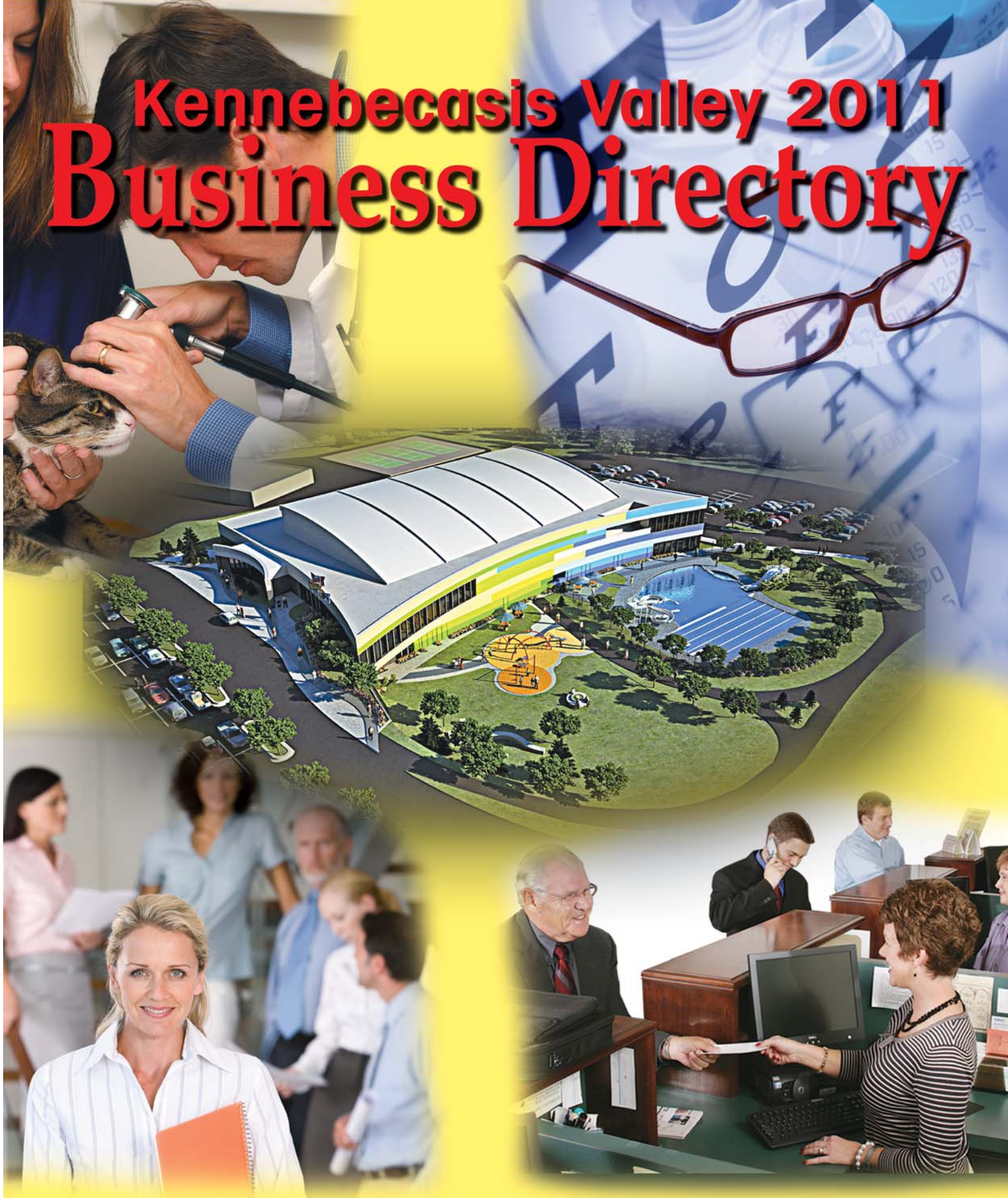


Kennebecasis Valley 2011 Business Directory



✓ *KV Women in Business*

✓ *KV Community Services*

Reference Guide to KV Businesses and Services

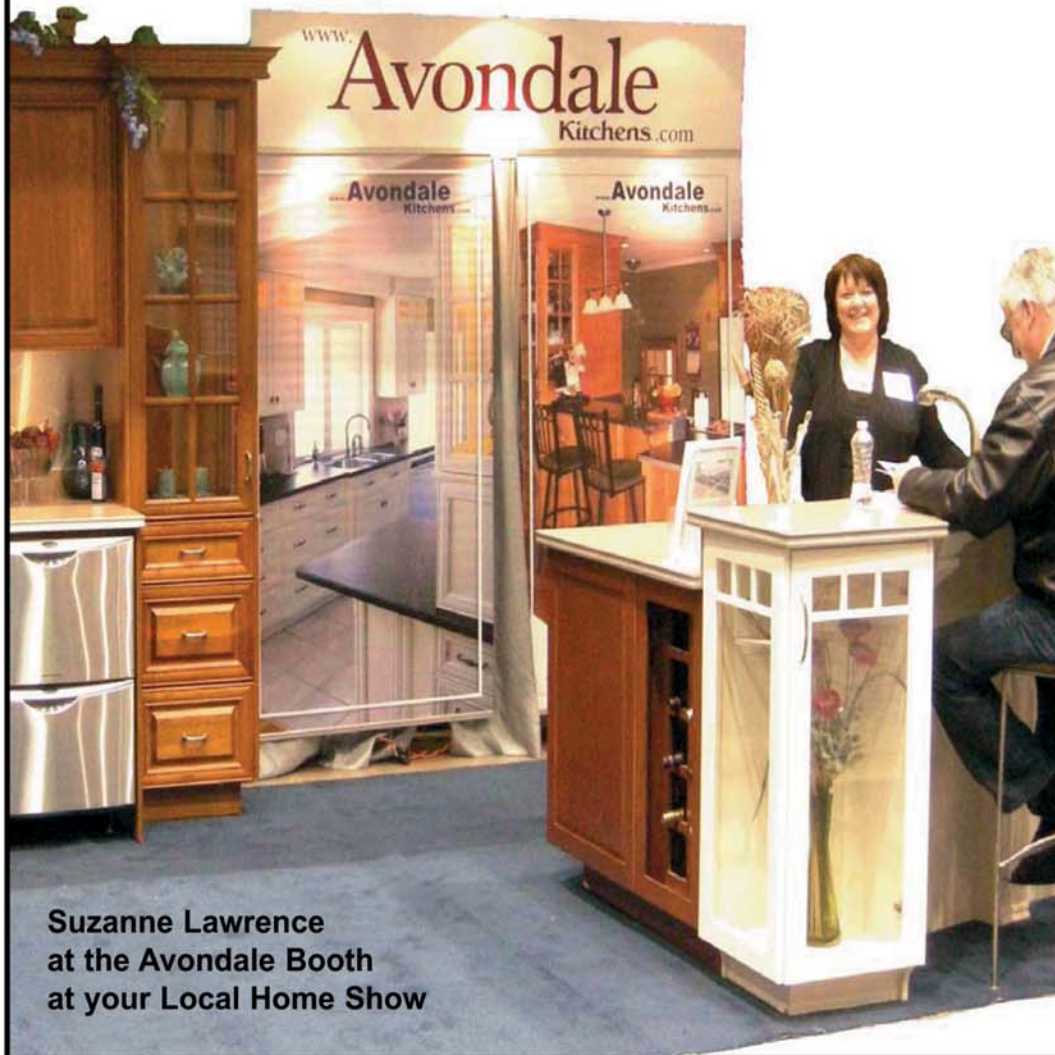
www.Avondale

Kitchens.com

Atlantic National Home Show

Harbour Station, Saint John NB

Mar 11 to Mar 13, 2011



Suzanne Lawrence
at the Avondale Booth
at your Local Home Show

At your local upcoming home show stop by and see Avondale's Kitchen & Bath booth.

They are always highlighting new ideas and techniques to enhance your home and they do really enjoy meeting with their friends and clients.

If you have time sit in on one of the Avondale slide shows, "Before's and After's, kitchens with the "Wow Factor !"

Make a day of it, likely most of your friends, family and neighbours will be there.

Mar 11 to 13th Saint John Atlantic National Home Show
Harbour Station, Saint John NB

Harbour Station Home Show

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Saturday----Mar 12 10 am - 9:00 pm
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www.masterpromotions.ca

Mar 25, 26 & 27, 2011 Fredericton Lifestyles Home Show
Exhibition Grounds Fredericton NB

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KENNEBECASIS VALLEY 2011 Business Directory



505 Rothesay Ave. Unit 3,
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We create and produce special publications, magazines, brochures, specialty advertising, etc. for organizations, special interest groups, and community services.

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(NC)—Canadians have more choice than ever when it comes to savings options. Finding the high-interest, low-cost or no-fee savings account that best meets your needs is now much easier with the Financial Consumer Agency of Canada's (FCAC) Banking Package and Savings Account Selector tools. These free Web resources provide details on more than 150 different kinds of savings and chequing accounts.

One option well worth looking at is the Tax-Free Savings Account (TFSA), which allows you to save money without paying tax on any funds it earns. "A TFSA is a great emergency savings vehicle that allows you to build wealth and save taxes," says Ursula Menke, FCAC commissioner.

Shop around for a TFSA and any other savings account.

Before you invest, compare features offered and fees charged. Remember that a TFSA can contain different types of investments, such as cash, guaranteed investment certificates (GICs), government and corporate bonds, mutual funds and publicly traded securities or stocks. Ask questions about anything you don't understand.

Learn the TFSA rules

First, your annual contribution limit is \$5,000, plus any contribution room carried over or gained from withdrawals from previous years.

Before making a new contribution, including any topping-up of earlier withdrawals, add up all the deposits you have made to all your TFSAs in the current calendar year. If you deposit more than your available limit for the year, you will be subject to tax. Withdrawals from your TFSA in one year are added to your contribution room in the following year.

Second, if you decide to move assets between your TFSAs, the transfer must occur directly between the financial institutions involved.

More information on these topics can be found online at fcac.gc.ca or at TFSA.gc.ca.

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Quispamsis Mayor's Message

Economic Development in our commercial sector, business park and industrial zones is key to sustaining a healthy, well-rounded community. Council continues its commitment to support business development in the Kennebecasis Valley through the enhancement of existing commercial areas along Hampton Road, promote development on the Pettingill Road corridor and in the Millennium Drive Business Park.

The Kennebecasis Valley has become a magnet for activity, and it is our goal to ensure that we maintain an environment that will further encourage business development opportunities. I am excited and confident that the qplex will become a sought after venue in Greater Saint John, generating economic spin offs in our region for years to come.

Once again, thank you to the many local businesses in the Kennebecasis Valley who continue to thrive and nurture our community.

Sincerely,

Murray Driscoll
Mayor, Town of Quispamsis



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(F) (506) 848-6677
www.rothesay.ca





Rothesay Mayor's Message

The Mayor's Levee once again had a great turnout and was followed by a wonderful afternoon of skating at the Rothesay Arena. We had an excellent 2010 with the Rothesay 150 Celebrations and look forward to this year for more exciting events.

2011 will be the year for addressing the recreation needs of the community. Speaking on behalf of Council, we have identified a real need to enhance the existing facilities and to determine the best mix for new facilities. The Rothesay Recreation Committee will identify a number of options which will be evaluated to ensure that we compliment the various services available today in the Town and in the Region.

Rothesay has enacted its new Zoning By-law and has incorporated a number of initiatives which will enable it to follow its stated sustainable community principles. Water quality and quantity are the key agenda items for the next 6 months with the continued work on the new water tower and the water line to the western portions of the Town.

I encourage you to engage your local government representatives to create a vibrant community for you, your family and generations to come. 2011 promises to be an exciting year for Rothesay with many interesting initiatives.



William J. Bishop
Mayor



Town of Quispamsis


Community Services Department
Get out and get active!

Check out the many upcoming events this fall and winter in the town of Quispamsis @ www.quispamsis.ca.

MAIL: Quispamsis Town Hall
12 Landing Court - PO Box 21085,
Quispamsis, NB E2E 4Z4
Phone: 849-5778 **Fax:** 849-5799

Town Website: www.quispamsis.ca
Town Hall hours: Mon - Fri. 8 a.m. - 4:30 p.m.

Town of Rothesay



Recreation Department

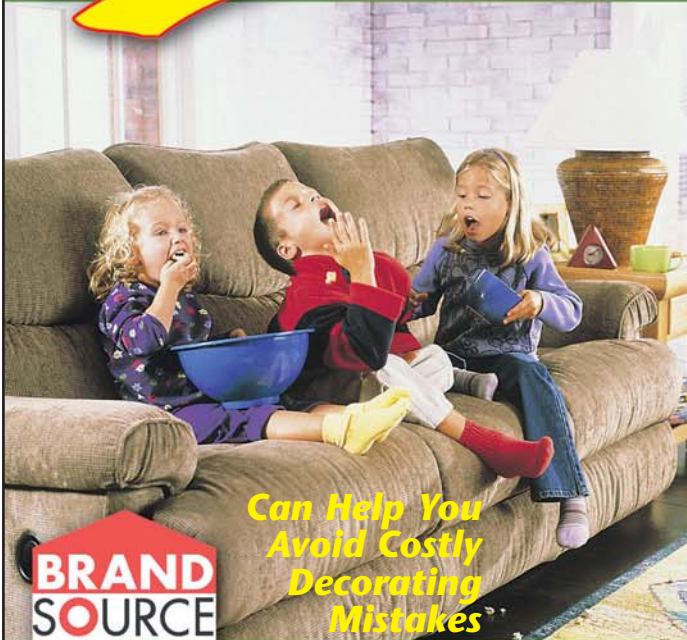
Rothesay provides a variety of recreation services to its residents.

Rothesay Recreation Department
(Office located at the Rothesay Arena)

MAIL: Rothesay Town Hall
70 Hampton Rd., Rothesay NB E2E 5L5
Director: Charles Jensen
Phone: 848-6606 **Fax:** 848-6677
Email: charlesjensen@rothesay.ca

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Kennebecasis Valley

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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Fax 506-848-4620
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KENNEBECASIS VALLEY CHAPTER OF NEW BRUNSWICK SPECIAL OLYMPICS

Anne Waddell,
Wayne Crandell, Co-ordinator
1077 Route 845
Kingston, NB E5N 1K7
Tel: 763-2257 Tel: 847-7860
E-mail: waddell@LevesqueOnline.com

KENNEBECASIS VALLEY ASSOCIATION FOR COMMUNITY LIVING

Gail Hines
PO Box 4616
Rothesay, NB E2E 5X3
E-Mail: nbacl@nbnet.nb.ca
Website www.nbacl.nb.ca

KENNEBECASIS VALLEY CRIME STOPPERS

c/o R Gary Myles
39 School Ave
Rothesay, NB E2E 1Z6
Toll Free Phone 1-800-222-8477
Website: www.nb.crimestoppers.ca/

KENNEBECASIS VALLEY FOOD BASKET INC.

Lee Bishop, Coordinator
346 Hampton Rd
Quispamsis, NB E2E 4S9 (Quispamsis Arena Parking lot)
Office Phone 506-847-5854 answering machine

KIDNEY FOUNDATION OF CANADA - Saint John Chapter

Judy Cannon, chapter co-ordinator
215 Wentworth St
Saint John, NB E2L 2T4
Office Phone 506-634-0519
Fax 506-642-1995
E-mail: judy.cannon@kidney.ca
Website: www.kidney.ca

Rodney Weston
MP/député - Saint John

“Working For You”

T 506 657-2500 email: westor1@parl.gc.ca
90 King Street, Saint John, NB





The Work Rooms are open to everyone in the community!

They provide a one-stop resource centre for those looking to explore career options, whether it is deciding on a future career, changing careers or re-evaluating a career. The Work Rooms provide free access to the internet, fax, and vast multimedia career resources through a huge lending library.

The Work Rooms offer a large variety of services to the public, **free of charge**. They can help you; explore career fields, identify marketable skills, polish your resume, write a cover letter, create a portfolio, refine your interview skills, research employers, find job opportunities, and prepare for employment. The Work Room provides internet access for job search, resume writing and career research, free workshops and special training events including access to on-line computer training, and one-on-one consultation to help you find the answers you are looking for!

The Work Room Career Resource Centres, with four locations in southwestern New Brunswick, are here to assist you in all phases of career planning and job search. The centres are made possible through a partnership between the Department of Post Secondary Education, Training and Labour, and School Districts 6 and 8.

For more information visit www.careersthathwork.ca, or call 643-3330

The Work Rooms are career resource centres open to everyone in the community!

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 Career planning tools
 Information on post-secondary training opportunities

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Sussex Regional High School 33 Leonard Drive Sussex, NB 432-7593	Belleisle Regional High School 1800 Route 24 Springfield, NB 485-3118

Or visit us on-line at www.careersthathwork.ca

Kennebecasis Valley COMMUNITY SERVICES

KINGS WAY CARE CENTRE

Judy Lane, Chief Executive Officer
 8 Squire Dr
 Quispamsis, NB E2G 2A7
 506-847-1131
 Fax 506-847-1134
 E-Mail kwcc@kwcc.ca
 Website www.kingswaycarecentre.ca

KV COMMITTEE FOR THE DISABLED PERSONS

c/o Dean Mullin
 10 Ridge Manor Dr
 Quispamsis, NB E2E 6B6
 Tel: 506-847-2974
 Email: kvcommittee@yahoo.ca
www.kvcommittee.webs.com

KV HOUSING INC

Don Shea, Secretary -Treasurer
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 Rothesay, NB E2E 3P7
 Office Phone 506-847-5895
 Fax 506-847-1369
 E-Mail kvh@nbnet.nb.ca

KVHS WORK ROOM

c/o The Work Room (KVHS)
 Kennebecasis Valley High School
 398 Hampton Rd
 Quispamsis, NB E2E 4V5
 Tel: 506-848-6693
 Email: Natalie.Thomson@gnb.ca
www.careersthathwork.ca

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 Fax 506-849-6688

KV OLD BOYS

Don Shea, Secretary -Treasurer
 Office Phone 506-847-5895
 Fax 506-847-1369
 E-mail: kvob@nbnet.nb.ca

LEARNING DISABILITIES ASSOCIATION

Fabienne McKay, Office Coordinator
 210 Wentworth Street
 P.O. Box 611
 Saint John, NB E2L 4A5
 Tel: 506-642-4956
 Email: ldasj@nb.aibn.com
www.ldasj.ca

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Phone: 506-847-5343

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Saint John Regional Hospital
c/o MindCare New Brunswick
PO Box 2100
400 University Avenue, Level 1,
Saint John, NB E2L 4L2
Tel: 506-635-1454
Fax: 506-648-6002
Email: bripe@reg2.health.nb.ca
www.mindcare.ca

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Karen Dunham, Administrative Assistant
Linden Place
199 Chesley Dr
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E-mail: maddstj@nb.aibn.com
www.madd.ca/saintjohn

**NEIGHBOURHOOD WATCH
- KENNEBECASIS VALLEY**

126 Millenium Dr
Quispamsis, NB E2E 6E6
Mailing Address c/o Rothesay Regional Police
Office Phone 506-847-6300
Fax 506-847-6301
Website www.rothesayregionalpolice.com
Primary Contact Cst. Kathleen Boyle
Alternate Contact Cst. Eugene Belliveau

NEW BRUNSWICK ADOPTION FOUNDATION

Suzanne Kingston, Executive Director
PO Box 6908 Stn A
Saint John, NB E2L 4S3
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E-mail: nbadopt@nbnet.nb.ca
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Fax 506-847-6211
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Tel: 506-658-2400
Fax: 506-658-3762
www.gnb.ca

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Service Centre
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Fax 506-658-3995
E-mail: snb@snb.ca
Website www.snb.ca

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c/o Kids Help Phone
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www.rothesayregionalpolice.com

SAINT JOHN CHAPTER OF THE NEW BRUNSWICK RIGHT TO LIFE RESPECT FOR LIFE EDUCATIONAL CENTRE

Marilyn (Leland) Bennett, President,
Parrrtown Building
28 King St, 4th Flr
Saint John, NB
Office Phone 506-657-3771
E-mail: respectlife@nb.aibn.com
Website: www.respectlife.infoe.htm

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Paula Morrow, Administrative Support
Mercantile Centre
55 Union St, 3rd Floor
Saint John, NB E2L 5B7
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Fax 506-658-3739
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www.schizophreniasociety.nb.ca

SENIOR'S' RESOURCE CENTRE

Linda Nickerson, President of the Board of Directors
Brunswick Square
39 King St, Level III
Saint John, NB E2L 4W3
Office Phone 506-633-8781
Fax 506-693-6052
E-mail: seniorsresourcecenter@nb.aibn.com

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Summer Employment

The Community Services department offers a variety of employment opportunities at our parks and beaches. Application forms are available online and at Quispamsis Town Hall. Applications accepted until April 8, 2011. Remember to include your resume. All applicants must complete the provincial government SEED grant program process.

Have You Licensed Your Pet?

2011 tags are now available at Town Hall. All cats and dogs in Quispamsis must be licensed annually. Please provide proof of vaccinations and altering.

- \$10 dogs and cats spayed or neutered
- \$25 dogs and cats unaltered

Owners are reminded that dogs and cats must be kept on owner's property. If you have an animal control situation which requires attention, please contact the Town Hall at 849-5778.

Five Things You Should Ask About Gift Cards

(NC)—Gift cards and other prepaid cards have become a popular gift-giving option. But they can cost more than the amount printed on the front—and they can mean costs for the gift recipient, too. Before you buy a prepaid card as a gift or for yourself, make sure you know all the costs and conditions these cards carry.

What fees apply? Fees vary by card. There may be a fee for activation, making purchases, checking your balance, customizing, replacing or loading more money onto your card. There may also be monthly maintenance or dormancy fees. Make sure you understand all terms and conditions and pass this information to the gift card recipient.

Where can the card be used? Retail cards can generally be used only at a single store or group of stores, such as a chain or a shopping mall. Other cards that are branded with a payment card network's logo, such as Visa, MasterCard or American Express, can be used with most merchants.

Will the card expire? It might. Check the terms and conditions. Be sure to ask what happens to the money on the card if it expires.

What happens if the card is lost or stolen? Keep proof of payment or provide it to the person receiving the card. Some issuers may replace the card, although they may charge a fee to do so.

Do I have other payment options? Compare the costs and benefits of using gift cards versus other forms of payment. For gift-giving, cash might be a better choice. If you're buying for yourself, a debit or credit card may have lower fees or be more convenient.

The Financial Consumer Agency of Canada has more information on prepaid cards at fcac.gc.ca.

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KV Women In Business

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Lisa M. Fowler BA, DNM, DAc.

Phone: **849-8742**

Fax: **216-0203**

Owned and operated by, Lisa M. Fowler BA, DNM, DAc., newly opened at 31 Queensbury Drive, Quispamsis, NB, one block from Lakefield Elementary School. Home based business offering counseling, acupuncture and NAET (Nambudripad's Allergy Elimination Techniques) and only 3 minutes from downtown Quispamsis. This private setting offers privacy, confidentiality, and flexibility with convenient business hours.

Lisa has worked for 3 years in alternative medicine with 8 years training and experience in counseling. She has training in different methodologies, such as, Reiki, GNM (German New Medicine) and Quantum Touch. Her goals are to assist people in healing their mind, body and spirit to become the strongest individuals possible through many forms of healing.

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Terri-Ann Cormier, Owner/Operator
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506-848-0044

Terri-Ann Cormier has a love for entrepreneurship and enjoys the challenge that comes with owning her own business. While being an entrepreneur is her passion she is also a wife and mother of two, advocate and volunteer for those in need, and founder of the Women of N.O.W. Networking Group.

"I'm a firm believer that you can have whatever your heart desires, you just need to be willing to work for it". After opening Naturally for Life – the eco shop in October of 2009, she has founded the Annual Green Living Expo held at the Saint John Trade and Convention Center in May of 2010, and in February of this year launched It's YOUR Life Magazine – your local resource to healing the mind, body and soul.

"I am so excited to be doing what I love – educating and inspiring". The eco shop located in the heart of Rothesay is a one stop shop for all that is good. Whether you need some loose tea, natural body and beauty products, or maybe just a nice book – the eco shop should be your next stop!

"You know there are just so many benefits to switching products to a safer alternative. If only people knew that it's not an ALL or NOTHING kind of deal – the world would be a much happier and healthier place for us all".

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Sharon Daigle

Phone: **506-848-0988**

Email: sdaigle@tutordocor.com



Sharon Daigle has been operating Tutor Doctor in the KV area since Oct 2009. She resides in Quispamsis with her wonderful husband of 11 years and beautiful daughter.

Tutor Doctor is a rapidly expanding one-on-one tutoring service designed to help students from ages 3 1/2 to 86. We offer people in the Saint John and surrounding area a private, easy way to catch-up, get ahead in school or support with other learning initiatives. With Tutor Doctor they are never alone.

Tutor Doctor was founded in 1999 as an alternative to the "one-to-many" teaching model most extra-curricular learning centers offer by providing a personalized one-on-one, in-home tutoring service to students and adults.

Reflecting on her past 22 years working for others Sharon realized what activities really create a thrill for her. Supporting clients/customers as they sought her assistance to solve issues, pointed to a personal desire to help students and families achieve success and to make a meaningful difference in their life.

Sharon is very passionate about helping students be all they can be. She looks forward to working with you and your family. You have her commitment that as a Tutor Doctor Franchisee, Sharon will continue to make a difference in the lives of students within her community.



KV Women In Business



Lorna Pond

Phone: **849-4124**

Lorna Pond and her husband Neil have been operating Urban Landscaping Ltd. on the Marr Road in Rothesay since 1989. Over its 20+ year history, the horticulture business has expanded to service not only the landscape construction needs of the residents in the valley (lawns, retaining walls, walkways, gardens), but also their landscape maintenance needs and landscaping supplies needs as well.

"It is interesting to see how landscaping has developed in the area over the past 20 years" says Lorna. "The homeowner has become much more sophisticated in their landscaping tastes now, thanks in part to the evolution of great cable network shows based on home improvement. Now, installing a lawn and planting a couple of trees are just the beginning. Additional landscape

features such as water gardens, specialty stone patio areas and theme gardens are bringing a level of utility and tranquility together to create signature outdoor living areas for the homeowner."

Besides the satisfaction that helping clients achieve their landscaping dreams gives her, Lorna also gets great satisfaction from helping women in the valley with their fitness goals as well. She teaches pilates at the Rothesay Ballet School and is a ballet instructor there as well. "Work, fitness and family balance each other to create a wonderful life here in the Valley!"



Rhonda Finlay BA., M.Sc (Aud)
Audiologist and Owner

Rhonda moved to the Kennebecasis Valley with her two children, Meagan and Ryan, 8 years ago. She graduated from Mount Saint Vincent University in 2001 with a Bachelor's degree in Psychology. In 2004, she graduated from Dalhousie University with a Master's degree in Science (Audiology). I feel

privileged as a woman in business in the Valley. I have received tremendous support in this community and I get to meet so many interesting people from all walks of life.

On average, people with hearing loss wait 7 years before seeking help. Hearing loss can be successfully treated for 95% of this population. The most common emotion reported amongst those who finally seek that help is remorse;

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Lisa, the office manager, is completing her training as a Hearing Instrument Practitioner. Hearing loss is a very personal and emotional issue.

"What makes our clinic unique are the relationships we build with our clients; we are dedicated to improving their quality of life".

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It has been the ultimate pleasure serving the pets of the valley and their wonderful owners.

On a high note for 2010, my Dalmatian "Daisy" who is the ultimate show dog, became the No 1 Dalmatian in the US defeating some very tough competition!!!!



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Email: pawshoppe@nb.aibn.com



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Saturday: 9:30 - 5:00pm

Sunday: **CLOSED**



FREQUENTLY ASKED QUESTIONS

ANIMAL CONTROL SERVICES

Where can I purchase a licence for my dog or cat?

Licences can be purchased at the Town Hall. An altered dog or cat, \$10; unaltered dog or cat, \$25, fierce or dangerous animal, \$100. Licences are also available through the Animal Control Officer, telephone: 849-3647 or email: animalcontrol@quispamsis.ca. An approved certificate from a veterinary or animal hospital is required as proof that a male dog or male cat is neutered, or a female dog or female cat is spayed; and confirmation that the dog or cat has received their rabies immunization every three years.031-05Bylaw.pdf You may call the Animal Control Officer at 849-3647 for further information.

Why do I need a licence for my pet?

The licence quickly identifies your pet in the event he or she becomes separated or lost, or is hit by a vehicle. It also ensures that the proper immunizations are given to your pet on a regular basis.

What should I do if I find a dead animal?

Contact the Town's Public Works Department 849-5752 if it's a domestic animal, or the local Department of Natural Resources, 832-6055 if it's a wild animal.

What should I do if I am bitten by a dog or cat?

Contact the Animal Control Officer at 849-3647 or the Rothesay

Regional Police Force at 847-6300 who can seize and impound the animal. A Judge of the Provincial Court may then summon the owner of the animal to show cause why the animal should not be destroyed, and may either order that the animal be destroyed for the protection of persons or property, or may order that the owner keep the animal under control. If the animal's teeth has broken through your skin, medical attention should be sought immediately, including a tetanus shot.

What can I do if I have a problem with a neighbour's dog barking incessantly?

No animal is permitted to bark, bay or make other noise for such a period of time as to be a nuisance, which is annoying to other neighbours. You may call the Animal Control Officer, 849-3647, who can take action to rectify the situation.

What can I do if I have a problem with a neighbour's dog or cat running at large, or defecating on my property?

No animal is permitted to run loose in our community or to defecate on any public or private property that is not his or her own. Both of these nuisance matters are enforceable through our Animal Control By-law 031-04Bylaw.pdf

What can I do if there are wild animals, like skunks, raccoons, etc., that have made my property their home?

You may contact the local Department of Natural Resources, 832-6055.

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Am I permitted to have a farm animal, such as chickens or a goat, on my property?

In the Town of Quispamsis, these types of animals are considered live-stock. The keeping of livestock is defined as an agricultural use, and is only permitted in areas zoned Rural, subject to the following conditions:

- (a) that the lot must be at least one (1) hectare in area;
- (b) that livestock operations be located no closer than ninety (90) meters to any occupied dwelling;
- (c) that land applications of manure be conducted in accordance;
- (d) that livestock operations conform to Provincial Regulations; and
- (e) that commercial piggeries and poultry farms are prohibited.

BOARDS, COMMISSIONS & COMMITTEES:

How do I get to serve on a Town Board, Commission or Committee?

You would formally indicate your interest to Mayor and Council by completing a Committee Application Form. The Nominating Committee, made up of Council Members, review these applications periodically when reviewing and making recommendations to Council for Committee appointments.

Where do I find information on Town Committees?

On the Town's website under Committees, a listing of all the Town's Boards, Commissions & Committees are identified including the current membership.

BYLAWS

Where can I find a copy of the Town's bylaws?

The Town's Bylaws are all published on the Town's web site (click here)

How can I register a bylaw infraction?

If you believe someone is breaking a bylaw within the Town, you can register your complaint or concern, in writing, to the Town's Bylaw Enforcement Officer. The Bylaw Enforcement Officer will then investigate your complaint. If he determines that a bylaw is being violated, he will send a formal notice to the violator, informing the individual of

the infraction, and give the individual a specific period of time to rectify the situation. If this order is not met, the Bylaw Enforcement Officer will turn the matter over to the Town Solicitor and/or Council to enforce the bylaw. For further information please contact the bylaw Enforcement Officer at 849-5749.

CIVIC NUMBERING

How do I get a Civic Number?

To get a new Civic Number address, please call the Town Office, 849-5778, and identify your property with your subdivision lot number or your property identification description (PID) number. Indicate the reason why you want a new civic number, i.e. if you are building a new home at that location, or if you want an existing civic number changed. The Town will look up your property on its GIS system, and assign a street number based on existing ranges of civic numbering on your street. The Town will then notify Canada Post, the Department of Public Safety, {NB 911 Service}, and the local emergency service providers.

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FREQUENTLY ASKED QUESTIONS

Where do I get the blue and white civic numbers?
These can be picked up at the Kennebecasis Valley Fire Station #1 at 7 Campbell Drive for \$15.00. For further information, please contact the Fire Station directly at 848-6601.

COMMON COUNCIL

When does Council meet?
The Mayor and Council meet the first and third Tuesday of each month beginning at 7:00 p.m. in the Council Chambers of the Quispamsis Town Hall, 12 Landing Court, except for the months of January, July and August when they only meet on the third Tuesday of those months.

When are agendas available to the public?
Agendas, as well as approved minutes from previous meetings, can be viewed on the Town's web site under Government/Council Meetings. Agendas are posted on the Monday preceding the Tuesday evening meeting.

How may I bring something to Council's attention?
You may be placed on the Council Agenda, by putting such request in writing, including any background information to better clarify your presentation and/or request, to be submitted to the Clerk's office by 1:00 p.m. on the Thursday preceding the Tuesday meeting date. Agenda packages are prepared and circulated to Council Members on the Friday prior to the meeting date.

How do I contact a Council member?
Information on each Council Member is available online (click here). Council Members may be contacted through the Town Clerk's office at 849-5738 or the Town Hall main phone line at 849-5778.

DAYCARES

What type of daycare facilities are available in Quispamsis?
There are several licensed daycare facilities in the community, which are listed under Day Care Centres & Nurseries in the yellow pages of the local telephone book. The YM-YWCA provides a licensed pre-school, playschool and after school program at the Recreation Centre. Day camps are also offered at the Recreation Centre during March Break and during summer holidays. For more information contact, the Community Services Department at 849-5773.

Can I provide child care services in my own home, and if so, how many children am I permitted to look after?
Day care services can be provided to a maximum of 5 children in a Residential, (R1) zone, and a Rural (RU) Zone as a secondary use subject to the provisions under the Home Occupation requirements, (Section 6.K of the Town's Zoning Bylaw No.038), and the provisions of the Family Services Act of New Brunswick
<http://www.gnb.ca/0062/acts/acts-e.asp>.

If I wish to provide daycare services to more than 5 children, what is required?
You are permitted to provide daycare services to more than 5 children but not more than 15 children in a Residential or Rural Zone but you



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must apply to the Town's Planning Advisory Committee for approval to operate the daycare as a discretionary use. The PAC, as part of the approval process, shall impose certain terms and conditions to protect properties within the particular zone and to protect the health, safety and welfare of the general public.

What is required if I would like to provide daycare services to more than 15 children?

A daycare facility that provides services to more than 15 children shall be permitted in a Commercial or an Institutional Zone, and is subject to the operator entering into an agreement with the Town which ensures compliance with terms and conditions set by the Town's Planning Advisory Committee as well as the provisions of the Family Services Act of New Brunswick.

EMERGENCY OPERATIONS

What happens in the event of an emergency occurring in our community, similar to the ice storm of 1998?

The Town has an extensive and well prepared emergency plan, committee, 'Emergency Alert Service', and a dedicated emergency operations centre to be used in the event of an emergency which the Province, or Town, believes needs a co-ordination of action of persons or property to be undertaken in order to protect property, the environment and/or the health, safety and welfare of the civil population.

Who do I call if I see an emergency situation?

You would call "911" to initiate response to any emergency.

FACILITY RENTALS

What facilities does the Town have available for various functions?

The Town has a variety of facilities available to individuals and groups to rent for banquets, workshops, wedding receptions, picnics, meetings, etc. as well as sports fields and an arena. These facilities, and the rental rates can be viewed on our web site (click here). Bookings can be made by dropping in or calling the Town Hall, 849-5778.

FISH LICENCES

Fishing licenses can be picked up locally at the Natural Resource Office in Hampton, the Canadian Tire Store in Rothesay, the Home Hardware in Hampton, and Coles Grocery in Nauwigewauk.

GARBAGE SERVICES

Solid waste and organic material from the southern region of the Province is hauled to Crane Mountain landfill site, located near Grand Bay-Westfield. The landfill is administered through the Fundy Region Solid Waste Commission, who can be contacted by phone at 738-1213 for more information, or visit their website at: www.fundyrecycles.com.

How do I get my household garbage picked-up?

Garbage collection services are handled privately, therefore it is the homeowner's responsibility to contact one of the private contractors, {Waste Management, 1-800-267-7874, or Campbell Stilwell, (Dominion Refuse), 849-5600}, for regular and compost garbage pick-up. The collectors alternate picking up household garbage one week and compost the next, and supply each of their customers with their pick-up schedule.

How does the compost program work?

The Fundy Region Solid Waste Commission (<http://www.fundyrecycles.com>) has supplied each household in the Fundy Region with a compost cart for organics. The collectors provide a separate collection of organics on a biweekly basis, {with household garbage collection on the alternating weeks}. On compost days your organic container is to be placed at curb side for pick-up.



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FREQUENTLY ASKED QUESTIONS

Is there a Spring type annual clean-up day in Quispamsis?

No. Instead, the Town has made arrangements with the local haulers so that you can put out to curbside up to three bulky items on scheduled household garbage days for collection. This service has been working well as it allows homeowners to dispose of bulky items all year long. Please contact your private hauler for more details on the bulky item pick-up service.

Is there a community litter pick-up? Yes, there is a community litter pick-up each year in May. The Town encourages homeowners to get together with their neighbours and do an annual litter pick-up of their street. The Town provides garbage bags and will pick up the filled bags. For more details on the annual litter clean-up, please call the Town Hall at 849-5778.

Is there Recycling Programs in the community?

Yes, we have the busiest recycling bins in the region. Cardboard, paper, plastics, and glass can be disposed of at the blue bins located in the parking lots at the Ken-Val Co-op, the Village Place Mall, and the Rothesay Arena. Additionally, the KV Redemption Centre, a bottle exchange, located in the Ken-Val Co-op parking lot, will take your recyclable bottles, cans, etc. in exchange for the going refund rates.

How can I get rid of paint cans, oil barrels, tires, propane, etc.?

The Fundy Region Solid Waste Commission (<http://www.fundyrecycles.com>) is in the process of a Home Hazardous Waste Program Review, which has not yet been implemented. In the interim, you can

dispose of the following products as indicated below:

- i. Paint** - As long as the paint has been dried up, with kitty litter or sand, it can go out to curb side with your normal household waste.
- ii. Used Oil** - There is an Oil Stewardship Program in place which requires the retailer where you purchase your oil to take back your used oil <http://www.gnb.ca/0009/0372/0007/index-e.asp>.
- iii. Tires** - There is also a Tire Stewardship Program in place, which requires the retailer where you purchase your new tires to take your old tires. Crane Mountain Landfill will also take your tires for a fee of \$5 each.
- iv. Propane** - The Crane Mountain Landfill will take old propane canisters but they must be separated from regular household garbage.
- v. Batteries** - Vehicle batteries can be disposed of at Atlantic Metal Recycling on Rothesay Avenue, Tel. No.633-0660, who will pay you \$1 per battery.

HEALTH

Who do I call about healthcare services?

Health care in New Brunswick is governed by the Provincial Department of Health & Wellness, who can be contacted in Fredericton at Telephone No.: 457-4800, or the Public Health Office in Saint John at 658-2454.

How do I get a family doctor?

If you are looking for a new family doctor, please register with the

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What local hospitals or medical centres are available to my family?

- i. After Hours Clinic, Sobeys Mall, Hampton Road, 849-2273
- ii. After Hours Clinic, Superstore Mall, Campbell Drive, 847-5988
- iii. Kennebecasis Valley Health Services, 175 Hampton Road, 848-4610
- iv. Saint John Regional Hospital, 648-6000
- v. St. Joseph's Hospital, 632-5555

HOME OCCUPATIONS

What is required if I want to work from my home? You would have to make application to the Planning Advisory Committee for approval to operate a home occupation. The nature of your business would have to be secondary to the main residential use of your home. Only one other person, other than any permanent resident of the home, is allowed to be employed there. The business must be confined to the dwelling unit with no part of it located in an accessory building or structure.

The only change to the outside appearance of your home would be the application of a small sign. The floor area, which is devoted to the home occupation can not be more than 25% of the floor area of your home, or 32 square meters. Only goods or services directly pertaining to the home occupation are permitted onsite. No equipment or material used is stored other than in the dwelling unit. Two off street parking spaces are provided and other terms as the Planning Advisory Committee may impose.

HUNTING LICENSES

Where can I get a hunting licence?

Hunting licences are available at any Natural Resources Office, Service New Brunswick offices, and at a variety of licenced vendors. A summary of Rules and Regulations are issued with the licence. The closest one to Quispamsis is at 410 William Bell Drive in Hampton, Telephone No.: 506-832-6003.

PARKS AND RECREATION

Where can I find a list of Quispamsis' Parks, Beaches and Playgrounds?

You will find an all inclusive list, including photos, on the Town's website (click here). The Town has an Arts & Culture Park directly behind the Town Hall at 12 Landing Court which hosts a number of activities (i.e. concerts & movies) as well as a outdoor ice rink for the winter months. From our website, you can download the current Town newsletter, which will give you up to date information on programs, special events, community updates, and registration information. Town residents should receive a copy of this flyer in their mailboxes four times per year. You can also receive a copy by calling the Town Office at 849-5778.

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Located on the Kingston Peninsula just four miles from the Gondola Point Ferry, at the crossroads of Routes 845 & 850, Kingston General Merchants is only a ferry ride from the communities that make up the Kennebecasis Valley. Open seven days a week until 10pm they invite you to stop in for a visit, browse the store, get help with local directions, and use the ATM. For information call 832-5876.

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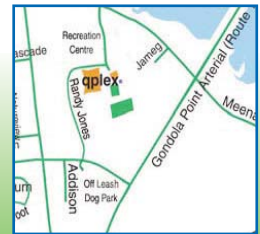
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tional 17,000 sq. ft. of floor space will also be available when using the ice surface for larger type events.

The qplex will offer many competitive advantages as a viable meeting and event hub. Leading edge audio visual has been installed in the Conference Centre, and the facility is WI-FI enabled throughout thanks to Bell Aliant. Catering services will be provided by George Cousins Catering Services utilizing a large commercial kitchen located on the lower level of the building. A servery to accommodate food delivery is situated

adjacent to the Moosehead Conference Centre. And Moosehead Breweries have provided a portable bar unit to accommodate licensed functions.

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FREQUENTLY ASKED QUESTIONS

PLANNING ADVISORY COMMITTEE

What is the Planning Advisory Committee, and what do they do?

The Planning Advisory Committee is a citizen committee appointed by Council as is required under the Community Planning Act. The Committee deals with planning issues of the Town, including authority to grant variances to property owners, temporary use variances, approve home occupations, approve street names, and provide views and recommendations to Council on most all by-laws falling under the Community Planning Act.

What exactly is a variance?

A variance is any variation from the current by-law requirements. For example, if you wanted to build a shed, but you did not have the required 1.5 meter sideline clearance required by the by-law, you could apply to the Planning Advisory Committee for a variance. This involves coming into the Town Office and filling out a variance application form, which will provide details to the Committee of your request. You will then be scheduled to appear on the next ensuing Planning Advisory Committee agenda, (the Committee meets the 2nd and 4th Tuesday of each month), where the Committee will review and consider granting

to you the requested variance. Often Committee members will view the site and talk to neighbouring property owners before granting variances.

How do I contact the Planning Advisory Committee?

The Planning Advisory Committee can be contacted through the PAC Secretary who works out of the Town Office, Monday through Friday, and can be reached at 849-5745 or by calling the main office at 849-5778.

POLICING SERVICES

How do I contact the local police authority?

In an emergency, you would call 911. The Town shares a Regional Police Service with the Town of Rothesay, known as the Rothesay Regional Police Force located at 126 Millennium Drive in Quispamsis.

The Police Force is governed by a Regional Commission, with equal representation from both Towns, duly appointed by their respective Councils. For non-emergency matters, the Police can be contacted at 847-6300, <http://www.rothesayregionalpolice.com/> or by writing directly to the Police Chief or the Rothesay Regional Board of Police Commissioners, 126 Millennium Drive, Quispamsis, NB, E2E 6E6.

PUBLIC WORKS DEPARTMENT

The Public Works and Utility Departments are located at 18 Municipal Drive, next door to the Quispamsis Civic Centre and Fire Station #2. Their general information number is 849-5752.

When will my street be plowed?

A call to the Town's Public Works Department, 849-5752 or 849-5778, should be able to give you a good indication as to when your street will be plowed. During a winter storm event, Works Crews concentrate on keeping the arterials, collectors and main roads clear. Subdivision and secondary streets are done in accordance with the Snow Removal

Routes that are pre-assigned to the snow plow operators.

Who do I call to have a pothole repaired?

The Public Works Department at 849-5752 or Town Hall at 849-5778, and a work order will be issued to have the pothole fixed.

When will my street be swept?

The Town's Public Works Department has adopted a Spring Street Sweeping Program, which sees Works Crews each spring sweeping the main streets and collectors and working their way into the subdivision streets.

My driveway culvert was damaged over the winter, how can I get it repaired?

Register your request for repairs with the Public Works Department, 849-5752, and a work order will be issued to have your culvert fixed.

How do I report a street light that is not

working?

Contact our Engineering Department at 849-5749 with the location. The Town will then contact NB Power to repair the affected street light or go to www.nbpower.com/NBPForms/StreetLight.aspx?lang=en

How do I request a stop sign, speed sign, street light, etc?

By writing a formal request to Council, including your reasons why you feel the installation is required. Council will then review your request, and determine if it meets the Town's criteria for approval. For more information about being placed on the Council agenda, contact the Clerk's office at 849-5738.

The drainage ditch in front of my property is very deep. Is there an available procedure that I could use to have my ditch storm sewered?

Yes, you can make application to the Council to have storm sewer installed through a Local Improvement By-law. The By-law allows such works to be completed by the Town, with the owner cost sharing in the project's cost over a period of time. Determination of the owner's cost is based on an assessment of the cost of the work being done to the portion of the street or right of way directly abutting the owner's property. The municipality then charges the affected property owner a separate annual tax to cover their portion of costs. Normally the property owner pays 75% of the total cost, and the Town pays the balance. Applications are available at the Town Office.

What other projects could be done under a Local Improvement By-law?

Besides storm sewer, the Council can consider under a Local Improvement By-law, a citizen's or group of citizens request to upgrade a street, including resurfacing, installing sidewalks, curbing, and sodding and would charge each homeowner affected for these works in proportion with their respective metre frontage of the affected street.

What are the Spring Weight Restrictions?

Please refer to the Provincial Government Transportation link.

SCHOOLS

How do I enroll my child in one of the local schools and find out what bus he or she will be travelling on?

The Kennebecasis Valley schools are administered through School District 6. The District's office is located in Rothesay. To register your

child in one of the public school programs and/or find out information on bus transportation, you would call the District office at 847-6262. <http://www.district6.nbnet.nb.ca>

What schools are available in Quispamsis?

Public schools include Quispamsis Elementary School at 847-6207 <http://quispamsiselementary.nbed.nb.ca/>, Lakefield Elementary School at 847-6212 <http://lakefieldelementary.nbed.nb.ca>, Quispamsis Middle School at 847-6210 <http://qms.nbed.nb.ca/> and Kennebecasis Valley High School at 847-6200 <http://www.kvhigh.com/>. Rothesay Baptist Church at 848-6373 <http://www.valleychristianacademy.com/> also provides a private school for children from Kindergarten age to Grade 12.

SEWER PERMITS

What do I need a sewer permit for?

You need a sewer permit to connect to the municipal sewer system. Most homes located in the Residential Zone (R1), are required to hook up to the town's municipal sewer system. (If you are located in the Rural (RU) part of Town, unless you are in a subdivision that has its own sewer system, you would need a septic system, which requires Public Health approval, 658-2454.

How do I go about getting a sewer permit? Application forms are available at the Town Hall for completion and review by Town Staff. This is often done in conjunction with applying for a building permit.

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FREQUENTLY ASKED QUESTIONS

What are the sewer application fees?

\$500 Residential, \$1000 commercial

Sewer User Fee - The area of the Town zoned Residential (R1) is serviced by Municipal Sanitary Sewer. The sewer is piped from the sewer serviced areas to the Longwood Lagoon. The 2011 Annual Sewer User Fee is \$368 (without water), Sewer rate (With Water) - "...the owner shall pay a user fee equal to one decimal eight (1.8) times the water usage consumption charge for the property", and can be paid at the Town Office, 12 Landing Court, or online through Service New Brunswick, at <http://www.snb.ca>, or by telephone or internet banking.

Who do I contact if I have further inquiries concerning the public sewer system?

You would call the Town's Utility Department at 849-5752 or 849-5734. If your home is connected to the Town's Public Sewer System, any blockage within a building sewer lateral from a building to the main line of the public sewer system is the responsibility of the property owner. The main line of the public sewer system is operated and maintained by the Town. More information can be found on the Town's web page under Sewerage Utility By-law No. 005, <http://quispamsis.ca/pdf/005-11Bylaw.pdf>.

Who do I contact for more information on septic systems?

All maintenance of private septic systems is the responsibility of the owner. Inquiries re testing and maintenance procedures should be directed to the New Brunswick Department of Health & Wellness at 658-2454.

SPORTS ASSOCIATIONS

I would like to enroll my child in one of your local sport associations or clubs. How do I find out what is available and how do I contact them?

There are a variety of community groups and organizations in Quispamsis. You can find them on the website under Directories/Youth Services.

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STREET MAPS

Street Maps are available for pick up at the Town Hall building, 12 Landing Court, or call our Town Hall at 849-5778 and we will be happy to mail one to you.

Subdividing Land

(Reference Subdivision By-law No. 035):

Approval Process

Subdivision Fees

Land for Public Purposes Requirement

Approval Process

- If you are looking to subdivide land, before submitting a tentative plan, you should contact the Town's Development Officer at 849-5749. He will give you advice and assistance on the most appropriate way to subdivide your land.
- The next step would be to submit a letter of request for a tentative subdivision approval, including the submission of a tentative plan prepared in accordance with the Community Planning Act and the Town's Subdivision By-law No. 35. A surveyor normally does this part of the process for you.
- After approval of the tentative plan, the Development Officer, pursuant to the Community Planning Act, and the Town's Subdivision By-law No. 35 <http://www.quispamsis.ca/pdf/035BylawAMD1.pdf>, requires you to submit a final subdivision plan. The final plan requires the appropriate scale and type, (plastic, paper and digital), as stipulated under the Town's Subdivision Specifications and Guidelines.

The Subdivision Approval Process involves the Development Officer, and in many cases, the Planning Advisory Committee, who approves any variance requests, private streets, street names, and provides recommendations on land for public purposes. Final Council approval is required in instances where the subdivision will create an addition to an existing street, or a new street altogether, or where the proposed subdivision will create any new utility and/or municipal easements, or will take lands for public purposes, or cash in lieu of land.

Subdivision Fees:

- \$100 for each plan of subdivision consisting of two lots or less;
- \$200 for each plan of subdivision consisting of more than 2 lots plus \$10 for each lot shown on the plan;
- When a subdivision plan has been approved, but not filed within the time period required, a re-approval fee of \$25 is required.

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Land for Public Purposes Requirement:

As a condition of approval of a subdivision plan, land in the amount of 10% of the area of the proposed subdivision, except for streets intended for public use, is to be set aside as land for public purposes. In lieu of land set aside, the Council may require a sum of money to be paid to the Town in the amount of 8% of the market value of the land in the subdivision at the time of submission for approval of the subdivision plan.

WATER PERMITS

What do I need a water permit for?

In order to connect to the municipal water system, you will need to apply at the Town Hall for a Water Permit. Normally this is done in conjunction with your building permit application process.

How do I go about getting a water permit?

Application forms are available at the Town Hall for completion and review by Town Staff.

How much does it cost?

The application connection fee is \$750 for a Residential property and \$1500 for a Commercial/Institutional.

Water Rates: The water rates charged to residents are determined by the cost to the Town of operating the water system.

Current Residential water rates are \$50 per quarter, plus 75 cents per cubic metre usage up to 96 cubic metres per quarter, (for usage beyond 96 cubic metres, the rate is \$1.25 per cubic metre). Water meters are read at the end of each calendar quarter. Payment can be made at the Town Office, 12 Landing Court, or online through Service New Brunswick, or by telephone or internet banking.

How is my water tested?

All water tests on the municipal water system are done by the Town in accordance with Provincial regulations. If for specific reasons, you wish additional bacterial testing on the water at your home, please call 849-5734 to arrange an appointment.

The Town's water system is also tested on a regular schedule for Organic and Inorganic components. If you would like more information on this topic, please contact the Water Utility.

Private Wells: If you own and use a private well, it is recommended to have the water tested for bacteria at least twice a year. Once in the spring and once in the fall. Tests can be arranged through private laboratories. See also the Department of Environment & Local Government's web page on Ground Water Supply Sources and well testing. (<http://www.gnb.ca/0009/0373/0001/0009-e.asp>)



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"Kitchen Talk"

By Jim Lawrence

New Kitchens and your Local Home Show

It's almost spring, the days are getting longer and the air is getting warmer. Before the robins make it back, there is always that sure reminder that spring will soon arrive. What's that reminder? Your local Home Show.

The 2011 home shows in your area will be held March 11th to 13th at Harbour Station in Saint John, and March 25th to 27th at Exhibition Park in Fredericton.

What can a home show do for you? Lots! If you are thinking about big or small renovations or even building a new home or cottage, you simply must check out a Home Show in your area. This is the place where you can find the very latest in kitchens, flooring, landscaping, counter tops and exciting new home improvement ideas all under one roof. A weekend home show can be many things to different people. It can serve as a cheap date night or a family outing while at the same time offering a very quick and broad educational experience. A home show can bring you up the speed with what's happening and what's new in the reno, building and kitchen businesses.

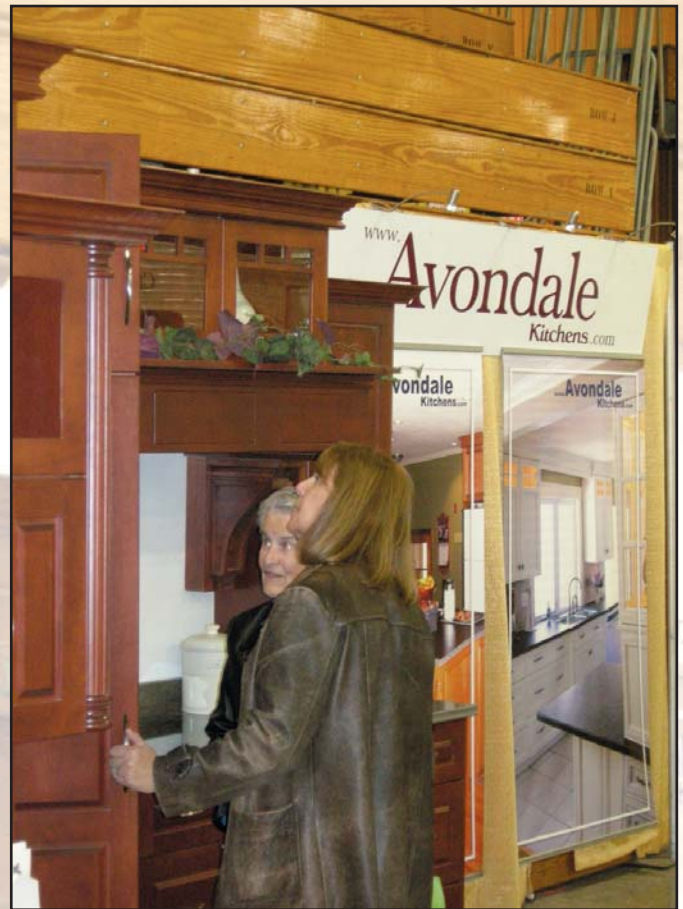
Even if your building project is completed, it's still a good place to touch base with the industry to check on things like warranties, final touch ups or maybe some minor add ons to your project.

Tips for making the most of a home show.

1. Start with your map. When you enter the building, quickly read through the exhibitor list and note the location of any special exhibits you may want to visit. Those particular booths may be very busy and if you want to talk directly with the exhibitor, you may have to check back in a couple of times.
2. Seminars. Make note of all seminar times in which you are interested. You will be able to find schedules and times on a poster when you arrive. With this schedule in mind, you will be able to manage your time to include both seminars and exhibitions in your visit. Avondale Kitchens will have the schedule of seminars in their booth for your convenience.
3. Extra time. Plan lots of extra time. You are going to see lots of old friends and family there and by the time you stop and say hi, time will quickly fly by.

For more info on the upcoming home shows check out www.AvondaleKitchens.com or www.MasterPromotions.ca

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



FREQUENTLY ASKED QUESTIONS

ZONING

Classifications: Within the Town's boundaries, the following Zoning Classifications exist: Residential, Commercial, Park & Recreation, Conservation Areas, Rural, Industrial, Pits & Quarries, Telecommunications, Institutional, and Municipal Recreation & Commercial zones. Please refer to Zoning By-law No. 014 on the Town's website under By-laws for further details and breakdowns of these general zones, <http://quispamsis.ca/pdf/Bylaw038AMD13.pdf>.

What is the process required to have my property rezoned?

Any property owner within the Town has the right to make application to the Council to have their property rezoned to another land designation in order to permit a use that is not permitted in the zone your property currently exists. If the proposed use is not compatible to the existing zone, you will also need to go through a Municipal Plan By-law Amendment process as well as the Zoning By-law Amendment process. (The process normally takes 3 - 6 months.)

A detailed written and signed application must be submitted to the Council, including an amendment fee of \$350, (plus an additional \$250 fee if a Municipal Plan By-law Amendment is also required). The Council will consider the application, and if it wishes to proceed with the request, it will establish, in the case of a Municipal Plan By-law Amendment, a Public Presentation, or in the case of a Zoning By-law Amendment, a Public Hearing. Council will also refer the application to the Planning Advisory Committee for its written views and often notify the property owners residing within 100 meter radius of the property proposed for rezoning.

If the Municipal Plan is to be amended, once a Public Presentation is held, the Council will then proceed with the steps necessary to amend the Zoning By-law. The procedure a Municipality must follow is outlined

in the Provincial Community Planning Act, which stipulates advertising of the proposal, the times and dates of Public Meetings where the Public can submit written objections, and the time frames involved in this process.

Following the Public Hearing, if Council supports the proposed request, the By-law Amendment(s) can receive first and second reading, and then, at the next Regular Meeting of Council, it can receive third and final reading, subject to a binding developer's agreement between the Town and the applicant. The by-law amendment, or the redesignation of the land zone, becomes effective once the amendment(s) are, in the case of a Municipal Plan, approved by the Minister of Environment & Local Government, and filed in the Registry Office. For more information on Zoning, please contact the Town's Development Officer at 849-5749.

If you have any further inquiries, which are not addressed here, please contact the Town Hall at 849-5778 and we will try to help you.

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COMMUNITY ORGANIZATIONS



GROUP	PHONE #	WEBSITE ADDRESS	E-MAIL ADDRESS
Badminton (KV High)	849-2665		
Badminton (Hampton)	832-1972		
Baseball New Brunswick	847-1823	www.baseballnb.ca	himac@nb.sympatico.ca
Basketball New Brunswick	472-4667	www.basketball.nb.ca	info@basketball.nb.ca
Fundy Gymnastics	847-4960	www.fundygymnastics.com	fundygymnastics@live.ca
Creative Endeavours	849-4911		
Fundy Minor Football	849-4650	www.fundymirrorfootball.com	
Fundy Fencing Club	633-1733		
Fundy Soccer	847-9406	www.fundysoccernb.com	fundysoccer@nb.aibn.com
Fundy Twirlers	849-6624	www.leaguelineup.com	twirlersstarette5@msn.com
Girl Guides of Canada	1-800-565-8111	www.girlguides.nb.ca	ggnbc@nbnet.nb.ca
Hammond River Angling Association	832-1230	www.hraa.ca	
Highland Dancing	847-1216	personal.nbnet.nb.ca	awood_awood@nb.sympatico.ca
Hockey Ministries	849-4488		
Judo	832-0117		
Kennebecasis Public Library	849-5314	www.kvlibrary.org	Kennebpl@gnb.ca
Kennebecasis Squash Club	847-0601	www.kvsquash.ca	bprosser@nbnet.nb.ca
Kennebecasis Valley Figure Skating Club	847-0860		kvfsc.rothesay@gmail.com
KV3C	849-7266	www.kv3c.ca	kv3c@nb.aibn.com
Kindermusik	832-1909		
Kings Valley Child Care	847-5343		family@kingsvalley.ca

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| KV Basketball Assoc. | 847-3865 |
| KV Committee for Disabled Persons | 849-2974 |
| KV Little League | 847-9871 |
| KV Minor Baseball | 847-5574 |
| KV Minor Hockey Assoc | 847-9348 |
| KV Special Olympics | 763-2257 |
| Learning Disabilities Assoc. | 642-4956 |
| Lifesaving Society | 450-7946 |
| Poley Mountain | 433-7652 |
| P.R.O. Kids | 642-7529 |
| Quispamsis Figure Skating Club | 849-3933 |
| Quispamsis Navy League | 847-4186 |
| Quispamsis Tae Kwon Do | 848-1886 |
| Quispamsis Tennis Club | 849-7520 |
| Rothesay Ballet School | 847-9286 |
| Rothesay Yacht Club "Learn to Sail Programs" | 847-7245 |
| Saint John Amateur Speed Skating | 693-2758 |
| Saint John Chess Club | 642-9575 |
| Saint John Fundy Dive Club | 847-3429 |
| Saint John/KV Newcomers Club | |
| Scouts Canada | |
| Sea Cadets Corp. (#268) | 847-4186 |
| Simonds Air Cadets | 849-2481 |
| Soccer New Brunswick | 382-7529 |

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- Low, listless mood
- Dizziness
- Cold hands and feet
- Difficulty exercising
- Chest pain during exercise
- Restless legs
- Paleness
- Brittle hair and nails

To get more iron in one's diet, eat dark, leafy greens such as kale, bok choy, Swiss chard, and spinach. Consume dried fruits such as raisins, prunes and apricots. Seaweed is a great source of iron, as is blackstrap molasses and eggs contain iron too. Kidney, Lima and soy beans also are a great source of iron. Eat one portion of lean meat or liver three to four times a week. Finally, Vitamin C, found in peppers, broccoli and citrus fruits improves iron absorption, so combine meals with one or more of these items.

“For years, I have recommended Salus Floradix,” says Dr. Cathy Carlson-Rink, a licensed naturopathic physician and registered midwife. “A serum ferritin test is also the best way to identify iron deficiency,” she adds.

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TOWN OF QUISPAMISIS

Facts & Stats



The Town of Quispamsis is located within the Kennebecasis Valley in southwestern New Brunswick, 22 km (13.7 miles) northeast of the City of Saint John, the energy hub of Eastern Canada.

The Kennebecasis Valley is home to a highly educated, rapidly growing, multilingual workforce with above average income characteristics.

Population 15,239 (2006 Federal Census)

Size 58.89 square kilometres
21 square miles

Proximities

- Saint John, NB 22 km
- Fredericton, NB 131 km
- Moncton, NB 135 km
- Halifax, Nova Scotia 394 km
- Charlottetown, PEI 300 km
- Calais, Maine (24 hour U.S. Border) 133 km

Transportation Linkages

Road Major - Highway 1
Secondary - Highway 100
Calais, Maine (24 hour U.S. Border)

Air Saint John International Airport

Shipping Port Port of Saint John, 22 km

Topographic Characteristics

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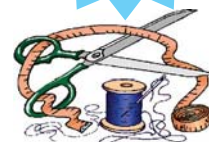


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Town of Rothesay

Rothesay Council Meetings

Rothesay Town Council holds its regular Council meetings on the second Monday of the month, usually commencing at 8:00 p.m. If Monday is a holiday, the meeting will normally be held on Tuesday. Council meetings are usually held in the Common Room at the Town Hall, 70 Hampton Road, Rothesay, NB. For further information, please contact Town Clerk Mary Jane Banks (848-6664) or MaryJaneBanks@rothesay.ca. The deadline for Council agenda items is noon on the Wednesday preceding the meeting. All items received after that time will be forwarded to Council at its next regular meeting.

Following is a list of dates for the regular meetings of Council. Meeting agendas are posted to the website at www.rothesay.ca on Friday, prior to the meeting. Council minutes are also available online once they have been approved at the following meeting. Any special meetings of Council will be updated to the Town website.

Monday, January 10, 2011
Monday, February 14, 2011

Monday, March 14, 2011
Monday, April 11, 2011
Monday, May 9, 2011
Monday, June 13, 2011
Monday, July 11, 2011
Monday, August 8, 2011
Monday, September 12, 2011
Tuesday, October 11, 2011
Monday, November 14, 2011
Monday, December 12, 2011

Rothesay Planning Advisory Committee

The Planning Advisory Committee (PAC) holds its regular monthly meetings on the first Monday of each month. If Monday is a holiday, the meeting is usually held on Tuesday. Meetings commence at 5:30 p.m. and are held in the Common Room at the Town Hall, 70 Hampton Road.

If you have an item for consideration by the Planning Advisory Committee, please contact Gay Drescher,



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Office hours: Mon 9am - 4pm Tues - Thurs 9am - 2pm

Director of Development Services, at 848-6609 or GayDrescher@rothesay.ca. Agenda items must be received no later than the 15th of the month for inclusion on the following month's agenda. Any special meetings of Committee will be updated to the Town website.

- Monday, May 2, 2011
- Monday, June 6, 2011
- Monday, July 4, 2011
- Tuesday, August 2, 2011
- Tuesday, September 6, 2011
- Monday, October 3, 2011
- Monday, November 7, 2011
- Monday, December 5, 2011

Rothesay Recreation Information

Bill McGuire Centre (95 James Renforth Drive)
The Bill McGuire Centre is a perfect space to rent for weddings, reunions, fundraisers, community gatherings or any special occasion. The facility seats up to 310 people and tables and chairs are on site. The kitchen was updated in 2010 and has a stove, small deep freeze and commercial size fridge. (Table settings and cutlery not available.) To book this space or for more information please contact Rothesay Recreation, 848-6606.

General Recreation Services in Rothesay

- Indoor Arena with public ice and hockey time
- Maintained outdoor skating rink
- Summer concert series on the Common (July-August)
- Children's summer day camps
- Summer drop-in playground programs
- 3 maintained beaches with lifeguards
- Special events on holidays (Canada Day, Halloween, Skate with Santa, etc.)
- KV Santa Claus Parade
- Winterfest (horse-drawn trolley rides, snow shoeing, cross-country skiing, ice fishing, and other fun activities)
- Tennis courts
- Playgrounds
- Outdoor basketball courts
- Baseball diamonds
- 3 maintained "wilderness trails"

For more information about recreation services please contact Rothesay Recreation at 848-6652 or cindybishop@rothesay.ca

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- Wrap food waste in newspaper, brown paper bags, or special compostable bags. Look for this symbol on compostable bags:



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- Carts hold a maximum of 50 kg or 100 lbs.
- The lid of your Compost Cart must be closed on pick-up day.

40% of Household Waste Can Be Composted



ALL FOOD WASTE

- Breads
- Candy
- Cheese
- Coffee grounds & filters
- Cooked or raw food
- Cooking oil, grease & fat
- Dairy products
- Eggs & shells
- Fruits / vegetables & peelings
- Gourds
- Gum
- Meat, bones & fish
- Nuts
- Pasta
- Pizza
- Pumpkins
- Rhubarb & leaves
- Rice
- Sauces
- Seeds
- Shellfish, including shells
- Tea leaves & bags
- Yogurt

YARD WASTE

- Brush
- Cedar clippings
- Grass clippings (not chemically treated)
- Leaves
- Pine cones
- Plants
- Roots
- Sawdust & wood shavings
- Seeds
- Straw & hay
- Twigs & branches [max: 5 cm (2") diameter, 1 metre (4') long]
- Weeds

OTHER MATERIAL

- Feathers
- Hair (human & pet)
- Kitty litter (clay-based only, in compostable bag/newspaper)
- Paper food wrap & bags
- Paper plates (no Styrofoam)
- Paper napkins & paper towels
- Pet waste (must be in compostable bag or wrapped in newspaper)
- Pizza boxes (greasy or soiled)
- Popcorn & microwaveable bag
- Popsicle sticks
- Muffin liners
- Wine corks

PLEASE KEEP OUT

- x Ashes
- x Baby diapers
- x Cigarette butts
- x Chemically-sprayed grass
- x Clothes & rags
- x Disposable coffee cups
- x Disposable fast food cups
- x Dryer sheets & lint
- x Glass, metal & plastic
- x Medical waste
- x Personal hygiene products
- x Rocks, bricks & gravel
- x Milk cartons
- x Paint, motor oil or gasoline
- x Plastic bags
- x Q-tips
- x Vacuum cleaner bags & contents
- x Wax

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Town of Rothesay



Committee Volunteers

Rothesay Council is supported by many Committees of Council and also participates in decision-making in the greater Saint John region through various Boards and Commissions. Rothesay residents are invited to participate in the local decision-making process by offering to serve on Rothesay Committees or as a Rothesay representative on regional Boards and Commissions.

Town Committees consist of the Planning Advisory Committee, Public Works and Infrastructure, Water & Sewage, Parks and Recreation and the Heritage Preservation Review Board.

External appointments consist of Rothesay Regional Joint Board of Police Commissioners, Board of Fire Commissioners (Kennebecasis Valley Fire Department), Kennebecasis Public Library Board, Imperial Theatre, Harbour Station, Trade and Convention Centre, Aquatic Centre and Enterprise Saint John.

There are varying durations on terms and the number of eligible terms, dependent on by-laws, agreements or legislation. Typically appointments are made in December but may also become available during the calendar year and are usually two or three years in duration.

Applications are reviewed by the Nominating Committee and recommendations are forwarded to Council for approval.

An application form is available online at www.rothesay.ca that can be completed and returned to Mary Jane Banks, Town Clerk by email (MaryJaneBanks@rothesay.ca) or regular mail. Forms are also available at the Town Office, 70 Hampton Road, Rothesay, NB.

Rothesay, in partnership with the communities of Grand Bay-Westfield, Hampton, Norton, Quispamsis, Saint John, St. Martins, Sussex and Sussex Corner, is now offering an "EMERGENCY ALERT SERVICE" which will quickly notify you and your family by email or phone, of a potential emergency which may affect you.

Register your name and contact information online through the Town website www.rothesay.ca. This information is held in a secure database until an emergency occurs or is expected in your area. An automated message is sent directly to the landline telephone, cell phone or e-mail address provided. Online registration requires a valid email address.

If you or someone you know does not have an email address and wishes to register for this service, registration forms are available at the Rothesay Town Hall (70 Hampton Road), the Kennebecasis Public Library (1 Landing Court, Quispamsis) or by download from www.rothesay.ca. Completed forms must be returned to Rothesay Town Hall, 70 Hampton Road, Rothesay, NB, E2E 5L5.

The Emergency Alert system is part of the Sentinel Emergency Management Planning Software Suite purchased through a Joint Emergency Preparedness Program grant. Rothesay thanks its partnering municipalities for participating in this joint project.

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Kennebecasis Valley Community Caring for Children (KV3C)

Baby Wonders

Are you a new parent? Experiencing babyhood again? The first year for Baby is filled with wonder not only for baby but for Mom and Dad too. This playgroup is an opportunity for parents of babies under 18 months of age to discover and explore the world of parenthood with other parents. Learn what to expect in the early years of parenting in a group environment where we cover a variety of topics from sleep (or lack there of) to infant massage with qualified guest speakers. Baby Wonders is held on Monday mornings at the

Quispamsis Civic Centre from 10:00 am – 12:00 pm. ** voluntary suggested Drop in Donation of \$1.00.

KV Family Playgroup

Parents! Grandparents! Childcare Providers! Experience wonderful 'play' mornings with songs, crafts, stories, parachute games, snacks and activities designed to enhance children's learning and meet other families. This is an excellent opportunity for adults and children to spend fun time together!

- Bill McGuire Memorial Centre Tuesdays 10:00 am to 12:00 pm
- Quispamsis Civic Centre Wednesdays 10:00 am to 12:00 pm
- St. Augustine's Church, Quispamsis Fridays 10:00 am to 12:00 pm

**voluntary suggested Drop in Donation of \$1.00 per child

Lending Library

KV3C now has a (toy and book) Lending Library! Our toy selection offers developmental learning from infancy to pre-schooler. Our book selection offers over 600 storybooks for children as well as resources on many parenting challenges. This includes topics such as fussy eaters, non sleepers, toddlerhood, behaviour and special needs.

How does it work? Browse our selection, sign it out and bring it home to enjoy! Materials are on loan for 2 weeks. We have 3 library locations available for your convenience:

- Bill McGuire Memorial Centre Tuesdays 10:00 am to 12:00 pm
- Quispamsis Civic Centre Wednesdays 10:00 am to 12:00 pm
- St. Augustine's Church, Quispamsis Fridays 10:00 am to 12:00 pm

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Parent Cafe

KV3C is committed to providing knowledge to parents on issues that are important to them. We realize in this fast paced world it is often difficult to find time to seek information on these parenting challenges. We have addressed the time 'crunch' by organizing short, one evening workshops with excellent guest speakers to offer parents insights into a diverse selection of child development issues. Call for information on our next series

How Can You Help?

Do you believe that the Early Years is the most crucial time in a child's development?
Do you believe learning starts at birth?
Do you believe that every child is a gift and a reason for celebration?

KV3C does! We encourage our community to become advocates, volunteers and sponsors of KV3C.

For more information please contact us:
849-7266, kv3c@nb.aibn.com or www.kv3c.ca

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W: tcdentist.ca

Dr. Peggy Bown, Dr. Tim Chaisson, Dr. Carlie Lemoine & team continue to welcome new patients to their uptown practice @ 7 Market Square (in the ped-way system next to the Market Square sky-walk).

Bown, Chaisson & Lemoine Family Dentistry, which overlooks the Saint John Harbour, is a technologically advanced & patient service oriented dental practice. The friendly Bown, Chaisson & Lemoine team offers a wide range of preventive, restorative & esthetic services such as: crown & bridge-work, veneers, implants, & teeth whitening services.

Digital radiography, nitrous oxide, wheel chair accessibility, electronic claim submissions, & bilingual staffing are other attractive services offered. The practice also has comfortable massage capable dental chairs & overhead monitors for x-ray, TV or DVD viewing.




Rothesay Regional Police

The Rothesay Regional Police Force and the Rothesay Regional Joint Board of Police Commissioners are proud to be serving the Towns of Quispamsis and Rothesay. Since 1951, the officers of the RRPF have been dedicated to ensuring your neighborhoods remain safe and our citizens enjoy an outstanding quality of life. The members take great pride in contributing and giving back to the community; thus our motto, "Our Community, Our Commitment."

The Rothesay Regional Police Force is involved with many different projects and organizations within our community. The following are a but few of our endeavors:

Police and Public Partnerships

- Crime Stoppers
- Autism Registry Program.
- Domestic Violence Action Group
- Child at Risk Team
- Alternative Measures Committee
- DARE (Drug Abuse Resistance Education)
- Cooking With Cops Program
- Middle School Drug Education Program
- Canadian Blood Services Partners For Life
- National Alzheimers Wandering Registry
- TADD (Teenagers Against Drunk Driving)
- Police Auxiliary Program
- CAP (Community Advancement Program)
- Annual Bicycle Rodeo



Rothesay Regional Police

**The Rothesay Regional Police Force
and The Rothesay Regional Joint
Board of Police Commissioners
wish to thank the citizens of
the Kennebecasis Valley
who pro-actively assist the
Police Force with crime prevention
in our neighbourhoods,
enhancing the quality of life
in our community.**

**126 Millennium Drive, Quispamsis, NB
847-6300**

Fundraisers

- Police Bicycle Auction
- Weekly Community BBQ's (start June 24th)
- Canada Day BBQ at Meenan's Cove Park
- St. Joseph's Hospital Foundation Dragon Boat Festival

For information on any of these projects contact:

**Cst. Krystal Daley
Community Relations Officer
Rothesay Regional Police Force
849-5791 (office)**

SAFETY TIPS

- SLOW DOWN and PULL OVER to the right when an emergency vehicle (lights activated) is approaching from the front or the rear.
- Always wear your seatbelt when occupying or driving a motor vehicle.
- Do not smoke in vehicles occupied with children 16 years old or under.
- Be sure to make a complete stop at stop signs and red lights.
- Do not try to beat yellow lights.
- Vehicles must stop for flashing yellow lights at pedestrian crosswalks.
- Be mindful of school buses and children playing at bus stops or next to roadways.
- Always wear your helmet when riding your motorcycle, bicycle, or skateboard.
- Stay focused on your driving. Do not be distracted by phones, music, DVD players etc.
- Check Child Restraint Seats. Make sure belts are anchored properly and the harness for your child is tight. Chest clip should be at armpit level.
- Pedestrians at cross walks should ensure eye contact with driver and extend arm before crossing into roadway.
- Pedestrians have the right of way from curb to curb when in a crosswalk.
- Wear reflective clothing, carry a flashlight at night, and walk facing traffic.



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Kennebecasis Valley Fire Department

The Kennebecasis Valley Fire Department is a regional service, providing fire, rescue, first responder medical, and other associated needs to the residents of the Towns of Quispamsis, Rothesay and portions of three local service districts. In total, the Kennebecasis Valley Fire Department provides this coverage for a population of over 30,000 people within a response area of 112 square kilometers.

The Department receives direction from a Board of Commissioners representing the two Towns. In addition to the primary areas of responsibility, the KVFD is an active member of the Royal Firefighters Association Zone Two Mutual Aid group which provides assistance to eight other Fire Departments in their respective areas upon request. This is an important function as we reciprocate the mutual aid available from those other Departments in our times of need.

Established in 1924 as Rothesay's Volunteer Fire Department, the department has grown (through many name changes) to reflect the enormous growth in the Valley. Today the KVFD is a composite organization comprised of a Fire Chief, Deputy Chief, Assistant Deputy Chief, Twenty Nine Career staff, Six Casual (holiday relief), and Fifteen Volunteer Firefighters. Housed in Two Fire Stations, are Two Engines, One Quint (ladder/pump), Four Tankers, a Boston Whaler Rescue Boat, an All Terrain Vehicle, a Technical Rescue Trailer, a Rehab/Command Trailer and Tow Vehicle, a Forestry Unit, and four service vehicles. The KVFD responds to over 1000 incidents annually, and our members are continuously training in order to maintain and enhance their proficiencies in the various tasks we are requested to perform.

Here are some tips for keeping your family safe:

- Install smoke detectors on every level of your home (basement included) and test them monthly, and change batteries when you change your clocks.
- Have your chimney and/your home heating system inspected and cleaned annually.
- If burning wood, oil or propane, install a Carbon Monoxide Detector in your home.
- Exercise caution when using candles, never leave them unattended.
- When it is necessary to use an extension cord, make sure it is in good condition, and do not place it in high traffic areas or underneath carpets. Remember the use of extension cords is only meant to be temporary.
- Do not leave cooking unattended, keep your stovetop clean, turn pot handles toward the rear of the stove.
- Conduct a Family meeting and make an escape plan, and choose a meeting place outside the home.
- Always sleep with the bedroom doors closed, this will keep deadly heat and smoke out of the bedrooms, giving you additional time to escape.
- In a fire, time is critical, don't waste time searching for pets or valuables, just get out.
- Roll out of bed, stay low, one breath of smoke or gases may be enough to kill.



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**Kennebecasis
Valley
Fire
Department**

The Kennebecasis Valley Fire Department is a progressive composite organization providing fire & rescue emergency services to the residents of Quispamsis and Rothesay. The Department operates out of two fire stations with 10 pieces of firefighting apparatus, responding to 900 plus requests for assistance annually.

Interested in joining? If you are 19 years of age or older, a graduate of high school, and physically fit, you could become part of our professional service. Give us a call or drop in to the fire station for an application, or visit our website www.kvfire.ca



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Online Shopping – What You Need To Know

(NC)—The average Canadian spent about \$550 shopping online over the past year with almost three million households reporting some kind of online purchase*. And why not? Online shopping is fast, convenient and allows you to comparison shop at the click of a mouse.

While most shopping sites are credible, there are those that prey on trusting consumers.

To protect yourself while shopping online, follow these tips:

- Know who you're dealing with. Look for phone numbers, e-mail addresses and street addresses so you can follow up if needed.
- Know exactly what you're buying. The vendor should tell you every thing you need to know about the product to make a satisfactory purchase, such as size, colour, weight, texture, warranties and other factures.
- Know what you're agreeing to. Look for detailed information about the terms of sale, the company's privacy, complaint policies and the expected delivery date and costs.
- Read the return policy. The vendor should outline the return policy and any fees associated with it such as shipping costs.

• Know exactly what you're paying. Ask for the total price, including taxes, shipping, insurance and handling. International orders may be subject to customs and brokerage fees.


• Look for secure payment methods. Look for an icon of a closed pad lock and for an address with https:// as the "s" indicates a secure site.

• Be cautious. Never give your credit card information before entering a site and never buy into unsolicited offers you receive by e-mail.

The Canadian Consumer Handbook (www.consumerhandbook.ca), produced by federal, provincial and territorial governments, offers great tips for safe online shopping.

Sources: *Ipsos Canadian Inter@ctive Reid Report, 2010 Fact Guide.

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Kennebecasis Valley

CHAMBER OF COMMERCE



What's In It For Me?

There are some wonderful new initiatives available to you as a member or potential member of the KV Chamber of Commerce. Our new website www.kvcc.ca was launched for your use in November 2010. You, as a KVCC member, now have a secure webpage to promote your business in any way you wish—upload specials, photos, and descriptions of your products and services. This information supports our online Local Business Directory featuring you and other KVCC members. The Chamber is also proud to display your Member Benefits Program. This is a program where you may offer an incentive, promotion, and/or discounts to fellow members. All member-to-member benefits are listed on our website for a period of one year. Remember, our directional slogan is Shop the Valley, FIRST!

In order to provide membership services at the KVCC, participation by you and other members is key. We invite you to join and to sit on your choice of three of our primary committees which assist in directing the business activities of the Chamber. These committees are as follows: Membership; Social & Activities; and Government & Civic Relations. Mandates of these committees are available on our site as well.

Throughout the year several ad-hoc committees are struck in order to support our community and social events. There is something for everyone from barbeques, to riverboat cruises, to our KVCC One Item Food Drive. Become involved and help develop our local business community.

Education sessions and social events are planned with you in mind. These are posted on our site's Calendar of Events. At the KVCC we strive to provide all of these sessions free to you, the member, as part of your membership fees. We do, however, have three major events throughout the year where a fee is required. It is through these major events that we are able to fund your member programs. These major events are open to members and non-members alike. Our events are the Annual Spring Dinner, the KVCC Golf Tournament and the Awards Gala in the fall.

We are very pleased to announce that on Monday, May 2nd both the Hon. Blaine Higgs and the Hon. Margaret-Ann Blaney will be the keynote speakers at our 2011 Annual Spring Dinner. If you have any suggestions, comments, or inquiries, please contact Tobbi Lynn Debly at admin@kvcc.ca or 849-2860.

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	Place King's Square	Centre d'achats McAllister Place	Ch. Parkside Rd.	Église United Baptist Church	Parc Arts & Culture Park (Quispamsis)	Lila Court	Arène Rothesay Arena	Rue Church St. / Ch. Gondola Pt. Rd.	Riverside Golf Course	Parc Kennebecasis Park	Centre d'achats McAllister Place	Place King's Square
	LEAVE / DÉPART					ARRIVE / ARRIVÉE						
A.M.	6:25*	6:15*	6:20*	6:27*	6:28*	6:31*	6:32*	6:35*	6:41*			6:58*
	7:05*	6:45*	6:50*	6:57*	6:58*	7:01*	7:02*	7:05*	7:11*			7:28*
	7:35*	7:30*	7:35*	7:42*	7:43*	7:46*	7:47*	7:50*	7:56*			8:13*
	8:20*	8:00*	8:05*	8:12*	8:13*	8:16*	8:17*	8:20*	8:26*			8:43*
	8:50*	8:45*	8:50*	8:57*	8:58*	9:01*	9:02*	9:05*	9:11*			9:28*
	9:15*	9:20*	9:27*	9:28*	9:31*	9:32*	9:35*	9:41*	9:51*			10:01*

	Place King's Square	Centre d'achats McAllister Place	Parc Kennebecasis Park	Riverside Golf Course	Ch. Gondola Pt. Rd. / Rue Church St.	Arène Rothesay Arena	Lila Court	Parc Arts & Culture Park (Quispamsis)	Église United Baptist Church	Parkside Road	Centre d'achats McAllister Place	Place King's Square
	LEAVE / DÉPART					ARRIVE / ARRIVÉE						
P.M.	3:25*	3:40*	3:44*	3:47*	3:48*	3:51*	3:53*	3:59*	4:04*			4:35*
	3:55*	4:10*	4:14*	4:17*	4:18*	4:21*	4:23*	4:29*	4:34*			5:05*
	4:40*	4:55*	4:59*	5:02*	5:03*	5:06*	5:08*	5:14*	5:19*			5:50*
	5:10*	5:25*	5:29*	5:32*	5:33*	5:36*	5:38*	5:44*	5:49*			6:20*
	5:55*	6:10*	6:14*	6:17*	6:18*	6:21*	6:23*	6:29*	6:34*			7:05*
	6:25*	6:37*	6:47*	6:51*	6:54*	6:58*	7:00*	7:06*	7:11*			7:35*

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	LEAVE / DÉPART				ARRIVE / ARRIVÉE			
A.M.	6:45*	7:09*	7:10*	7:11*	7:14*	7:21*		7:45*
	7:50*	8:14*	8:15*	8:16*	8:19*	8:26*		8:50*
	8:55*	9:19*	9:20*	9:21*	9:24*	9:31*	9:48*	10:00*

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Arrive King's Square



	LEAVE / DÉPART				ARRIVE / ARRIVÉE			
P.M.	3:45*		4:09*	4:16*	4:19*	4:20*	4:21*	4:45*
	4:50*		5:14*	5:21*	5:24*	5:25*	5:26*	5:50*
	5:55*	6:07*	6:24*	6:31*	6:34*	6:35*	6:36*	7:00*

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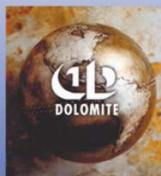
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The Gentleman Family
July 2010

Wow, where do we even start? Martha has been fantastic to work with since Day 1.

She made the experience of both selling and buying a home such a positive one and was always right there for the abundance of phone calls, texts and emails we sent her way.

She understands and knows the market extremely well, and is absolutely fabulous at what she does. We would recommend her in a heartbeat to anyone interested in buying or selling their home. Thanks Martha!!!

Craig and Grace
December 2010

I have been developing residential real estate for 20 years. In that time I have worked with many agents in several different provinces. Martha is the best agent I have come across. She is both friendly and professional and I always felt she had my best interests at heart.

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We would like to thank you Martha for your help in purchasing our first time home in Canada. You referred us to a mortgage specialists who was very helpful. We viewed some properties and you had the "right" house for us. Thank you for all the advise you gave us, we were confident picking the house because we trusted you. Sasha our little boy said "she is the best". We all think you are. Thank you & God bless.

Illah & Calvin
June 2010

Martha is the BEST! She sold my house and found me a new one. She made the process easy and put me at ease even through the rough spots! I would recommend Martha to anyone!

"Make Martha Your Lister"
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