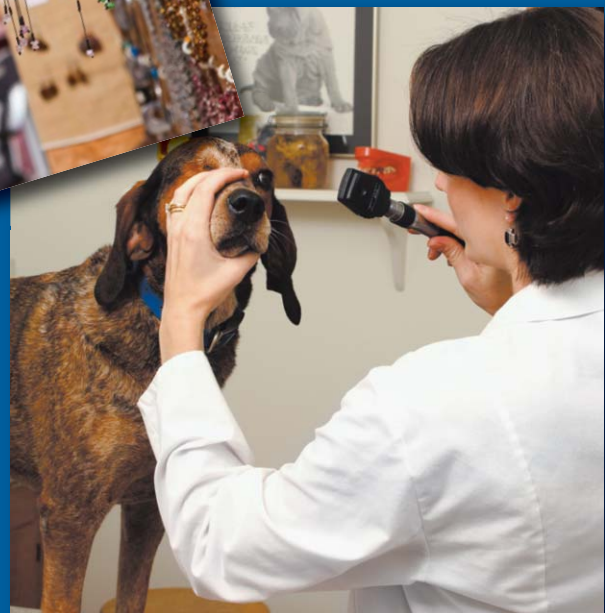




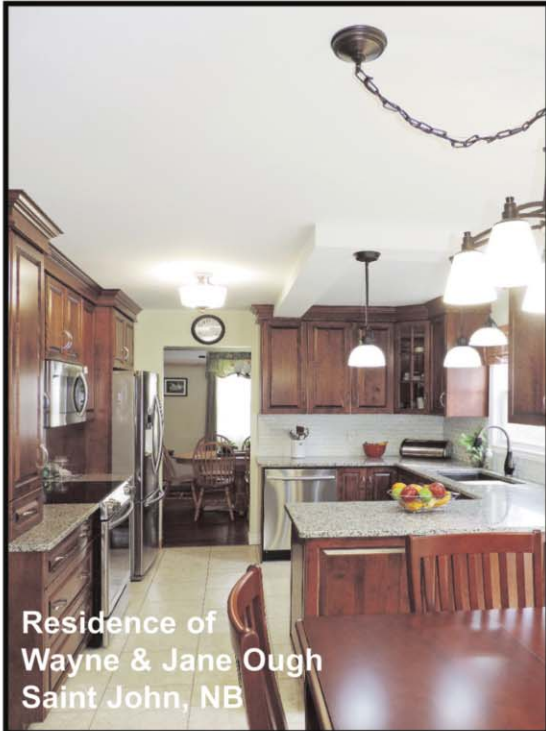
KINGS COUNTY 2014 BUSINESS DIRECTORY



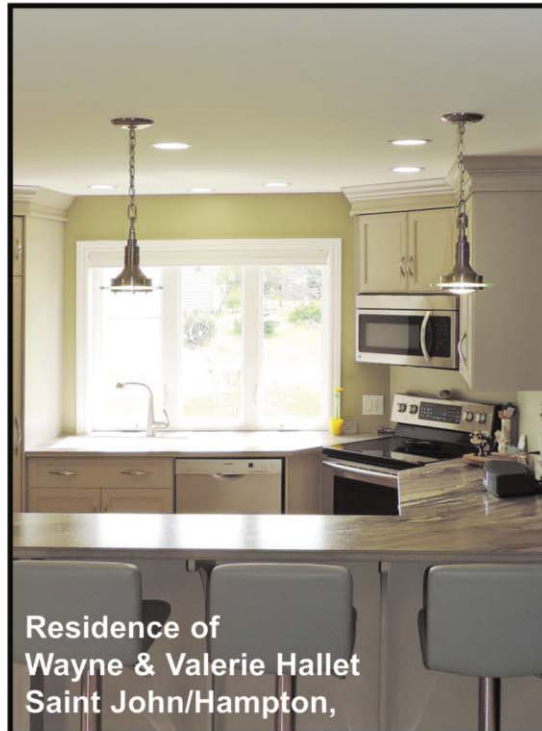
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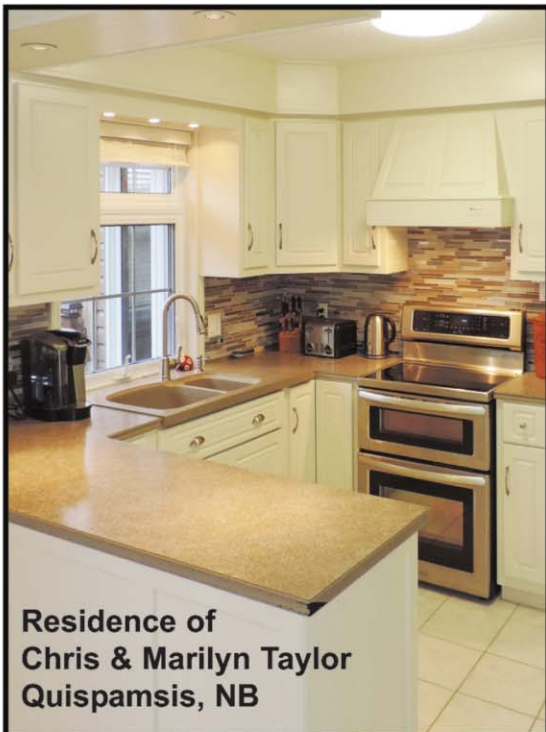
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Rotary Club of Hampton

Rotary is an organization of business and professional leaders which provides humanitarian service, encourages high ethical standards in all vocations, and builds goodwill and peace in the world. Rotary is an opportunity for members to build lifelong friendships and experience the personal fulfillment of providing volunteer service to others.

The Rotary Club of Hampton, admitted to Rotary International on 18 November 1983, today, members meet each Monday at the Hampton Seniors Resource Center at 6:00 p.m., visitors welcomed. The club has consistently addressed Rotary's four avenues of service: club, vocational, community and international. The club provides bursaries to selected high school graduates from the Hampton area. The club actively supports a variety of projects including several international humanitarian and educational projects such as Gifts for Africa, various district-organized projects, Rotary International Youth Exchange, Rotary Disaster Relief and Rotary Group Exchange. Local activities include support to the Hampton Food Basket, Community Christmas Tree, literacy initiatives, Hampton Victim Services, RCMP Minor Sports, Camp Rotary, the D.A.R.E. program and Junior Achievement.

The Club raises funds through donations and projects including Ladies Diamond Night, the Sportsman's Dinner, Annual Giant Book Sale and the Christmas Grocery Draw.

The Rotary motto is "Service Above Self".

Hampton River Runners

The Hampton River Runners is a running group in Hampton that attracts runners from Hampton and the surrounding area. Runners of all ages and abilities, from serious runner to beginners are welcomed. Activities of the club are varied but mainly revolve around the group run on Saturday morning at 8 a.m.

Saturday's run starts and finishes at the Hampton High School where showers and change facilities are available.

Following this the group goes for breakfast at Holly's Restaurant. This part seems to be more popular than the run.

The club runs year round and is open to anyone with a pair of sneakers and a desire to run. For more information contact Darrell, 832-3233.



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Hampton Lions Club

Junior Achievement
Safe Grad
Terry Fox Run

The Hampton Lions Club is a Service organization mad up of civic minded men and women, who volunteer their time and resources to help improve their community.

Here is a partial list of some of the Lions projects that are done here in Hampton:

- Bursary Program
- Community Services
- Diabetes
- Drug Awareness
- Eyeglasses
- Food Basket Huggy Lion

These are just a few of our community projects that are sponsored by the Lions Club.

Our major fundraiser is our Tuesday Night Bingo at the Royal Canadian Legion. Doors open at 5:30pm with early games starting at 6:30pm and regular games at 7:00pm. Continuation of bonanza game and after games to follow our regular program. Our bingo is now SMOKE FREE.

Some of our other events are the Annual “Cruise to the Town” - our very popular car show. The yearly Casino Night to raise money for the D.A.R.E. program. We are also involved with Canada Days and the Santa Claus Parade.

For further information on any of the Lions projects or on how to join the Lions Club, please contact any member of the Lions Club or call Jim Simpkins at 832-0914.



Welcome to the PotashCorp Civic Centre!

A place for fun, family, community, and health!

LEADERSHIP COURSE LIST 2014-2015

August

- Lifeguard Crash Course
- Assistant/ Water Safety Instructor

September

- Red Cross Assistant Lifeguard Course (10 weeks)

October

- First Aid/ CPR

November

- Red Cross Lifeguard Crash course

December

- Water Safety Instructor Re-Certification
- Red Cross Lifeguard Re-Certification

January

- Assistant Lifeguard Course (10 weeks)

March

- Assistant/Water Safety Instructor Combined Course

April

- First Aid/CPR

May

- Red Cross Lifeguard Crash Course
- First Aid/CPR Re-Certification
- Water Safety Instructor Re-Certification

June

- Red Cross Lifeguard Re-Certification

July

- Red Cross Assistant Lifeguard Course (8 weeks)
- Red Cross Assistant Lifeguard Re-Certification

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STUDENT	\$38 + tax	\$375 + tax	• Student ID card required • Full time students only
YOUTH	\$30 + tax	\$330 + tax	• 12 years and under
FAMILY	\$95 + tax	\$979 + tax	• see Family Membership in Terms & Conditions for restrictions

PASSES

	Public Swim Passes	Other Passes
Adult	\$5.75 + tax	Day Pass \$8.85 + tax
Student	\$4.87 + tax	Week Pass \$26.55 + tax
Youth	\$4.46 + tax	Track Pass \$1.77 + tax
Family	\$11.51 + tax	20 Visit Track Pass \$28.32 + tax
		10 Visit Punch Card \$48.68 + tax

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Each session includes 8-10 lessons depending on season and cancellations. Programs will run for 10 weeks with 1 lesson per week.

PotashCorp Civic Centre Registered Members will have 1 lesson per week included with their membership. A family membership will include 1 lesson per week per child.

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- Aqua Sports
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- Aqua Fitness
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Barbara Gates
BSc.PT.

SUMMER FITNESS SCHEDULE 2014

Monday 6am-8pm	Tuesday 6am-8pm	Wednesday 6am-8pm	Thursday 6am-8pm	Friday 6am-8pm	Saturday 8am-7pm	PotashCorp Civic Centre
6:00	Core Conditioning 6:30-7:00am (Community Room)		Core Conditioning 6:30-7:00am (Community Room)			
6:30						
7:00						
7:30						
8:00						
8:30						
9:00						
9:30						
10:00	Yoga Flow 10:30-11:00am (Community Room)		Yoga Flow 10:30-11:00am (Community Room)		RAW 9:30-10:20am (Track)	
10:30						
11:00	Fit Over 50 11:15-11:45am (Community Room)		Fit Over 50 11:15-11:45am (Community Room)			Sunday 12pm-7pm
11:30						
12:00	TRX Express 12:10-12:40pm (Track)					
12:30						
1:00						
1:30						
2:00						
2:30						
3:00						
3:30						
4:00						
4:30						
5:00	RAW 5:30-6:20pm (Track)	Power Pedal & Core 5:30-6:30pm (Community Room)	RAW 5:30-6:20pm (Track)	Power Pedal & Core 5:30-6:30pm (Community Room)		
5:30						
6:00	Yoga Fit 6:30-7:00pm (Community Room)	TRX Beginner 6:30-7:00pm (Track)	PCC Run Club 5km & 10km 6:15pm (Meet in PCC Lobby)	TRX Intermediate 6:30-7:00pm (Track)		
6:30						
7:00	Yoga 7:00-7:50pm (Community Room)	Power Step 7:00pm-7:45pm (Community Room)		Yoga 6:45-7:45 (Community Room)		
7:30						

~Minimum class sizes will apply.



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SUMMER AQUATICS SCHEDULE 2014

	Monday 6am-5pm	Tuesday 6am-7pm	Wednesday 6am-5pm	Thursday 6am-7pm	Friday 6am-5pm	Saturday 12pm-4pm	Sunday 12pm-4pm
6:00	Lane Swim 6:00-8:00am (6 lanes)	Lane Swim 6:00-8:00am (6 lanes)	Lane Swim 6:00-8:00am (6 lanes)	Lane Swim 6:00-8:00am (6 lanes)	Lane Swim 6:00-8:00am (6 lanes)		
6:30							
7:00							
7:30							
8:00							
8:30							
9:00	Aqua Fitness 9:30-10:20am (Shallow End)	Aqua Jogging 9:30-10:15am (Deep End)	Aqua Fitness 9:30-10:20am (Shallow End)	Aqua Jogging 9:30am-10:15pm (Deep End)	Aqua Fitness 9:30-10:30am (Shallow End)		
9:30							
10:00	Aqua Flow 10:30-11:00am (Therapy Pool)		Aqua Flow 10:30-11:00am (Therapy Pool)				
10:30							
11:00							
11:30							
12:00						Tarzan Rope 12:00-1:00pm	
12:30							
1:00							
1:30							
2:00		INFLATABLE ICE TOWER 1:00pm-4:00pm (No Lane Swim)		INFLATABLE ICE TOWER 1:00pm-4:00pm (No Lane Swim)		INFLATABLE ICE TOWER 1:00pm-3:00pm (No Lane Swim)	Tarzan Rope 12:00-4:00pm
2:30	Tarzan Rope 1:00-4:00pm		Tarzan Rope 1:00-4:00pm		Tarzan Rope 1:00-4:00pm		
3:00							
3:30							
4:00							
4:30		Aqua Sports 4:30-5:30pm		Aqua Sports 4:30-5:30pm			
5:00							
5:30							Swimming Lessons 4:00pm - 7:00pm (Entire Pool) POOL CLOSED
6:00		Aqua Zumba 6:00-6:50pm (Shallow End)		Aqua Zumba 6:00-6:50pm (Shallow End)			
6:30							

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Civic
Centre**

~OPEN SWIM runs 8am-close from Monday-Friday and 12pm-4pm on Saturday & Sunday.
~Please note that there may be sections of the pool closed during Open Swim times to accommodate classes. (ie. the Shallow End is closed during Aqua Zumba)
~There are always lanes available for Lane Swimming, except when the Inflatable Ice Tower is in the pool.

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PICKWAUKET LIONS CLUB

Under the shadow of the Pickwauket Mountain

The Pickwauket Lions Club has been very active this year with many worthwhile projects in the Hampton area including our Monthly breakfasts at the Lower Norton Shore Community Centre, the Annual Purina Walk for Guide Dogs at the local Community Centre, our recent construction of a wheelchair ramp at the Trinity Church in Springfield and so many more special projects. Our Lions Club has been together now for over six years with a strong membership core. Many of our members are couples which makes for a friendly entertaining club! We meet every 2nd and 4th Monday's at the Lower Norton Shore Hall at the base of the Pickwauket Mountain. If you are interested in our club activities and you would like to visit one of our meetings, call Membership Chair Don Smith 832 3827.

Club Address: 50 Donlea Dr., Hampton, NB E5N 5K3
http://pickwauket.lionwap.org
Email: pwkclions@nbnet.nb.ca



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Demystifying common home insurance misconceptions

(NC) – For most Canadians, their most valuable asset is their home. And yet too many have only a vague understanding of the insurance policy that covers their house and contents. Unfortunately, many find out too late — when they have an expensive claim denied — that their understanding of their policy is based more on misconceptions than on fact. The P&C experts from Desjardins Insurance would like to help you by clarifying some of the common misconceptions about property insurance.

Misconception 1 - Your home insurance will cover any type of major loss. The typical home insurance policy will cover a fire loss, as well as damage caused by lightning, windstorms, hailstorms and even tornados. However, damage from earthquakes is not covered by standard homeowners' insurance. You can purchase special coverage, though the cost can vary considerably depending on the risk in the area where you live. Not surprisingly, earthquake coverage is more expensive in Vancouver than in Winnipeg. Standard homeowners' policies in Canada also exclude flood damage. However, policies generally cover other kinds of water damage, for example from a broken water main on the street or a burst pipe in a house.

Misconception 2 – I will receive full market value for my house if it burns to the ground. The value of a home insurance policy is usually based on the cost to rebuild the house, not to sell it on the marketplace. Replacement costs will include the material (lumber, roofing shingles, siding material, carpet, drywall, etc), the labor costs, architectural services and so on. It is important if you do any renovations or additions to your home, that you let your insurance company know, as this could change the replacement cost of your home.

Misconception 3 – I will automatically get full replacement value for any personal belongings that are damaged.

No, depreciation would be factored in, which could reduce the value considerably unless you had optional replacement-cost coverage. In that case, you would be able to replace the item with a new one with the same or similar features. In addition, valuable items such as jewelry or artwork are usually subject to a payment cap, unless additional coverage is purchased.

Misconception 4 – Renters who don't own any fancy stuff don't need insurance. Not true. You'd be surprised how much it costs to replace even basic contents, such as furniture, kitchen supplies, clothing, and electronics like computers, TVs and cell phones. Plus, you need to ask yourself if you could afford to rent a hotel for a few weeks if your apartment needed major repairs. If not, then tenant insurance is a must. This insurance protects your property and also covers you in case you accidentally cause damage to the property of others. It's simple, affordable and definitely necessary.

The Desjardins experts advise homeowners to periodically review their insurance policies to ensure their coverage is up to date. If it's been a long time since you knew what was in your policy, take some time today to read it over. Then speak to your insurance provider if you have any questions or concerns. They will also be able to tell you if additional coverage is necessary. For more information about property insurance, visit the Desjardins Insurance website at: www.desjardinsgeneralinsurance.com. www.newscanada.com

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Sussex Flea Market ~ August 15 - 17, 2014

NBAAC Sussex Flea Market
ALL VENDOR LOTS FOR 2014 have been SOLD

The NBAAC Flea Market is held annually, on the third Saturday of August, in Princess Louise Park, Sussex, New Brunswick. Originally organized by the club as an antique automotive flea market and car corral, the "Sussex Flea Market" has since become a 3-day provincial extravaganza with a broad range of items for sale from over 900 vendors.



The Flea Market hours are:

Friday: 8am to 8pm
Saturday: 8am to 8pm
Sunday: 8am to 3pm

Admission is \$5 per adult.
Children 12 and under

admitted free when accompanied by an adult.

Whether you're searching for rare collectibles, jewelry, handicrafts, household items, or just looking to spend a fun afternoon browsing through acres of bargains, you'll find it all at the Sussex Flea Market!

You'll even find your choice of kitchen sinks!

There is also an annual Show & Shine held on Sunday from 9:00 a.m. to 3:00 p.m. One entrance pass per car with a minimum donation of \$5; dash plaques available.

Bring your sunscreen, a good hat, and comfortable walking shoes, because you won't want to miss a thing. Don't forget to bring along some tote bags to carry your new purchases. If you're bringing others along, make arrangements to meet up at the main

building, just across from the food vendors, if you should happen to get separated.

IMPORTANT NOTICE: WITH THE EXCEPTION OF SERVICE DOGS, NO PETS ARE ALLOWED. AND PLEASE DON'T LEAVE YOUR PETS IN YOUR VEHICLE WHILE YOU WALK THE FIELD. KEEP THEM AT HOME WHERE THEY'LL BE SAFE AND SECURE.

VENDORS

The field will open on Wednesday at 5pm, at the earliest, for vendors.

Please do not arrive early! If you will be arriving on Wednesday, please plan ahead so that you arrive in Sussex between 5 and 8 pm.

Thursday is Vendor Set Up day and you will have the whole day to set up your lot. The gates do not open to the public until Friday, so take advantage of a leisurely set-up day. The registration gate will open at 8am for vendors who will be arriving on Thursday.

For general inquiries, please contact Barb Stewart at barbs@nb.sympatico.ca or at (506) 454-8501



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Fitness in the Park

Sussex Harvest Days

This years fitness in the park will be RAW - This "Real Athletic Workout" is designed for the athlete in all of us.

Starting July 7th there will be free RAW fitness in the park from 6:00-7:00pm. The "obstacle style" group fitness program takes place at O'Connell Park and uses the HITT (High Intensity Interval Training) formula to guarantee a thrilling functional workout.

Child-minding will be provided on site so that parents can participate. In the event of rain classes will be cancelled.

July 21
Aug 4
Aug 18

This event is in partnership with the PotashCorp Civic Centre.

When: First weekend after Atlantic Balloon Fiesta in September

Featuring:

Demonstrations of antique farm equipment
(Grain-thrashing, hay-pressing, turnip-pulping)

Local volunteers showing off their skills
(butter-churning, wood-cutting, cider-pressing, blacksmithing, rug-hooking, etc)

Events:

Wagon rides
Lunch and Entertainment Available
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Information:

Dave Peters: 1.506.433.4710 or 1.506.433.4333
Erin McKenna: 1.506.433.5737



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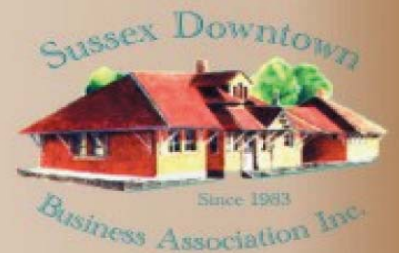
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NB Antique Auto Club Inc. (NBAAC)

The NB Antique Auto Club Inc. (NBAAC) was founded on September 18, 1966, when approximately 32 people met in Harvey Station, NB where officers were elected, a club name was chosen and duties were fixed.

We welcome members from New Brunswick, from other provinces and from across the border.

The NBAAC is a 'not for profit' organization open to anyone with an interest in the hobby; owning an antique vehicle is not a requirement for membership. Dues are \$30.00 per calendar year. Memberships received after November 1st will be accepted for the following year.

The club magazine "Wheeltracks", which is published quarterly, includes reports from the regions, stories of members and their vehicles, up-coming events, and lots of pictures. The "Club Roster", which lists all current members and their vehicles, is distributed with the fall issue of Wheeltracks. We also have a student scholarship program for members, their children and grandchildren.

The club is divided into seven regions: Fundy, Lower Valley, Northeast, Northwest, Passamaquoddy, Southeast, and Upper Valley (see map below). Each region elects its own slate of officers: Area Director, Secretary, Treasurer, etc., and holds monthly meetings. They organize local tours, cruises,

car shows and other social events and often raise money for local charities.

Executive meetings are called by the President throughout the year and are attended by the elected officers together with the Area Directors and representatives of any committees. We hold annual spring and fall provincial meetings where members are able to voice concerns and officers are elected.

Annual NBAAC events currently include: Provincial Tour (usually a week, destination may be out-of-province), **Sussex Flea Market (General and Automotive – with almost 1,000 vendors – always the weekend of the 3rd Saturday in August), and a 4-day Provincial Jamboree.**

NB Antique Auto Club Inc. is a active member of the National Association of Automobile Clubs of Canada (NAACC). The NAACC is a non-profit organization that has been in operation since 1969. It is staffed by volunteers and is comprised of antique and special interest automobile clubs dedicated to preserving the collector car hobby in Canada. The NAACC works on behalf of all enthusiasts to protect our right to own and drive our collector vehicles throughout our province and the country. www.naacc.ca



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How to pick the perfect back-to-school tech

(NC) As another summer creeps to end, students and parents are looking for the latest and most affordable tech tools for back to school. In fact, with the growing popularity of mobile technology, consumers are searching online months before school even starts for the newest tablets and laptops.

“Since there are so many versatile tablet options available, students should consider how they intend to use the technology, as well as the school program requirements when deciding which product to buy,” says Alex Mourra, Solutions Program Manager for Toshiba of Canada. “A traditional laptop works well for individual work, while tablets lend themselves better to group assignments.” Because different kinds of products work better in different situations, here are some tips to decide which one is the right option for you:

Laptops – A true classroom staple, a laptop combines the functionality and mobility students are looking for. They're getting increasingly thinner and lighter, meaning easier to carry from class to class and more convenient to store in a backpack. Some laptops are moving toward Ultra HD 4K displays, a significant step forward for students in more visual programs where high definition makes all the difference.

Tablets – Totally optimized for Windows 8.1, tablets are a light and compact solution for students who want to balance productivity with entertainment. Tablets can be comfortably held in one hand with optimized scaling to be viewed in either portrait or landscape mode, and are great for note taking in class and sharing content with fellow students. With micro USB ports and micro HDMI outlets, tablets can easily connect to other devices.

Convertible Units – Convertible laptops use a flexible hinge mechanism to change from a traditional clamshell to different viewing modes. The 'tent mode', which lets you turn your laptop upside down and stand it up like a tent, screen out, is ideal for presenting to groups of people; 'stand mode', where you fold the keyboard underneath, screen out, works for displaying videos and presentations, and 'tablet mode', where you fold the screen flat onto the keyboard to create a tablet, eases sharing contents within a group. Like laptops, convertibles have multiple ports, sleep and charge USBs, and an IPS FHG screen for amazing resolution and viewing angles.

Detachable Units – Detachable computers offer the dual action of a laptop computer and the mobility of a tablet. Keep the screen and keyboard together for traditional laptop functionality, or detach the screen completely for the mobility of a tablet. With full connectivity including Micro HDMI, SD/MMX card slots and standard USB ports built into the tablet, detachable units are a student's new best friend.

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Be prepared when exercising and playing in the heat

(NC) Canadians wait so long for summer to arrive that some of us overdo it when exercising outdoors, especially during unexpected heat and humidity early in the season. It takes a while for our bodies to become acclimatized to warmer temperatures and our bodies regulate heat more slowly during hot, humid weather, causing us to overheat that much easier. Before you head outdoors this summer, take a moment to understand the potential health risks of being active outdoors in extreme heat. While being physically active has many health benefits, it can increase your risk for heat illness, especially in those with breathing difficulties, heart problems, a mental illness such as depression, hypertension or kidney problems. Even those without any chronic health conditions can be at risk without proper precautions.

Get informed:

- Ask your sports organization or trainer if they have a plan for extreme heat.
- Ask a friend or buddy to watch you during extreme heat; if you suffer from asthma, carry your inhaler with you and make others aware of your condition.

- Modify or reschedule your activities.
- Work out early in the day or in an air-conditioned facility.
- Check the Air Quality Index for air quality conditions.
- Check local weather forecasts so you can plan accordingly.

Keep yourself safe:

- Stay hydrated by drinking fluids and eating raw fruits and vegetables.
- Wear sunscreen and insect repellent.
- Allow your body to recover from heat exposure by sitting in the shade or heading to an air conditioned area.
- Watch for signs of heat exhaustion such as dizziness, fainting, nausea, vomiting, headache, rapid heartbeat and extreme thirst.
- Heat illnesses can lead to long-term health problems and even death. These illnesses include heat stroke, heat exhaustion, heat fainting, swelling of hands, feet and ankles, heat rash, heat cramps and dehydration.
- The most serious heat illness is heat stroke, which can be fatal. Symptoms include a core body temperature of 40.5°C/105° F, confusion, lack of sweat and unconsciousness. Call 911 immediately if you see someone with these symptoms.
- If you see someone going into shock from heat stroke, move them to a cool place, apply cold water to large areas of their skin and clothing and fan them as much as possible.

More tips for staying safe in the heat can be found at www.healthykanadians.gc.ca/sun. www.newscanada.com

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Kitchen Talk"

BY Jim Lawrence

Kitchens Reface or Replace?

Let's face it, it's time to reface or replace your kitchen. It makes sense that refacing would cost less. One should give this decision careful thought, to make sure that refacing is the best choice. To make refacing work, it is important that the kitchen layout remains the same. Typically refacing and adding new counters will cost about half of the cost of all new cabinets. The math is simple, if you relocate one appliance it adds about an additional 25% to the cost. So you can see that in two moves you are at the cost of a whole new kitchen! If your kitchen is a wood color, it is much easier to stay on budget if you move to a painted finish. With painted cabinets they simply remove the doors, fill the hinge holes and paint the rails, trim and end panels with a high quality paint. Once new factory finished doors with hidden hinges are applied along with a new kitchen counter and updated handles, you will have created a kitchen with a bright, open, airy feel.

If it is within your budget there are many advantages to new cabinets. With new cabinets we can offer a whole new layout, and on the hidden side you get better drawers, adjustable shelves and maintenance free interiors.

On a really low budget along with a little sweat equity, in a week or weekend you and a friend (or hire a student to help) can pick up a couple of gallons of high quality paint and replacement handles. In a short time you can transform that old kitchen significantly making some cosmetic changes to update your look.

Of course if you are thinking of a major refacing job, it is normally best to get a kitchen professional in to review your project and give you firm quotes. Typically they can offer you a firm budget for both refacing or for new cabinets, so you can make informed choices. Along with this service they usually can offer some useful ideas that you may not have thought of to create the best kitchen for you.

This article was written by Jim Lawrence
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We invite you to visit this one-of-a-kind 'outdoor art gallery' where you can enjoy the stories of the region's heritage, from its start as a Maliseet community to our proud role as a world leader today. Stroll amid New Brunswick giants of industry, sport and legend. Marvel at their courage, foresight and determination in detailed scenes sure to delight and amaze you. It's storytelling at its best, and you'll want to see every line. home_hockeyThe Sussex Murals are made possible through the King's East Development Partnership Inc. (KEDP), a non-profit organization that fosters economic development in the Sussex area.

Our website is accessible from your SMART Phone or tablet

e Murals bring a creative dimension into day-to-day life, and reach far beyond the scope of galleries and museums, which cater only to a minority. They can enhance otherwise ordinary

architecture and bring a new dimension to a whole area.
—Rudolf Stussi, mural artist

MS Tag installation was completed on all murals in the fall of 2013, enabling SmartPhone and Tablet access to the Mural website description pages. Download the MS Tag software to your mobile unit, point your unit to scan the tag on the Mural you are in front of and you will immediately be taken to the full story!

Mural Walking Guides are also still available for those who prefer and enjoy printed information. The guide features a map and background on all 26 murals. Guides can be purchased for \$2 each at Town Hall, the Visitor Information Centre at the train station, The General Store, and Crafter's Vineyard, all located in the downtown Sussex area, as well as the Covered Bridge Inn on Main Street. All fees collected are used 100% in the annual upkeep and maintenance of the Murals and this website.



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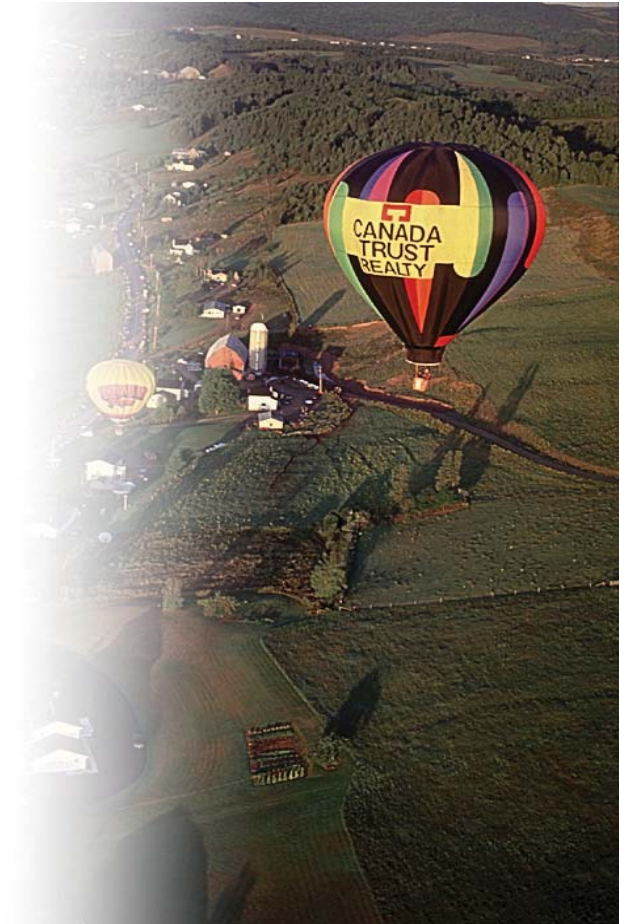
You can sign up in the info booth anytime.

Paid rides: Thursday evening, Friday morning and evening, Saturday morning and evening, Sunday morning and evening.

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*We have a no dogs policy...Please do not bring them.



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- **Derek Carter**, Self-Employment Benefit Coordinator
- **Aaron Dunsigner**, Loans Officer

Farmers Market - Sussex NB

The Sussex Farmers Market opens in early May and runs every Friday through to the end of October. It's located on the concrete pad adjacent to the Agriculture Museum near 8th Hussars Sports Center.

The hours are 11am to 6pm and there is plenty of parking.

Our Farmers Market features locally grown and seasonal produce as well as plants, jewellery, fresh seafood, meats, fresh breads and other baked goods, clothes, wood crafts and other hand crafted products and more!

We also have a variety of concessions, entertainment and a door prize each week. If you would like to become a vendor or would like information on becoming a shareholder:

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Hampton Community Events

Adult Badminton

Time: 8:30pm

Adult Badminton takes place on Wednesday evenings at the Hampton High School at 8:30 p.m. For more information contact Ron Clark at 832-1972

- Jul. 23, 2014 ◦ 8:30pm
- Jul. 30, 2014 ◦ 8:30pm
- Aug. 6, 2014 ◦ 8:30pm
- Aug. 13, 2014 ◦ 8:30pm
- Aug. 20, 2014 ◦ 8:30pm
- Aug. 27, 2014 ◦ 8:30pm

Hampton River Runners

Time: 8:00am

All are welcome to join the Hampton River Runners every Saturday morning at 8 am at Hampton High School. There are routes of varying lengths for runners and walkers alike and always a friendly face to guide you on your way.

- Jul. 19, 2014 ◦ 8:00am
- Jul. 26, 2014 ◦ 8:00am
- Aug. 2, 2014 ◦ 8:00am
- Aug. 9, 2014 ◦ 8:00pm
- Aug. 16, 2014 ◦ 8:00pm
- Aug. 23, 2014 ◦ 8:00pm
- Aug. 30, 2014 ◦ 8:00pm

Hampton Resource Centre Dinner

Time: 12:00pm

A delicious lunch provided weekly at the Hampton Seniors' Resource Centre and is open for anyone wishing to attend. Cost is \$4 for members and \$5 for non-members.

- Jul. 24, 2014 ◦ 12:00pm
- Jul. 31, 2014 ◦ 12:00pm
- Aug. 7, 2014 ◦ 12:00pm
- Aug. 14, 2014 ◦ 12:00pm
- Aug. 28, 2014 ◦ 12:00pm
- Sep. 4, 2014 ◦ 12:00pm

Hampton Curling Club Market

Time: 8:00am — 11:00am

Hampton Curling Club Market - 2014 Many vendors and breakfast will be served from 8am - 11am. If you are interested in being a vendor or booking a space please contact the club at 832-5348. Vendor's spaces are 10X10 with one table and two chairs. Rental of space is \$15 and \$5 is refundable at the end of the sale.

Jul. 26, 2014 8:00am — 11:00am

Community Event

- Great Canadian Shoreline Cleanup

Sep. 21, 2014

9:30am

Canoes and kayaks are needed to come down the river from Bloomfield collecting debris along the way. Others can meet at the Lighthouse River Centre and be dropped off along the river banks to walk back or be picked up further along. Visit www.shorelinecleanup.ca for more information.

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How to reduce mobile roaming charges

(NC) At least one in five Canadians has come back from travelling only to realize that they've racked up a larger than expected cellphone bill. However, many mobile providers are now alleviating this stress by providing low-cost options for travelling.

"Taking your smartphone on vacation is almost unavoidable," said Mirko Rugarli, the chief marketing officer at WIND Mobile. "Whether you're travelling for business or for pleasure, your phone is crucial for keeping you connected. That's why we've introduced the first plan in Canada that gives users true mobile freedom and unlimited services, when travelling across the United States."

WIND Mobile recently launched the industry's first add-on which features unlimited talk, text and data across the states for only \$15/month. By purchasing a low-price addition, Rugarli says that consumers are able to keep their smartphone smart while on vacation and retain access to everything they regularly use their phone for, from Instagram uploads and Facebook status's to checking maps, calling and texting.

There are many simple ways you can reduce data consumption while on vacation, including: making sure you switch off location services; stopping push notifications on your mail app; using instant messaging services like iMessage, WhatsApp or BBM; and turning off mobile syncing. Another smart trick is to make sure you close applications as they can continue to run in the background, taking up data and draining your battery. If you're really worried about your cellphone bill, you can always turn off your mobile network completely, by switching to airplane mode and sticking to Wi-Fi.

More information can be found at www.windmobile.ca.
www.newscanada.com

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Midland Meadows Golf Club is owned and operated by Glen and Sherry Gray and is now entering its fourteenth season which has seen many improvements over the years. The most recent are the renovations of the clubhouse which now includes both mens and womens washrooms, increased seating in

the lounge to accommodate a variety of functions as well as a pro shop area dedicated to merchandise golf shirts, hats, gloves, jackets, golf balls and tees. One of the most requested services at Midland Meadows over the past few years was the driving range, which after a 3 year break is back better than ever. "We were fortunate to acquire some range equipment and are very happy to have the driving range up and running again", says Glen "We receive calls every year from golfers inquiring about the range, so now we can accommodate them again". Midland Meadows has a very loyal group of members who support the club. "If there was an award for the golf club with the best members, we would win hands down", Gray comments and adds "We have a committed group of member base that volunteers with course improvements on a regular basis, which contributes to the success of the club", not to mention keeping prices reasonable.

This past season was the first full year with the signature island green second hole, and it was very well received. Many of the golfers described it as a golfing hole you will "love to hate". As frustrating as a hole it could be, golfers always feel the need to master the short par 3 which is surrounded by water, and keeps them coming back.

The scenic 9 hole course with a challenging par 35 layout is located minutes from Norton and Hampton and only a short drive from the city. There have been many improvements to the course, and someone who hasn't golfed here in a few years will be pleasantly surprised with the changes made to date, especially the new walker friendly layout. Midland Meadows offers memberships and green fees, as well as Tournament bookings. Power carts are available and all ages and skill level are welcome during the golfing season. But golf doesn't end at Midland Meadows until the snow is here to stay well after most courses have closed for the season. The course has actually been opened on Christmas Day. The annual Remembrance Day Classic held every year on Nov. 11th has help raise money for the war amps. Midland Meadows Golf club is proud to host the "Canadian Snow Golf Championships", which take place during the middle of February each year. Since the first snow golf tournament in 2002, Midland Meadows has raised over \$120,000 which has been donated to the Children's Wish Foundation.

ENTERTAINMENT ON THE PAVILION

Town Of Hampton Performance Series

Every Sunday during the summer at the Town Square Pavilion, 647 Main St.

July 20 Steve Lyons & Anne Marie Burke

July 27 Annie and the Blue Skies

August 3 Derek Doucet

August 10 Cathy Hutch

August 17 The Honeyboys

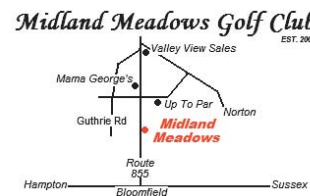
August 24 Step in Time Dance School

August 31 LeeBoys



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(reservations in advance are required)
Sunday - Family Day (after 2:00 pm) 2 adults & 2 children \$40.00 for 9 Holes
Call Pro-shop for details on our Mens, Ladies, and Junior nights.
Power carts available to rent (call ahead to reserve).

www.midlandmeadowsgolfclub.com



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Movies In The Hampton Town Square 2014

The Town of Hampton and Java Moose are please to present FREE Family movies every Friday evening at Dusk.

Bring a chair or blanket and some snacks and enjoy some family entertainment with your friends and neighbours.

If the weather does not cooperate, movies will be shown in the arena at 7:30pm For more information contact Leisure Services at 832-6102.

- July 18th** **Despicable Me 2**
- July 25th** **Frozen**
- August 1st** **Monsters University**
- August 8th** **Smurfs 2**
- August 15th** **Muppets Most Wanted**
- August 22nd** **The LEGO Movie**
- August 29th** **RIO 2**

Movies subject to change without notice



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SAINT JOHN FESTIVALS & EVENTS

Jul 17 to Jul 20

Buskers on the Boardwalk

Market Square plays host to the 24th Annual Buskers Festival bringing over 50,000 residents and tourists to the Atrium and Boardwalk. This summer's festival promises to be the best yet with sidesplitting comedy, astounding physical feats, and all-out crazy antics!

Performances get underway at 11:00 am on Thursday and continue until 7:00 pm on Sunday!

Location: One Market Square, Saint John, NB

Jul 25 - 26

Maritime Flavour Festival

Location: Market Square

This festival provides us with a chance to showcase some of the best flavours Atlantic Canada has to offer. From fine dining to casual fare.

Organized by The Hardman Group Limited

Jul 26 to Jul 27

New Brunswick Fine Craft Festival

Location: Quispamsis Memorial Arena, Quispamsis, NB

The premier fine craft festival in NB Held annually for more than 30 years. In the heart of the Kennebecasis Valley, juried members of the NB Crafts Council offer the best in pottery, textiles, glass, wood, soaps, candles, jewellery, metal, wrought iron, clothing, food, baskets and much more. Come discover New Brunswick and Maritime fine craft! Including a children's craft corner, live craft demonstrations and a one-of-a-kind gallery.

Aug 8 to Aug 10

20th Annual Marathon By The Sea

Location: 55 Lake Drive South (Rockwood Park), Saint John, NB
Canada's first incorporated city played host to the Emera New Brunswick's Marathon by the Sea Event in a festive atmosphere of down-home maritime hospitality. Visit their website for a full schedule of events!

Aug 20 to Aug 24

Fundy Fringe Festival

Location: Saint John, NB

Never mainstream, but always entertaining. Fringe is a performance – typically theatre, film, dance, musical, improv, or stand-up – that is untested, a little quirky, and a lot unexpected!

Performances will feature original acts by a combination of local, provincial, national and international performing arts companies. Held in the uptown core, this festival will offer a wide variety of entertainment!




Aug 23

Dragon Boat Festival



Location: Renforth Wharf, Rothesay, NB

Join the excitement as over 1,000 paddlers spend the day competing in this unique and colourful fundraiser. Bring your lawn chair and spend the day cheering on your favorite team. Enjoy live entertainment from a variety of local musicians, dancers and cultural performers. Kids will have fun with free crafts and games and everyone will enjoy the exotic foods at our Festival Market Place. Admission to the festival is free and a complimentary Park 'n Ride bus service is available throughout the day.

For more information visit their website or give them a call. We look forward to seeing you there!







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Aug 23
Mudd, Sweat & Tears

Location: Saint John, NB
 Hundreds of fitness buffs, runners and athletes will ascend on Saint John New Brunswick to compete in the Province's first obstacle course race put on by Mudd, Sweat & Tears – purveyors of some of the most challenging and rewarding obstacle course races in Canada.
 The race will be hosted in one of two stunning locations which are currently under negotiation and MST Saint John promises to deliver 10 kms+ of crawling, running, climbing and negotiating everything from 100' rope traverses and vertical walls, to tunnels, barb wire draped mud crawls and the best of Saint John's dramatic coastal setting.

Aug 26 to Aug 30
Atlantic National Exhibition, Saint John

Location: 37 McAllister Drive, Saint John, NB
 Midway featuring games, rides and local exhibitors. Visit the website for more information on daily lineups!

Sep 17 to Sep 20
Kennebecasis Quilt Guild

Location: Island View Lions Club, Quispamsis, NB
 34th annual Quilt show will be held in the beautiful Kennebecasis Valley. This quilt show is the largest in New Brunswick, displaying over 200 quilts a year. Come join the members of the Kennebecasis Valley Quilt Guild as they display their craft and art in quilt making.
 One-of-a-kind quilts and wall-hangings never before displayed will be presented for all to enjoy. Our quilters take great pride in their work and are thrilled to be able to display their masterpieces. The theme for 2014 is Stars in the Milky Way. Come and see how members of the guild, and others, have interpreted this theme in fabric. Quilts will be judged and awarded prizes. See if you will agree with the judges' choice for best in the show.

Sep 27
Harvesting the Arts Festival

Location: Uptown Saint John, Saint John, NB
 Harvesting the Arts Festival celebrates art in action, providing the opportunity for a variety of venues, mediums, and artists to welcome our community and its visitors to explore the vibrant arts&culture scene of the region. The eleventh anniversary of the festival is being celebrated Saturday, September 27th, 2014. We are pleased host this event for both our community and our visiting cruise ship passengers to the city that day.



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- Monday 2-for-1, \$40 per person, cart included
- Wednesday Seniors Special, \$25 per golfer aged 50+
- Sunday Foursome, \$29.75 per golfer, cart included, only available after 2pm, must have 4 in group

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SAINT JOHN EXHIBITION 125 Years 1889-2014

The Saint John Exhibition has been part of Saint John life for 125 years and at a variety of locations. It was once located on the Barrack Green Armory property until that property was taken over for the use of the military. In 1950, the current property, once known as Moosepath Park was acquired by the Exhibition Association of the City & County of Saint John.

The Association was incorporated in 1889 under a special act of the New Brunswick legislature and the organization continues to this day. The early objectives of the Association were to showcase the agricultural and industrial activity of the Greater Saint John area. This tradition continues in 2014 with a variety of farm and pet animals, a judged poultry and bird competition with some 300 entries. New this year will be the Rockwood Park Riding School Fun Show which will be held August 29 and 30 at the Exhibition with a variety of English and Western riding competitions over the 2 days. For the 26, 27 and 28th, there will be Hearts and Hooves, a trick horse riding demonstration.

The annual fair showcases and judges local art, crafts, photography and horticulture displays of flowers and vegetables. There will be daily evening entertainment on the indoor stage and of course the MIDWAY!! There are also interesting displays including model trains, flight simulators and displays of our local history.

Community organizations are invited to the fair and there are 2 special days where the Association invites nursing home residents and seniors in general to attend a luncheon with entertainment.

As a not for profit organization under the leadership of a volunteer Board of Directors, the Association makes financial contributions to a variety of charitable and sporting organizations and when possible, provides the premises to a number of groups for a variety of community activities at minimal cost.

THIS YEAR-AUGUST 26-30 (Tuesday-Saturday) FIREWORKS TUESDAY & FRIDAY AT 10PM

Extending the fair to Saturday was very successful last year so it will be operating for 5 days this year. The midway operates from noon to 11pm daily with the exhibits closing at 10pm except for Saturday the 30th when the fair opens at 10am and closes at 5pm.

As a special nod to the 125th anniversary, there will be a special fireworks display on Friday night.

Please refer to the Exhibition website at www.exhibitionparksj.com for up to date information or call the Exhibition office at 633-2020.

BOARD OF DIRECTORS

Paul Gilbride - President

Willard Jenkins - Secretary/Treasurer

Stan Fielding

Glen Thompson

Gerald Smith

Frank McCarey - Vice-President

Gerry Lowe

Lorne Flower

Bob Tilley

Charles Swanton (Honorary)

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August 26th - August 30th

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www.exhibitionparksj.com

check website for updates

DAILY ENTERTAINMENT

- MIDWAY - EAST COAST AMUSEMENTS
- EVERY DAY IS BRACELET DAY
- HOME EC. AND HANDCRAFTS... BLDG 1
- ART AND PHOTOGRAPHY... BLDG 1
- FESTIVAL OF VENDORS ... BLDG 1
- FLOWER AND VEGETABLES... BLDG 2
- FOOD VENDORS... BLDG 2
- CHRISTIAN FARMERS OF CANADA ...BLDG 2
- BEE KEEPER ...BLDG 2
- FARM ANIMALS AND PETTING ZOO... NEW BARN
- ANTIQUE TRACTOR DISPLAY... NEW BARN
- AMERICAN POULTRY ASSOCIATION SHOW ... NEW BARN
- PONY RIDES
- MARITIME REPTILE ZOO ...TENT
- SCIENCE EAST...TENT
- SAINT JOHN ARTS CENTRE ...TENT
- MILITARY DISPLAY
- MOONICA .. A "FRIENDLY" MILKING COW
- SAINT JOHN MODEL TRAIN CLUB ... BLDG 2
- DEPARTMENT OF NATURAL RESOURCES MOBILE UNIT
- BACK BY POPULAR DEMAND "RICKY WALLENDAS HIGH WIRE ACT"

NEW THIS YEAR

- WASHER TOSS TOURNAMENT
- SAINT JOHN FIRE HOUSE
- GAS / FLAME SHOW
- ARCADE BOX / LASER TAG
- LADY LUMBER JILLS
- ROCKWOOD PARK RIDING SCHOOL FUN SHOW AT EXHIBITION PARK (FRIDAY AND SATURDAY)
- HEARTS & HOOVES TRICK HORSE RIDING (TUESDAY TO THURSDAY)
- FIRE WORKS ... TUESDAY AND FRIDAY EVENINGS
- ISLAND FALCONRY
- SAINT JOHN Y'S MEN CLUB CHICKEN BBQ DINNERS AND PULLED PORK SANDWICHES

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SEE WEBSITE FOR AWARDS BOOK AND EXHIBIT DETAILS

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DAY 1....TUESDAY AUG. 26th

OPENING DAY

ATLANTIC CANINE FREESTYLE DOG TEAM 6:30PM

EVENING ENTERTAINMENT - GARY MORRIS AND VALLEY JAMBOREE.. BLDG 1 7-9:45 PM

150 YEARS OF FAIRS, CIRCUSES AND EXHIBITIONS WITH DAVID GOSS

7:15 PM AT RAINBOW PARK AND IT IS FREE

FIRE WORKS 10 PM

DAY 2 ... WEDNESDAY AUG. 27th

BABY SHOW 1 PM

VISIT THE VALLEY CRUISERS SHOW AND SHINE 6 PM.

EVENING ENTERTAINMENT - STEVE LYONS AND REG GALLANT,

ALL STAR COUNTRY JAMBOREE 7 - 10 PM

DAY 3 ... THURSDAY AUG. 28th

FREEDOM RIDERS MOTORCYCLE SHOW AND SHINE 6 PM

EVENING ENTERTAINMENT - COOL CHICKS AND UGLY DOCLINGS ..BLDG 1 8 PM

(ALL PROCEEDS TO THE REGIONAL HOSPITAL FOUNDATION)

BALYSTO STEEL DRUM BAND .. BLDG 1 .. 6:30 PM

SAINT JOHN EXHIBITION AND SAINT JOHN TRACK CLUB 1 MILER

DAY 4 ... FRIDAY AUG. 29th

FUNDY DOG AGILITY 6:30 PM

SENIORS TEA 1-3 PM FEATURING JOHNNY STORM

EVENING ENTERTAINMENT..N.B. COUNTRY MUSIC HALL OF FAME..BLDG 1 7-10 PM

FIRE WORKS 10 PM

DAY 5....SATURDAY AUG. 30th

HARNESS RACING

SATURDAY MIDWAY TILL 5 PM

ALL BUILDINGS OPEN TILL 4 PM

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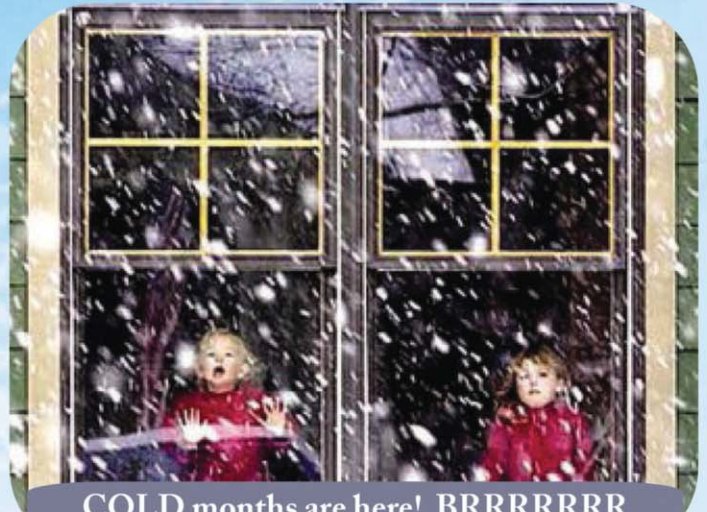
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