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Spring 2017



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Parks & Recreation

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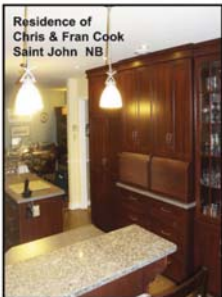
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FESTIVALS & EVENTS

Events and/or programs maybe subject to change. Please check website(s) for updates

May 26
Callahan's Pub T.G.I.F. Party
Location: Callahan's Pub, Saint John, NB

May 26
Chuckles Comedy Club presents Angelo Tsarouchas
Location: Chuckles Comedy Club, Saint John, NB

May 26
Friday Night Live with DJ Guido
Location: McGill's, Saint John, NB

May 26
Kathy & Joe's Ultimate Karaoke Show
Location: Fish and Brews Pub, Saint John, NB

May 26
O'Leary's "On the Main Stage" – Southern Comfort
Location: O'Leary's Pub, Saint John, NB

May 26
Yuk Yuk's Saint John featuring Kirk Smith!
Location: Yuk Yuk's Saint John, Saint John, NB

May 27
Chuckles Comedy Club presents Angelo Tsarouchas
Location: Chuckles Comedy Club, Saint John, NB

May 27
O'Leary's "On the Main Stage" – Southern Comfort
Location: O'Leary's Pub, Saint John, NB

May 27
Peppers Pub presents – Harbour + Sheik
Location: Peppers Pub, Saint John, NB

May 27
Port City Beer Run
Location: Diamond Jubilee Cruise Terminal, Saint John, NB

May 27
Rock it w/ Del "Live on Stage" Dance Party
Location: Callahan's Pub, Saint John, NB

May 27
Saint John's Soap Box Derby
Location: Cranston Avenue, Saint John, NB

May 27
Saturday Night with DJ Guido
Location: McGill's, Saint John, NB

May 27
Saturdays at the NBM – May is Magnificent Museums!
Location: New Brunswick Museum, Saint John, NB

May 27
Sidekick live at Fish and Brews Pub
Location: Fish and Brews Pub, Saint John, NB

May 27
Yuk Yuk's Saint John featuring Kirk Smith!
Location: Yuk Yuk's Saint John, Saint John, NB

May 27 to May 28
Valley Cruisers Car Show
Location: Rothesay Arena, Rothesay, NB

May 28
Create over Cocktails Paint Night – "Wine a Little"
Location: Saint John Ale House, Saint John, NB

May 28
Del and Debbie at Lily's
Location: Lily's Lakeside Casual Dining, Saint John, NB

May 28
Queen Square Farmers Market
Location: Queen Square South, Saint John, NB

May 28
Rhoda's Flea Market
Location: Exhibition Park, Saint John, NB



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Dr. Darren MacLean, *Optometrist*



May 29
Retro Film Series presents Spartacus
(1960)
Location: Imperial Theatre, Saint John, NB

May 30
McGill's Acoustic Open Mic Night
Location: McGill's, Saint John, NB

May 30
Traditional Irish Music live at O'Leary's Pub
Location: O'Leary's Pub, Saint John, NB

May 31
Open Mic at O'Leary's Pub
Location: O'Leary's Pub, Saint John, NB

Jun 02
Brundage Point Market
Location: 4 Ferry rd., Grand Bay-Westfield,
NB

Jun 02
No Jokes Barred Comedy Show
Location: O'Leary's Pub, Saint John, NB

Jun 02 to Jun 03
SJTC Canadian Stages Series presents
Soft Target
Location: BMO Studio Theatre, Saint John,
NB

Jun 03
Rock it w/ Del "Live on Stage" Dance Party
Location: Callahan's Pub, Saint John, NB

Jun 03
Saturday Night with DJ Guido
Location: McGill's, Saint John, NB

Jun 03
Water Street Dinner Theatre presents – The
Odd Father
Location: Water Street Dinner Theatre, Saint
John, NB

Jun 04
7th Annual Port Saint John Community Day
Location: Diamond Jubilee and Marco Polo
Cruise Terminals, Saint John, NB

Jun 04
Queen Square Farmers Market
Location: Queen Square South, Saint John,
NB

Jun 06
McGill's Acoustic Open Mic Night
Location: McGill's, Saint John, NB

Jun 09 to Oct 06
Brundage Point Market
Location: 4 Ferry rd., Grand Bay-Westfield,
NB

Jun 10
Rock it w/ Del "Live on Stage" Dance Party
Location: Callahan's Pub, Saint John, NB

Jun 10
Saturday Night with DJ Guido
Location: McGill's, Saint John, NB

Jun 11
Hampton Ladies Triathlon 2017
Location: Hampton Community Pool,
Hampton, NB

Jun 11
Queen Square Farmers Market
Location: Queen Square South, Saint John,

Jun 13
McGill's Acoustic Open Mic Night
Location: McGill's, Saint John, NB

Jun 15
Bella Serata Art-Food-Community
Location: Italian By Night, Saint John, NB

Jun 15 to Jun 18
3rd Annual Loyalist City Ribfest
Location: Exhibition Park, Saint John, NB

Jun 15 to Jun 24
Community Fair at Harbour Station
Location: Harbour Station, Saint John, NB

Jun 16 to Oct 13
Brundage Point Market
Location: 4 Ferry rd., Grand Bay-Westfield,

Jun 17
7th Edition YSJ 5k, 10k & Kids Fun Run
Location: Saint John Airport, Saint John, NB

Jun 17
Rock it w/ Del "Live on Stage" Dance Party
Location: Callahan's Pub, Saint John, NB

Jun 17
Saturday Night with DJ Guido
Location: McGill's, Saint John, NB

Jun 18
Queen Square Farmers Market
Location: Queen Square South, Saint John,
NB

Jun 20
McGill's Acoustic Open Mic Night
Location: McGill's, Saint John, NB

Jun 23
Chuckles Comedy Club presents K.Trevor
Wilson!
Location: Saint John, NB

Jun 23
Family Movies in the Park
Location: 12 Landing Court, Quispamsis, NB

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FESTIVALS & EVENTS

Jun 23 to Jun 25

2017 East Coast Games

Location: Various Locations, Saint John, NB

Jun 23 to Oct 20

Brundage Point Market

Location: 4 Ferry rd., Grand Bay-Westfield, NB

Jun 24

Chuckles Comedy Club presents K. Trevor Wilson!

Location: Chuckles Comedy Club, Saint John, NB

Jun 24

Rock it w/ Del "Live on Stage" Dance Party

Location: Callahan's Pub, Saint John, NB

Jun 24

Saturday Night with DJ Guido

Location: McGill's, Saint John, NB

Jun 25

Queen Square Farmers Market

Location: Queen Square South, Saint John, NB

Jun 25

Rockwood Park Triathlon by the Bay

Location: Lily Lake Pavilion, Rockwood Park, Saint John, NB

Jun 27

McGill's Acoustic Open Mic Night

Location: McGill's, Saint John, NB

Jun 30

Family Movies in the Park

Location: 12 Landing Court, Quispamsis, NB

Jun 30

Movies in the Park

Location: Hampton Town Square, Hampton, NB

Jun 30 to Oct 27

Brundage Point Market

Location: 4 Ferry rd., Grand Bay-Westfield, NB

Jul 01

Saint John Canada Day Celebrations

Location: Market Square Boardwalk, Saint John, NB

Jul 04

Fun in the Park

Location: 55 Lake Dr S, Saint John, NB

Jul 07

Family Movies in the Park

Location: 12 Landing Court, Quispamsis, NB

Jul 07

Movies in the Park

Location: Hampton Town Square, Hampton, NB

Jul 07 to Jul 09

ParticipACTION 150 Play List

Location: 1, Market Square, Saint John, NB

Jul 07 to Nov 03

Brundage Point Market

Location: 4 Ferry rd., Grand Bay-Westfield, NB

Jul 11

Fun in the Park

Location: 55 Lake Dr S, Saint John, NB

Jul 12 to Jul 16

Buskers on the Bay Festival

Location: Market Square Boardwalk, Saint John, NB

Jul 14

Family Movies in the Park

Location: 12 Landing Court, Quispamsis, NB

Jul 14

Movies in the Park

Location: Hampton Town Square, Hampton, NB

Jul 14 to Jul 22

St. Martins Old Home Week

Location: 229 Main St., St. Martins, NB

Jul 14 to Nov 10

Brundage Point Market

Location: 4 Ferry rd., Grand Bay-Westfield, NB



DOWD

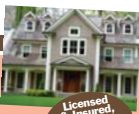
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Jul 18
Fun in the Park
Location: 55 Lake Dr S, Saint John, NB

Jul 21
Chuckles Comedy Club presents Marc Sauve
Location: Chuckles Comedy Club, Saint John, NB

Jul 21
Family Movies in the Park
Location: 12 Landing Court, Quispamsis, NB

Jul 21
Movies in the Park
Location: Hampton Town Square, Hampton, NB

Jul 21 to Nov 17
Brundage Point Market
Location: 4 Ferry rd., Grand Bay-Westfield, NB

Jul 22
Chuckles Comedy Club presents Marc Sauve
Location: Chuckles Comedy Club, Saint John, NB

Jul 25
Fun in the Park
Location: 55 Lake Dr S, Saint John, NB

Jul 28
Family Movies in the Park
Location: 12 Landing Court, Quispamsis, NB

Jul 28
Movies in the Park
Location: Hampton Town Square, Hampton, NB

Jul 28 to Nov 24
Brundage Point Market
Location: 4 Ferry rd., Grand Bay-Westfield, NB

Rothersey Presents Concert in the Common 2017

*The following performers will showcase their talents at the Rothersey Common as part of the 2017 Concert in the Common Series each Thursday evening from 7-8pm. Take your evening walk, bring your blanket/chair, and enjoy free outdoor music on the Rothersey Commons stage.
If the weather is inclement, the concerts will be held at Rothersey Park School.*

| | |
|--------------------------------------|-------------------|
| Micah Barnes (Jazz) | Thursday, July 6 |
| Thom Swift (Roots, Folk, Blues) | Thursday, July 13 |
| Christina Martin (Pop, Classic Rock) | Thursday, July 20 |
| Chris Cummings (Jazz, Blues) | Thursday, July 27 |
| Unforseen (Blues, Country, Rock) | Thursday, Aug 3 |
| Jared Lutes (Roots, Folk) | Thursday, Aug 10 |
| TBA | Thursday, Aug 17 |
| Joel Leblanc (Roots, Folk, Blues) | Thursday, Aug 24 |
| TBA | Thursday, Aug 31 |



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P.R.O. Kids

P.R.O. Kids is a non-profit program operating out of the Parks & Recreation Department of the City of Saint John that matches children and youth up to (and including) the age of 18 with organized, registered recreation activities. P.R.O. Kids receives support from local organizations, businesses, and service providers, who donate spaces in their programs, provide financial or "in-kind" assistance, donate supplies, equipment and transportation to and from activities and programs.

P.R.O. Kids is a pro-active and confidential service offered to all children and youth in Saint John, Quispamsis, Grand Bay-Westfield and Rothesay who have financial need. All administrative costs are covered by the municipalities, allowing 100% of all funds received through donations, grants and fundraisers to go directly to placing eligible children and youth in positive recreation opportunities.

Applications are available at www.prokidsj.ca or at 171 Adelaide Street. Office hours are from 9 am – 1 pm Monday to Friday.

For more information contact P.R.O. Kids at 642-PLAY.



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May 28 WALK TO MAKE MYSTIC FIBROSIS HISTORY
12:00pm at the A-Frame Picnic Site. On Sunday, May 28, 2017, thousands of participants across Canada will unite at local community walk sites during CF awareness month to celebrate their fundraising efforts, while imagining a world without CF. Over 10,000 supporters, including volunteers, donors, partners and participants help support Cystic Fibrosis Canada's mission; To end cystic fibrosis (CF). The funds raised at the walk are used to target world-class research, supporting and advocating for high-quality individualized CF care and raising and allocating funds for these purposes.

June 1 PHOTOGRAPHY FUNDAMENTALS WORKSHOP
6:30pm at the Interpretation Centre, Thursday June 1, and the following 3 Thursdays A 4 session course designed for those who are new to digital photography, or want to know

more about the features of their camera. It's also for those that may have some experience, but are looking to increase their confidence and knowledge. Please contact Brian Comeau to register or for more information Duckcov-photo@netscape.net

June 3 12th Annual MADD "Strides For Change"
Registration at 10am at the A-Frame Picnic Site. Ribbon cutting and walk will start at 11am. Every step taken and every pledge made will help raise funds and awareness for MADD Canada's programs and services that will serve to keep our children and communities safe! Volunteers are welcome! There will be prizes, a BBQ provided by Sobey's and great music from our DJ, The Party Machine. If you are participating in the event, please pre-register by phone or e-mail. maddstj@nb.aibn.com 672-6188

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Saint John Junior Home Schedule

Alpines

| | | | |
|------------|----------------|----------------------------------|--------------|
| Sun | May 28 | Prince Edward Island (DH) | 12:00 |
| Wed | June 7 | Metro Mudcats | 7:30 |
| Wed | June 14 | Fredericton Royals | 7:30 |
| Sun | June 18 | Chatham Ironmen (DH) | 12:00 |
| Wed | June 28 | Metro Mudcats | 7:30 |
| Wed | July 5 | Metro Mudcats | 7:30 |
| Wed | July 12 | Fredericton Royals | 7:30 |
| Wed | July 19 | Fredericton Royals | 7:30 |
| Sun | July 23 | Chatham Ironmen | 2:00 |

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5 REASONS TO CHOOSE CANADIAN WINES

(NC) Wine lovers and professional tasters at home and abroad know Canadian wines rival the best in the world. Next time you shop for wine, consider these reasons to go patriotic when choosing a vineyard.

1. Take a tour. Take advantage of a local winery near you. Most offer guided tours explaining their production process and treat guests to tastings of their most-coveted vintages. They also feature beautiful scenery that's a visual treat any time of year.

2. Ice, ice baby. Canadian icewines are sweet dessert wines renowned for rich flavours and unsurpassed smoothness. To make icewine, temperatures must fall to at least -8°C at which time the grapes are pressed while still frozen and sugar concentrations are at their maximum. The process results in a unique and luscious sweetness that's helped Canadian icewines win the highest awards at the world's most prestigious wine fairs, including Vinexpo and Vintaly.

3. Perfect finishes. Most grapes are grown in the southern parts of British Columbia and Ontario, where sun-drenched summers give way to warm, lingering autumns. Like the cool-climate wine districts of New Zealand, Germany and parts of France, these Canadian regions enjoy an ideal climate for the slow maturing of the grapes, a leisurely ripening that ensures just the right balance of acidity and sweetness in the finished wines.

4. Vintage quality. High-quality grapes and excellent growing conditions, combined with investments in our world-class wineries and new varieties, have contributed enormously to the increasing success of Canadian wines at home and abroad. Though most Canadian wine is consumed domestically, exports have increased rapidly, from \$19 million in 2009 to over \$80 million in 2016. And we're only getting better (Agriculture and Agri-Food Canada's scientists are working together with grape growers and vintners on everything from vineyard pest control to irrigation, from reducing grape stress to better describing the unique characteristics of our wines.



5. Variety, the spice of life. With so many options, there's a Canadian wine perfect for every palette, meal and occasion. Our wines can be cellared for years to develop the subtlest tones of fruits, flowers and spices, while others can be in the glass soon after bottling. From a rich, velvety Merlot to a crisp, elegant Riesling, our quality wines can grace any table (from a holiday celebration to a fine meal enjoyed quietly at home).

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ESCAPE TO YOUR OUTDOOR OASIS WITH THE LATEST PATIO TRENDS

(NC) When the warm weather finally hits, Canadians are eager to get outside, kick back and relax with friends and family. Whether you're starting from scratch or refreshing your already enviable patio, there are more options than ever to make your backyard retreat the perfect place to disconnect and unwind.

Megan Schroeder, patio merchant for The Home Depot Canada shares some of this year's top trends in outdoor living.

Make the most of small spaces. Get away from the urban grind by turning your balcony into a cozy hide-away. Combine style and function with a beautiful bistro set that has a smaller footprint, and look for multi-function products like a wicker storage box that can double as a table or ottoman.

Choose comfortable chat sets. Dining sets used to be the most popular patio item, but summers are meant to be social so consider changing it up with a chat set or sectional. They're designed to mix food and entertaining by incorporating lower tables and comfortable, open seating.

Extend the season. The window of opportunity to enjoy the warm weather is short-lived, so look for ways to warm up your space and enjoy it well into the fall. A fire pit is the new must-have patio product for



the year — they've come a long way in style and functionality to become a true centerpiece for your space. You can also add outdoor rugs, throw cushions and string lights to help create a warm ambiance.

Find more information and ideas at
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Midland Meadows Golf Club is entering its 17th Season, and is located in Midland, New Brunswick minutes from Norton and a short distance from Hampton and Sussex. It's only a short drive from Saint John and located outside the fog belt, so most times if it is raining and foggy in the city, the sun is shining at

Midland Meadows.

Midland Meadows is a scenic 9 Hole course with a challenging Par 35 layout, including 2 Par 5 Holes, 4 Par 4 Holes, and 3 Par 3 holes including the challenging signature Island Green. The course offers a walker friendly layout with beautiful country views from each hole, pull carts and power carts are available for rent (power carts must be reserved in advance, to guarantee availability). Tee times are not mandatory but you can call the Pro-Shop 485-8008 to book or use our new online booking tool found on the website. Midland Meadows also offers a driving range which is open daily. The Pro-Shop, Clubhouse and course are now fully licensed, with lounge and deck to enjoy a cold beverage before and after your round. Interac debit and credit card payment is also available.

Midland Meadows offers memberships and green fees as well as tournament bookings. Monday is Seniors Day (all day), Mens Night on Tuesday and Ladies Night on Thursday beginning at 6:00 pm, open to green fees and members. All skill levels are welcome from beginners to avid golfers. The course remains open every year until the snow is here to stay, well after most courses have closed for the season.

Midland Meadows Golf Club is proud to host the "Canadian Snow Golf Championships" each year the middle of February. Since the first snow golf tournament in 2002, over \$165,000 has been raised with all proceeds donated to the "Children's Wish Foundation". Midland Meadows also holds an annual Remembrance Day tournament on November 11th to help raise funds for the War Amps.

Midland Meadows has a very loyal group of members who support the golf club. "If there was an award for the golf club with the best members we would win hands down" commented Glen Gray, owner of Midland Meadows, and adds "We have a committed group of member base volunteers who help with course improvements and contributes to the ongoing success of our club". "We pride ourselves on offering enjoyable, affordable golf with a welcoming and friendly country atmosphere, where everyone is made to feel welcome and comfortable", adds Gray.

Contact the Pro Shop at (506) 485-8008 with your tee times for tournament bookings. Like Midland Meadows golf Club on Facebook for current updates and what's happenings at the course.



774 Route 855 Midland, NB

PRO SHOP 485-8008



www.midlandmeadowsgolfclub.com

Saint John Community & Youth Centres

Program information is available by calling the Centre nearest you:

Carleton Community Centre

120 Market Place, Saint John, NB E2M 0E1

Telephone: 658-2920

C.E. (Nick) Nicolle Community Centre

195 Victoria Street, Saint John, NB E2K 1L7

Telephone: 658-2980

The Resource Centre for Youth (TRC)

28 Richmond Street, Saint John, NB E2L 3B2

Telephone: 632-5531

YMCA

119 Churchill Blvd, Saint John, NB

Telephone: 693-YMCA (9622)

Forest Glen Community Centre

651 Westmorland Road, Saint John, NB E2J 2Y4

Telephone: 658-2816

Millidgeville Community Centre

99 Daniels Drive, Saint John, NB

Telephone: 632-6157

South Community Centre

212 Wentworth Street, Saint John, NB

Telephone: 633-5115

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Neighborhood Contact Information

| Neighborhood | Name | Phone | Email |
|------------------|------------------|----------|-----------------------------|
| North | Christa Petts | 635-2035 | theonechangeinc@nb.aibn.com |
| South | Mary LeSage | 632-6807 | pulseinc@bellaliant.com |
| Crescent Valley | Anne Driscoll | 693-8513 | @cvrcsj |
| West | Anne James | 672-0226 | westsidepact@bellaliant.com |
| Waterloo Village | Penni Eisenhauer | 647-8047 | commorg.penni@gmail.com |

www.sjneighbourhoods.ca

| MLA | Name | Phone | Email |
|----------------------|------------------|----------|-------------------------|
| Saint John-Portland | Trevor A. Holder | 657-2335 | trevor.holder@gnb.ca |
| Saint John Harbour | Hon. Ed Doherty | 643-2001 | ed.doherty@gnb.ca |
| Saint John Lancaster | Dorothy Shephard | 643-2900 | dorothy.shephard@gnb.ca |
| Saint John East | Glen Savoie | 657-3268 | glen.savoie@gnb.ca |




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DIY INVESTING: 3 THINGS YOU NEED TO CONSIDER

(NC) Investing is more complex than meets the eye but for some of us, it's an opportunity to put our financial knowledge to work on our own behalf. If you have the time and effort to focus on your options, then do-it-yourself (DIY) investing could be right for you. Here are a few things to keep in mind:

1. Know yourself. When it comes to your money, it's easy to get emotional. Are you the type of person who will remain calm during constant swings in the stock market? Will you carefully consider the long-term effects of a negative news story rather than selling your investment at the first sign of a downturn? Successful DIY investing takes work, discipline and confidence when it comes to financial decision-making.

2. Focus on the end game. Investing is a marathon where slow and steady wins the race. If you choose to go it alone, be prepared to spend the time and do your research on the companies, industries and funds you invest in. Match the pros by making a savings plan, honestly assessing how much financial risk you are comfortable with, and setting aside time

each week to do your homework. Market downturns and upswings happen, but a sound plan and a portfolio that covers a range of industries and geographic locations will usually stand the test of time.

3. Consider alternative ways to purchase funds. You can buy investment funds in person at your local bank branch, from an investment advisor or through a growing range of online options. If you don't want to go entirely DIY, ease into it. Working

with an advisor can be an effective way to receive guidance while staying in the driver's seat as you grow your knowledge and confidence. Many long-term DIY investors balance their own skills with advised investing.

Learn more about your investing personality type with the smarter investing quiz at www.investright.org.

For more information, visit IFIC.CA > Investors

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Saint John Dragon Boat Festival

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Community Garden contact Information 2017

| Location | Name | Phone |
|---|---------------------|----------|
| Greater Saint John (Rockwood Park Entrance) | Jonathan Franklin | 693-8844 |
| Shamrock Park | Cindy Langille | 642-1786 |
| South End (Rainbow Park) | Mark Leger | 634-1070 |
| Forest Hills Baptist Church | Selina Benson | 651-1954 |
| Lower Westside - Market Place | Patti Richard-Kelly | 674-4335 |
| Crescent Valley | Juanita Black | 639-5485 |
| Courtney Bay - (across from Shoppers Drug Mart on Crown St.) | Carol McLennan | 642-1942 |

See: www.fundywellness.ca/community-gardens.html

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HOW TO BE A GREAT NEIGHBOUR

(NC) During the warmer months, it's common to see our neighbours out and about enjoying the weather and working in the yard. You can help make the season pleasant for everyone with a little effort towards being a great neighbour. Here are some tips to become the neighbour everyone loves:

- 1. Keep your yard tidy and well-maintained.** The key to a beautiful yard is keeping grass and bushes healthy. Mowing and trimming are simple ways to boost curb appeal, and your community will appreciate your contribution to keeping the block looking great.
- 2. Be conscious of the time of day.** An easy way to annoy those around you is to make noise early in the morning or late at night. Resist the urge and wait until a polite time of day to mow, pressure wash or leaf blow. Or opt for equipment that keeps things quieter, like a Yardworks lawn mower with Briggs & Stratton's Quiet Power Technology, which is up to 60 per cent quieter than a traditional gas-powered machine.
- 3. Keep it tidy.** Bring trash and recycling cans in from the curb in a timely manner and keep your lawn free of tools and toys. After a storm, pick up debris and rake or mulch foliage so it doesn't blow into another yard.
- 4. Lend a hand.** If you're already working outside, offer to help a neighbour with some maintenance. It can be more efficient and rewarding to work with a friend.

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5 REASONS WHY YOUR CHILD SHOULD GET IN THE GAME

(NC) The lure of screen time can often deter kids from going outside, but enrolling yours in sports or physical activity will help them stay active this summer. Here are some of the main benefits of getting in the game:

1. Maintain good health: Did you know that, according to the federal government, only 9 per cent of kids ages five to 17 get the recommended 60 minutes of daily physical activity? Cardiovascular fitness, strength, improved flexibility and bone density are all developed through exercise. Plus, it helps maintain a healthy body weight and reduces the risk of health problems.

2. Develop self-esteem: Not only does getting active help improve overall mental health and well-being, it allows kids to venture beyond their comfort zones and try new things. Playing a sport fosters self-esteem and helps kids develop confidence.

3. Learn resilience: Even the best athletes in the world fail, and learning to overcome setbacks is an important life skill. Sport is a safe place for children to push their limits — it teaches them to set goals and try again if they do not succeed the first time.

4. Make friends: Being part of a team allows kids to socialize with their peers. Almost all sports have elements of teamwork, and learning to work together is another valuable life skill.



5. Have a blast: Having fun is the most important reason to get your kids in the game this summer. Through play, kids develop a positive association with sport and physical activity, encouraging them to be active for life.

For parents worried about the expenses associated with getting kids in the game, Canadian Tire Jumpstart Charities can help by assisting with the costs of registration, equipment and even transportation.

You can support this cause by donating at your local Canadian Tire; 100 per cent of customer donations stay in the community. If you know a kid who wants to play but is unable to because of costs, find help online at jumpstart.canadiantire.ca.

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5 TIPS FOR A DIY HOME GARDEN

(NC) Spring may have sprung a little late this year, but here are some tips for a successful garden that will have you growing in no time:

1. Choose your garden space wisely. Since most garden plants need ample sunlight to grow, make sure that your garden is given every opportunity to succeed by being strategic with the growing conditions. Ensure you pick an area with direct sunlight for plants that need it. If you're growing a vegetable garden, start small. Some vegetables keep providing throughout the season, so you may not need as many plants as you think.

2. Build up your soil. Create a mound of organically rich soil in your garden before you plant. This will encourage a larger yield and an improved root system during growing season because there is less competition for nutrients compared to regular earth.

3. Be smart about spacing. Receive better yields from each plant by paying close attention to how you arrange them. Avoid planting in square patterns or rows. Instead, stagger the plants in triangles which will let you fit more in. Just be careful not to space your plants too tightly — some won't reach their full potential when crowded.

4. Extend your growing season. If you're feeling really ambitious, add a few weeks to each end of the growing season by keeping the air around your plants warm even when the weather is cold by using mulches, cloches or row covers.

5. Aim for protection and comfort when gardening. Choose clothing that will guard you from the sun's UV rays, is flexible for you to move around in, and is higher rise to provide you with coverage when you're bent over the soil. The Shambhala all-over print capri from Mark's allows you to stay flexible while it wicks away moisture to keep you comfortable.

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HOW TO CASH IN YOUR HOME'S EQUITY AND LIVE YOUR RETIREMENT DREAMS

(NC) There are many appealing reasons that draw Canadians to downsize their home. Lower monthly expenses and fewer maintenance responsibilities attract people to a smaller, more affordable space. If you're thinking of selling in the current hot housing market to unlock the value of your home, there are many reasons to consider a land lease.

Land leasing means that instead of having to finance a large mortgage for the home and the land it sits on, you only finance the home. After you've paid off the mortgage, you will only have to pay for the land lease, which is much more affordable than a high mortgage you would be paying with conventional financing. Purchasing a home in a leased land community enables you to own a home that you otherwise may not be able to afford.

This setup is ideal if you're a budding retiree, as a land lease community can help you live an exciting and active life well into your golden years. With services like grass cutting, snow shoveling and other maintenance tasks, you'll be free to stop doing the things you don't want to be doing and start focusing on what matters most to you. Resort-like amenities such as indoor and outdoor pools, fitness centres, organized fitness classes, golf courses, and walking and biking paths mean you'll have plenty of activities to keep you busy.

The lifestyle is perfect if you want to join the snowbirds, as you can enjoy the warm Canadian summers but then easily close the doors to your home when the cooler temperatures arrive. Property management services like home watch security and mail collection offer safety and peace of mind while you're away.

Homeowner protections exist to make sure your retirement is smooth and secure. For example, Parkbridge Lifestyle Communities remains a partner in the ongoing interest of the community and the protection of the homeowner's investment. Other benefits like professional management, amenities enhancement and specialized real estate services help foster a true sense of community.

Find more information at www.parkbridge.com.

www.newscanada.com

TO DIY OR NOT? KNOW WHEN TO CALL THE LAWN PROS

(NC) Spring brings your lawn out of slumber, but with that comes some much-needed yard maintenance. After being dormant all winter, lawns need a fair bit of tidying up to grow healthily during the warmer months. Many chores you can take care of yourself, however some things are best left to the professionals.

"Once all the snow is gone and your lawn is dry, that's when you should give it a good raking," advises John Ladds, operations manager at Weed Man Canada. "This means not only getting rid of dead leaves and branches, but thoroughly raking to improve air circulation as well as soil activity resulting in root growth."

Along with proper mowing, fertilizing and watering techniques, these DIY tasks are all important. When conducted on a regular basis, they are an easy and inexpensive way for you to contribute positively to your lawn's health and substantiability.

For the best chance at a full and lush lawn, a call to the professionals can make all the difference. Depending on your lawn's needs, professional services such as mechanical core aeration, targeted over-seeding, and fertilization can make a tremendous impact over the course of a year. Experts agree that these treatments help improve your lawn's access to oxygen and nutrients, resulting in a healthier, greener lawn for the entire season.

While do-it-yourself methods are great for many aspects of lawn care, many of us lack the knowledge, tools and time required to go the extra mile. Turning to the pros can offer significant value and be well worth the investment in the long run.

Find more information online at weedmancanada.com.

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3 TOOLS TO RENT FOR A GREEN AND HEALTHY LAWN

(NC) Whether you're working on your own yard or you're a professional with clients to serve, the arrival of warm weather is the perfect time to build a healthy lawn that will make the neighbours green with envy.

"A well-kept lawn is about more than just looks. It also creates oxygen, reduces noise pollution and removes emissions from the air," explains Jamal Hamad, who leads the pro and tool rental departments at The Home Depot Canada.

Tool rentals are popular for lawn maintenance because both homeowners and professionals can get high quality equipment for the short term without having to worry about upkeep or storage. The service works with your schedule and budget because you only pay for what you need, when you need it.

Hamad recommends the following equipment to prepare your lawn for the season:

Turf rake: Too much thatch is one of the most common yard problems. More than half an inch of this dead build-up will start to damage roots and block nutrients. Rent a power turf rake to quickly and easily clear excess thatch.

Aerator: Almost every yard can benefit from aeration. An aerator removes thin cores of dirt so that air, water, fertilizer and new grass seed can penetrate. This lets the roots grow deeper and stops too much thatch from building up. Rent a power aerator to get this job done faster and to make sure the holes are deep enough to be effective.

Seeder: Over-seeding is a great way to fill in bare spots and enhance a tired-looking lawn. But it's important to seed correctly or you'll be throwing your money away. A power seeder makes slits in the ground to embed your seeds, giving them the best chance at germinating.

Find more information at www.homedepot.ca/toolrental.

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Did you make arrangements for your burial?

Have you reviewed your Family burial lot?
Is there defined space for each person?
Who has the say so for the lot?
Is your contact information current?

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Saint John Alpines 2017 Senior Baseball Schedule

Home Schedule

| | | | | | | | |
|-------|---------|--------------------|------|-------|---------|--------------------|------|
| Sat | May 20 | Charlottetown (DH) | 2:00 | Thurs | July 6 | Moncton | 7:30 |
| Thurs | May 25 | Moncton | 7:30 | Thurs | July 13 | Fredericton | 7:30 |
| Sat | June 3 | Chatham (DH) | 2:00 | Thurs | July 27 | Moncton | 7:30 |
| Thurs | June 8 | Moncton | 7:30 | Thurs | Aug 3 | Fredericton | 7:30 |
| Thurs | June 15 | Fredericton | 7:30 | Sat | Aug 5 | Charlottetown (DH) | 2:00 |
| Thurs | June 29 | Fredericton | 7:30 | Sat | Aug 12 | Chatham (DH) | 4:00 |

All Home Games Played at Memorial Field, Dever Road

Kitchen Talk" BY Jim Lawrence

Kitchen Reno with no layout changes? Most unlikely !

As a professional kitchen designer I often hear from the homeowners that the layout has to stay the same, because they may think that is the only way it will work, or other designers has told them that, or maybe they think it cost too much to move the layout around. May I respectfully add, that all of the above being most likely is not true.

It is possible that the layout has to stay the same. I would have to say no changes would be the extreme exception , for example I have designed and installed not 100s but 1000s of kitchens, I can only think of one or two, that we did not make any changes to the layouts and those were rental units.

As a professional designer, when I look at the old kitchen, and should main layout have to stay the same, then I and the homeowner start looking at and exploring, the small changes to enhance the make over. A few small changes can add up to big impacts.

Take small changes then add Avondale's special seamless sinks and counters, these will give you the granite look and quality of granite for Formica prices, you will have a whole new kitchen with the WOW-Factor.

Do you have designers block, on your kitchen makeover? Or have you had a design done and it just does not excite you? Check out www.AvondaleKitchens.com, we have professional designers in your area every week. You may be pleasantly surprised with what they can come up with.



Before



After

This article was written by Jim Lawrence
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HOW TO MANAGE BODY PAIN AS YOU AGE

(NC) Our bodies change as we age. And as much as we'd like to steer clear of long-lasting muscle, joint, back and arthritis pain, we may be unable to dodge these symptoms as time marches on.

So why does this happen? With age, muscle fibres shrink and weaken, which can contribute to fatigue and limit physical activity. At the same time, joints may stiffen and lose flexibility, resulting in pain, inflammation and, in some cases, arthritis.

Long-lasting body pain may be more common as we get older, but it shouldn't stop us from enjoying life and accomplishing all we want to. Research has found that a combination of treatment methods, including physiotherapy, massage therapy and medications, show the best results when managing body pain.

"When we leave our 30s and enter our 40s and 50s, pain can become a regular part of life. Some of my patients complain that they have to rely on taking multiple doses of pain relievers in a day to cope," says Dr. Jeff Habert. "Advil 12 Hour offers an option where just one pill keeps working for up to 12 hours."

If you're looking for an additional way to help get some relief, try applying icepacks to reduce inflammation and ease pain, or a warm bath to relieve aching muscles. As always, consult your health care provider with any health concerns.

www.newscanada.com

COMMUNITY MEALS ON WHEELS SAINT JOHN INC.

Community Meals On Wheels Saint John Inc., is a non-profit charitable organization which has had a presence in our community since its inception in 1973. The service, with the help of faithful volunteers, provides a nutritious meal delivered to the door for those who may be unable, for reasons of health, ability, etc., to prepare adequate meals for themselves. Many people, of all age groups, have used the services of the agency. Many times, it has meant maintaining the independence of seniors in their own homes, for longer periods, and family comforted in knowing their loved ones receive a healthy meal, with the added benefit of a cheery, friendly visit by caring volunteers.

Special dietary needs can be met for those with specific dietary issues and instructions; such as diabetics, or those with gluten or other food allergies, sodium restricted diets, etc. Meals are prepared according to Canada's Food Guide, with special attention to minimizing sugar, fat, and salt contents. Community Meals On Wheels offers as well, a Frozen Meal Program which can assist in providing additional meals for daily use, or for those who may require weekend meals, or those who may live outside the regular hot meal service delivery areas.

Payment is arranged in different ways. Some clients are billed monthly for their meals, or may qualify for subsidies through the Long Term Care Programs of the Department of Social Development, as well as the Department of Veterans Affairs.

Many of our clients have told us that if it were not for our service, they would have been unable to remain in their homes, or, that their recovery period from an illness would have been much longer in duration and more difficult. One long time client told us: "I don't know what I would have done without your program. I had been ill for some time, and just couldn't even think of cooking for myself. Because of your program and your wonderful volunteers, I didn't have to worry about making a proper meal for myself. It was a great assistance in my recovery!"

Our volunteers come from all walks of life; many retired, others who donate a lunch hour a week, month or as often as they are able to do so. All of these wonderful people help us to continue this much needed service to those we seek to serve, and all of whom are dedicated to the cause of giving back to their community as a whole. If you have an hour a week, a month, etc., we certainly can use your help! It is a rewarding way to help our agency fulfill its mission and meet the need in our community. Give us a call at 658-1888, and we'll gladly give you more information on how to join the ranks and become a Meals On Wheels Volunteer!

Darlene Moore, Executive Director

**COMMUNITY
MEALS ON WHEELS
SAINT JOHN INC.**



Special Thanks To Our Dedicated Volunteers

Community Meals on Wheels Saint John Inc.
is looking for volunteers to deliver noon hour hot meals.
Delivery is Monday to Friday and takes only an hour.
Volunteer once a month or more often if you wish!
Please contact Elaine at (506) 658-1888



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"It has been a wonderful journey", said Jean Porter Mowatt, President and CEO. "Our lives have been enriched many times over as we learned of the history and investment seniors gave to the greater community of Saint John".

Senior Watch was strengthened in its early years as it listened to senior needs. The need for a training centre became apparent in 1989 as Senior Watch identified the need to provide services with trained and screened staff.

"Our Intern PSW Program has trained over 300 personal support workers and 800 Foot Care Nurses who attend the classes at Care-Ed Learning Centre," said Sharon O'Brien, the Chief Learning Officer. Sharon supervises the development of the school curriculum.

The PSW2 Intern Certificate of 800 hours will meet the first stage, the Personal Care Aide (PCA) qualifications requested by the NB Home Support Association and the Department of Social Services. The Intern will gain up 1,000 hours of hands-on experience as they assist seniors at home. These are devoted students who understand the demands of an in-home care environment. Many students have worked for years at Special Care homes. They are students who have chosen a career in protecting our vulnerable citizens.

Our service levels are flexible and ready to meet client needs. "We encourage families to plan ahead to ensure that appropriate care is available for their elderly family members", encourages Sharon O'Brien.

"We serve Veterans Affairs, the Department of Social Services, and private cases," O'Brien said.

The continuum of care between doctor, client, and facilities makes results a smooth transition for the senior and the family. "We congratulate the health professionals who are working in difficult times to make it happen for our senior citizens, said Porter Mowatt.

Jean Porter Mowatt
President
Senior Watch Inc
April 22, 2015



Care - Ed the Learning Centre

Foot Care Management • Personal Support Worker

• Personal Care Aide

www.seniorwatch.com

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WHY MESSY COOKING IS GOOD FOR KIDS

(NC) Parents spend a lot of time trying to get their kids to clean up or to avoid making a mess in the first place. But according to parenting expert, Kathy Buckworth, getting messy with kids – particularly in the kitchen – is good for them. Not only does it provide valuable time together, it can also teach them about basic math and science, cleaning habits and nutrition.

Here are three benefits of messy cooking for kids:

1. Learning through play: Baking and cooking are fun ways to teach kids about science and math. From basic counting and weighing to showing how ingredients like baking soda and vinegar combine to create explosive messes, cooking is an interactive and engaging activity.

2. Cleaning habits: Encourage kids to explore touching and tasting food to be open to different things, but also show them the importance of food hygiene and clean hands. Cooking can be a great way to demonstrate teamwork for everything, from creating a clean prep surface to having fun while cleaning up. To make it easier, simply fill the sink with warm water and a few drops of Palmolive dish soap and allow dirty dishes to soak as you cook up culinary magic.

3. Doing the body good: Cooking dinner together is a great opportunity to explore fun and nutritious menu options. As you're cooking, talk about the ingredients, their origins and health benefits. Even better, take the opportunity to add in new vegetables to old favourites and show kids the importance of balanced diets that include a healthy mix of fruits, veggies and grains.

www.newscanada.com



5 WAYS TO SUPPORT YOUR COMMUNITY THIS SUMMER

(NC) Looking for some unique and interesting activities to make a truly memorable difference in your community this year? Here are some ideas:

1. Sponsor a youth sports team. There's a good chance you know someone who has a child on a summer sports team. Whether donating uniforms, covering facility fees or helping out with coaching, supporting a local team is a great way give back to your community. Plus, if you have your own businesses, you may even get some publicity in return.

2. Fundraise for a charity. Do even more for that charity close to your heart. With a CanadaHelps fundraising page, you can bring your friends and family together to support any registered Canadian charity. You can even put together a list of all your favourite charities and let your supporters contribute to the ones they like best.

3. Run (or walk) to raise money. You don't have to be a marathoner to run for an important cause. This summer consider joining one of the numerous walks and runs occurring across the country in support of great causes. Not only will lacing up get you active, you can feel good about it too.

4. Share your skills. Whether you're a pro photographer, a great storyteller or the best at identifying birds, teaching other people about your passion helps them hone their skills and introduces you to other like-minded people. It's a real win-win.

5. Give back. Smaller charities face a summer drought, as donations dry up compared to the winter months. Support these valuable organizations in your community with The Great Canadian Giving Challenge, created by CanadaHelps. When you donate to any registered charity on CanadaHelps.org or GivingChallenge.ca this June, your chosen charity will be automatically entered to win a \$10,000 prize.

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RibFest Returns

Third Annual
Loyalist City Ribfest
Exhibition Park
June 15th - 18th

Hosted by
Saint John
Y Service Club





Romero House Soup Kitchen

647-649 Brunswick Dr.,
Saint John, NB E2L 3S9

Please phone for pick-up **642-7447**
"35 Years of Community Sharing"

Volunteers:
 We are fortunate to have approximately 100 volunteers who work 7 different crews along with 5 full-time staff to facilitate a smooth operation. Our volunteers come from all walks of life and their dedication is a tribute to their faith and belief that everyone in our community deserves the most basic of services. Food, Clothing and Shelter.

A grateful salute to the following:
Volunteers - Without their efforts we could not continue.
Regular Supporters - As their faithful financial support ensures the delivery of service to our community.
Goods in Kind - That greatly reduce necessary expenses.
Expansion Donors - Who have enabled us to improve our services through their faith in our work.
Benefactors/Patrons - Who assist visions in becoming reality.
Fund Raising Project Groups and Sponsors - a definite shot in the arm in times of crisis and need.
Staff and Board of Directors of Romero House Advisors: Legal, financial and spiritual intercessory prayer team.
To Everyone who helps in any way.

Thank you on behalf of all those members of Saint John community that so desperately need the essential services that are provided by Romero House Soup Kitchen.

romerohouse@rogers.com

GREATER SAINT JOHN LOCAL SPORT WEBSITES

Events and/or programs maybe subject to change. Please check website(s) for updated info

| | |
|---|--|
| Archery | |
| River Valley Archery | www.archerynb.ca |
| Adult Public Skating | |
| Harbour Skating Club | www.harbourskatingclub.ca |
| Badminton | |
| Badminton NB | www.bnnb.ca |
| Baseball | |
| Baseball New Brunswick | www.baseballnb.ca |
| Basketball | |
| Basketball New Brunswick | www.basketball.nb.ca |
| Lancaster Minor Basketball Association | www.lancasterhoops.com |
| Baton Twirling | |
| Baton Explosion Inc. | www.batonexplosion.com |
| Boxing | |
| Golden Gloves Amateur Boxing: | Email: boxing@nbnet.nb.ca |
| Canoeing & Kayaking | |
| Fundy Paddlers Club | Email: nancy.clifford@nb.sympatico.ca |
| Go Fundy! Events | www.gofundyevents.com |
| Cheerleading | |
| Carleton All-Stars: | www.carletonallstars.com |
| Champion Spirit Athletics: | www.championspiritathletics.com |
| East Coast Spirit: | www.eastcoastspirit.com |
| Curling | |
| Carleton Curling Club | www.carletoncurlingclub.com |
| Thistle St. Andrews Curling Club | www.tsacurlingclub.com |
| New Brunswick Curling Association | http://www.nbcurling.com |
| Cricket | |
| Saint John Cricket Club | www.cricketsj.ca |
| Cycling | |
| VELO New Brunswick | www.velo.nb.ca |
| Atlantic Canada Cycling | www.atlanticcanadacycling.com |
| Diving | |
| Saint John Fundy Dive Club | aquatics.nb.ca/aquatic-sports/saint-john-fundy-dive-club/ |
| Fencing | |
| Fencing New Brunswick | www.fencingnb.ca |
| Figure Skating | |
| Saint John Skating Club | www.sjsc.ca |
| Frisbee | |
| Saint John Ultimate Frisbee | www.saintjohnultimate.com |
| Football | |
| Saint John Women's Touch Football League | http://www.sport.ca/sjwtf |
| Saint John Men's Touch Football League | www.sjmtfl.com |
| Fundy Minor Football Association | www.fundyminorfootball.com |
| Saint John Wanderers | http://www.saintjohnwanderers.ca |
| Gymnastics | |
| Fundy Gymnastics Club | www.fundygymnastics.com |
| Hockey | |
| Saint John Youth Minor Hockey Association | www.saintjohnyouthhockey.com |
| Lancaster Minor Hockey Association | www.lancasterminorhockey.com |
| Hockey New Brunswick | www.hnb.ca |
| Judo | |
| Kiyokan Judo Club | www.kiyokan.com |
| The Judo Shimpokai | www.shimpokai.com |
| Karate | |
| Karate New Brunswick | www.karatenb.com |
| Lacrosse | |
| Fundy Lacrosse Association | www.fundyriptide.ca |
| Roller Derby | |
| Fog City Rollers | www.fogcityrollers.com |
| Rowing | |
| Kennebecasis Rowing and Canoe Club | http://kennebecasisrowingcl.tripod.com/index.html |
| Rugby | |
| Saint John Trojans | www.trojansrfc.com |
| New Brunswick Rugby Union | www.nbru.ca |
| Saint John Co-Ed Touch Rugby League | http://www.saintjohntouchrugby.com |
| Saint John Irish Rugby Club | www.saintjohnrfc.com |
| Soccer | |
| Fundy Soccer Association | www.fundysoccer.org |
| Saint John Soccer Club | www.saintjohnsoccer.ca |
| Softball | |
| Softball New Brunswick | www.softballnb.ca |
| Speed Skating and Learn to Skate | |
| Saint John Speed Skating Club | www.sjspeedskaters.ca |
| Squash | |
| Squash New Brunswick | www.squashnb.ca |
| Swimming | |
| Canada Games Aquatic Centre | www.aquatics.nb.ca |
| Saint John Fundy Tide | www.tideswimming.ca |
| Track and Field | |
| Saint John Track & Field Club | www.sjtc.ca |
| Triathlon | |
| Fundy Extreme Triathlon Club | www.fundyextreme.com |

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