways to prepare yourself,” states Wayne Ross, insurance and claims expert with Aviva Canada. “Besides helping ensure you have the right amount of insurance, an inventory will help settle your insurance claim faster.”

Sure, but who has time to go through every item in their home? The task need not be onerous and can be as easy as taking a video account of each room in your home. Many insurance broker or insurers also prepare content lists that can act as a helpful starting point.

Whether you conduct a video or written inventory of your home, don't forget to keep your inventory in a safety deposit box or other safe place away from home. That way you'll be sure to have something to give your insurance representative if your home is damaged. You should also keep in a safe place a record of legal documents, such as birth certificates and passports, and financial documents, such as bank account and insurance policies on your inventory.

More information is available from your insurance broker or avivacanada.com

www.newscanada.com



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Charles Gorman

Senior Skating

Monday	1:15-2:15
Tuesday	1:45-2:45
Wednesday	1:15-2:15
Thursday	10:45-11:45

Tiny Tots

Monday	2:30-3:15
Wednesday	2:30-3:15
Thursday	1:45-2:45
Friday	1:15-2:00

Free Skating

Monday	3:30-4:15
Tuesday	3:00-4:00
Wednesday	3:30-4:15
Thursday	3:00-4:00
Friday	2:15-3:00

Public Skating

Sunday	2:30-3:30
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\$1/person

Peter Murray

Senior Skating

Monday	11:30-12:30
Tuesday	12:45-1:45
Wednesday	1:45-2:45
Thursday	12:30-1:30
Friday	1:45-2:45

Tiny Tots

Monday	2:15-3:00
Tuesday	2:00-3:00
Wednesday	3:00-4:00

Free Skating

Monday	3:15-4:00
Tuesday	3:15-4:15
Thursday	3:00-4:00
Friday	3:00-4:00

Public Skating

Sunday	5:00-6:00
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\$1/person

Stewart Hurley

Senior Skating

Monday	12:15-1:15
Tuesday	12:15-1:15
Wednesday	12:30-1:30
Thursday	12:30-1:30
Friday	12:15-1:15

Tiny Tots

Monday	1:30-2:30
Tuesday	1:30-2:30
Thursday	1:45-2:45
Friday	1:30-2:30

Free Skating

Monday	2:45-3:45
Tuesday	2:45-3:45
Wednesday	3:00-4:00
Friday	2:45-3:45

Public Skating

Saturday	6:15-7:15
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\$1/person

Hilton Belyea

Public Skating

Saturday	3:45-4:45
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\$1/person

Charles Gorman Arena
80 University Ave., North
632-6150

Hilton Belyea Arena
390 Lowell St., West
632-6137

Peter Murray Arena
711 Dever Rd., West
658-2809

Stewart Hurley Arena
1500 Hickey Rd., East
632-6151

www.saintjohn.ca



SAINT JOHN

Fundy Energy



“ThermaClean is to furnace oil what super gas is to regular gas!”

**It's one small step we
can take to help
keep the environment
a little cleaner**

ThermaClean is an innovative home heating fuel that burns even cleaner, with less smoke and soot deposits than regular fuel. ThermaClean helps lessen the impact of home heating on the environment while protecting your heating system and oil tank.



**Make
your home
more
energy-efficient**



- A cleaner burning fuel**
- Extends the life of heating systems**
- Reduces fuel consumption**
- Helps protect oil tank corrosion**

FUNDY ENERGY LTD.

201 Broad St., PO Box 2385
Saint John NB E2L 3V6
(506) 635-6060



Alternative Transportation

What's your method?

PARTNERED BY:



FUNDED BY:



Contributions from the New Brunswick Climate Action Fund - Canada's ecoTrust for Clean Air and Climate Change



Self-Powered Transportation

Biking, walking, rollerblading, or skateboarding – they're just a few of the many ways you can get healthy and join the active transportation initiative. With literally zero associated greenhouse gas emissions, choosing a self-powered method of transportation will not only do great things for your personal health, it'll help save the environment.

Active transportation is becoming more convenient than ever.

- new cycle lanes being added to city streets
- bike racks installed on Transit and Comex buses
- new Trails and Bikeways Strategy in discussion throughout the city



Be a part of active transportation visit: <http://atsj.wordpress.com/>



Carpooling, or ride sharing, is a win-win method of travel. You'll not only save money on gas and parking by sharing costs with your fellow "poolers", you'll also help the environment.

If you and three neighbours who usually commute daily in your own vehicles decide to carpool, you can reduce your CO₂ emissions by 75 per cent.

With carpooling, you can use the drive to relax, read, catch up on work or get some extra sleep – when you're not the one behind the wheel, of course. And it's easy to find a carpooling group that matches your schedule and location. Just log on to www.shareyourride.ca and create a personal profile. You'll then be provided with a list of available carpools that match your needs. It's that simple!



Start carpooling today by visiting: WWW.SHAREYOURRIDE.CA



SAINT JOHN TRANSIT

Established in 1979, Saint John Transit accommodates approximately 2.5 million passengers each year, and that number continues to grow. With buses in operation seven days a week, and more than 20 weekday routes totaling 515 km, you'll go far if you take the bus. From east, west, north and south – Saint John Transit has got you covered. Riding with Saint John Transit is convenient and cost-effective – and it's environmentally-friendly too.

- Take 40 cars off the road
- Save 70,000 litres of fuel
- Reduce air pollutants by 9 tonnes every year

And don't forget – you can claim your monthly transit passes on your income tax return.



To view routes, fares and parking lot locations visit: thinktransit.com

PARKING IN UPTOWN SAINT JOHN

**CONVENIENT
AFFORDABLE
ABUNDANT**



Saint John Parking Commission

Hours of Operation for Parking Meters and Outdoor Lots:
Monday to Friday 8am to 6pm
Saturday & Sunday FREE

Phone: (506) 658-2897 • Fax: (506) 649-7938

