

KENNEBECASIS VALLEY SUMMER ACTIVITY GUIDE 2017

NEW HOURS
MON - FRI 8-7
SAT 8-3

LEISURE TIME SALES LTD WELCOMES YOU TO OUR

NEW LOCATION!

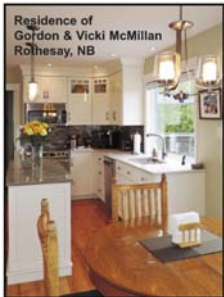


RV SALES • RENTALS • SERVICE • PARTS
DUMP STATION • PROPANE • TRACTOR SALES

Route 1, Exit 141, Gondola Pt Arterial

1-888-388-7878 | www.leisuretimesales.com

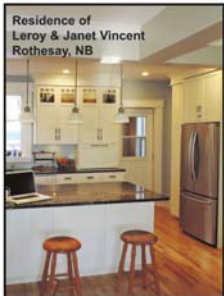
**Residence of
Gordon & Vicki McMillan
Rothesay, NB**



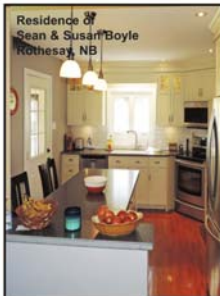
**Residence of
Cathy Hutchinson & Brenda Avery
Darlings Island, NB
Hutchinson Music and Photo & BrenTax**



**Residence of
Leroy & Janet Vincent
Rothesay, NB**



**Residence of
Sean & Susan Boyle
Rothesay, NB**



Avondale makes
kitchen designing
a breeze.

Simply book an
"at-your-home"
consultation. With
a professional
Avondale kitchen
designer, you will
see amazing
designs appear
right before
your eyes!

In a quick two
hour sitting, you
will be presented
with lots of ideas
that you may have
never known were
possible.

Call Avondale or
book an Avondale
designer through
your favourite
local interior
decorator.

Check around,
chances are
you already
know someone with
an Avondale
Kitchen.



4 Market Lane
Kingston, NB
763-3490
(leave message)

Saturdays 8 am - 1 pm May - November

"Keeping it real by keeping it local"

THE place to be on Saturday morning.

Enjoy a hearty country breakfast,
shop, see friends and meet new ones.

"Like" us on Facebook



Rothsay / Quispamsis

**Denture
Clinic**

849-8383

Paul A. Opdam DD

Dentures • Relines & Repairs • Implant Dentures
Thorough Checkups

Mon: Closed Tues to Fri: 9 - 5 Sat: CLOSED

157 Hampton Rd., Rothsay, NB
(Subway Mall - Rothsay Commerce Centre)



**IT'S NOT JUST
THE BEST OF THE BEST.
IT'S THE BEST OF THE BEST
OF THE BEST.**

For 8 years, J.D. Power's Best New Small Utility Vehicle. Now the 2017 Subaru Forester has taken home the title of Canadian Utility Vehicle of the Year, and it's easy to see why. With its versatile cargo compartment, spacious passenger cabin, available Sunlight® (three-zone Technology) and impressive Subaru Symmetrical Full-Time 48-Shift drive, the Forester's newest title is just another reason to take one out for a test drive. We invite you to learn more at subaru.ca/forester.

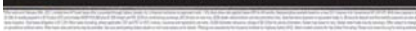


Awarding Bodies and
Associates of Canada

**2017 FORESTER
CANADIAN UTILITY VEHICLE
OF THE YEAR**



299 ROTHESAY AVENUE, SAINT JOHN
633-0833 • 1-888-633-0833
www.aberdeenmotors.ca



Ninety per cent of Canadians agree: Nothing brings people together like eating together

(NC) New research reveals that many of us struggle to actually sit down and enjoy a meal with others — and the key to more meal gatherings could lie in the food we serve.

Although a whopping 83 per cent of Canadians agree that families should eat together every night, only one in three are able to do so. Reasons for this include competing calendars of family members, busy work schedules and technology. These reasons are even more prevalent among the younger generation, indicating that the speed and complexity of modern life may be inhibiting family and community moments.

"We know that when people eat together, good things happen," says Tom Fillipou, executive chef from President's Choice. "But in a world where fast-paced technologies and busy lifestyles can easily take over, it can be difficult to carve out time to enjoy meals with family and friends."

If you want to bring your loved ones to the table, it's clear that the menu plays an essential role. In fact, 92 per cent of survey respondents agreed that food is a common thread that ties people together.

The food itself varies by region, as Canadians embrace diverse flavours and ingredients. For example, nearly

half of Ontarians believe that pancakes and maple syrup bring people together, while people from Nova Scotia are more inclined to enjoy seafood like lobster and chowder with others. In Quebec, Canadians believe tourtière, a dish steeped in history, has the power to unite. Along the west coast, BC residents enjoy eating Pacific salmon at a communal table.



"Food has a unique ability to create common ground and facilitate shared experiences," says Fillipou. "When we acknowledge that fact and consciously select ingredients and dishes that we like to eat together, it becomes much easier to reap all the benefits associated with sharing a meal with others."

www.newscanada.com

KENNEBECASIS VALLEY SPRING & SUMMER ACTIVITY GUIDE



505 Rothesay Ave., Unit 3,
Saint John, NB E2J 2C6
www.specialtyads.ca

We create and produce special publications, magazines, brochures, specialty advertising, etc. for organizations, special interest groups, and community services.

David Reid - Editor

Tel: 642-5029 Fax: 642-5766 dreid@specialtyads.ca

John Gardner - Account Executive

Tel: 847-9323 Cell: 653-0993 2gardner@nb.sympatico.ca

John Allen - Account Executive

Tel: 672-6144 Cell: 646-0671 jnallan@rogers.com

Printed by Transcontinental Printing

Content and/or opinions expressed do not necessarily reflect those of the publisher. While all efforts have been made to ensure accuracy, the publisher cannot be held responsible for any errors and/or omissions which may inadvertently occur.



Hugh J. Flemming, Q.C.

MLA Rothesay

Constituency Office

70 Hampton Road, Rothesay

Phone: **848-5440** hugh.flemming@gnb.ca

Office hours: Mon 9am - 5pm Tues - Thurs 9am - 1pm



Tips to practice boating safety this summer

(NC) Enjoy spending time by the water with loved ones this summer by following these tips to keep people and Canadian waterways safe.

- Take an accredited Canadian boating safety course. Keep your pleasure craft operator certificate with you at all times.
- Inspect your boat and all your equipment before departure.
- Always wear your lifejacket or personal flotation device while on board. It is important to put it on before boarding the vessel.
- Check the forecast for weather and water conditions before heading out and keep a watchful eye out for changing conditions.
- Study and carry your marine charts.
- Leave a trip/rescue plan with a responsible person.



- Do not drink and drive and do not cruise with alcohol on-board your boat.
- Never boat under the influence. It's dangerous — and against the law — to operate a boat while impaired by drugs or alcohol.

Find your local Canadian Coast Guard phone number at www.ccg-gcc.gc.ca/emergency-numbers-hub.
www.newscanada.com



AtlanticPress 2000

• Graphics	• Large Format Posters	• Wedding Invitations
• Photocopying	• Computer Forms	• Christmas Cards
• Offset Printing	• Bindery Services	• Fax Service
• Color Digital Printing	• Cheques Laser-Continuous	• Stamps

For All Your Printing Needs
14 Centennial Rd., Unit 1, Hampton, NB E5N 6N2
Tel: 832-5218 • Fax: 832-3818
atlanticpress@nb.aibn.com

ARMSTRONG
INSTALLERS LTD. Since 1976



Ven-mar Ventilation Systems
Cana-Vac Central Vacuums
Heat Pumps
Range Hoods & Bathroom Fans
Service All Makes & Models

FREE ESTIMATES

83P Hampton Rd., Fairvale Mall
Rothesay, NB

INSTALLATION SERVICE • SALES

Ph: **847-7102** Cell: 636-1210
cleanair@nb.sympatico.ca

RECREATION & LEISURE ACTIVITIES CONTACTS

Arenas
Qplex info line 848-5900
Quispamsis Memorial Arena 849-5720
RNC Rink (RCS) 847-8224
Rothsay Arena 847-6363

Art Club
Michael Butler Art Classes 832-7836
Renforth Art Club 849-2680
Cynthia Cadmore 849-2680

Badminton
Dave Curran 847-8593
John Short 847-8714

Baseball Leagues
Girls Softball 849-7541
Lisa White 847-2806
Sandra Horton
KV Little League 847-9871
Dave Wilson email: davew@nbnet.nb.ca
KV Minor Baseball 849-6894
John Richard

Basketball
KV Basketball Association www.kvba.ca
Basketball NB 849-4667

Baton Club
Baton Explosion Inc. 849-6624
Rothsay

Boating Clubs
Renforth Boat Club 847-1724
Rothsay Yacht Club 847-7245

Boy Scouts
KV District 1-888-726-8876
Lloyd Kierstead 433-5326

Bradley Lake Community Centre
Anita Bush 847-7170
Richard McKenney 849-8143

Cadets
-#268 RCSCC Bras D'Or Sea Cadets 848-6693
-#170 Raymond M Cromwell Navy League Cadet Corps. 849-4678

Canoeing
Kennebecasis Canoe Club
Rob Lang 847-5927
Craig Lang 847-5927

Car Club
Valley Cruisers Car Club
Don Moore 847-4060

Chess
Saint John Chess Club 849-5488

Cross Country Skiing/Biathlon
Erbs Cove Outdoors Club
Gig Keirstead 832-4421
Brian Gillis 847-2246

Dancing
The Studio Dance School
Stephanie Grace 849-5299

Diving
Saint John Fundy Dive Club 847-3429

Drama
KV Players Theatre Co. 847-1867
Suzanne Yexxa

Fencing
Renforth Fencing Club
Eric Phinney 847-7696

Figure Skating
Quispamsis Figure Skating Club 849-3933

Fishing
Hammond River Angling Assoc. 832-1230
Sean Doyle
Email: hraa@nbnet.ca

Football
Fundy Minor Football
Barry Ogden 849-4650
Email: bogden@nb.sympatico.ca
UNBSJ Seawolves Football Team
Barry Ogden 849-4650

Girl Guides / Brownies
Quispamsis/Rothsay
Deb Maber 847-3694

KV Woodworkers
David Erskine 847-3130
derskine12@bellalliant.net
Robert Jackson 847-5105
jacksonr@nbnet.ca

Karate
KV Karate Club
Neil Pond 847-1242

Lacrosse
Fundy Lacrosse Assoc. 693-6137

Lawn Bowling
Seaside Lawn Bowling
Richard Hughes 847-5383

Library
Kennebecasis Public Library 849-5314

P.R.O. Kids
Steve Dobbelssteyn 642-7529

Quilting
KV Quilting Guild
Janet McLaughlin 849-8707

Recreation Department
Town of Rothsay
Charles Jensen 848-6606
Town of Quispamsis
Dana Purton Dickson 849-5750

Recreation Facility Rental
McGuire Memorial Center
Town Hall 848-6606
Meenian's Cove
Beach House 849-5778
Quispamsis Civic Centre 849-5778
Qplex info line 848-5900

Rowing
Kennebecasis Rowing Club 847-5803
Henry Flood hflood@nbnet.nb.ca

Sailing
Rothsay Yacht Club
"Learn to Sail Programs" 847-7245

Skating
Saint John Amateur Speed Skating 849-5488

Skiing
Poley Mountain 433-7652

Squash
Kennebecasis Squash Club 849-6786
Mike McGuire 847-7168
mike.mcguire@bird.ca
Brian Prosser bprosser@nbnet.nb.ca

Soccer
Fundy Soccer Association 847-9406
www.fundysoccer.org

Tennis
Quispamsis Tennis Club 847-5455
tennis@qcta.net
Full club details at www.quispamsistennis.ca
Rothsay Tennis Club
Full club details at rothsaytennis.club.com/.
(during tennis season) 849-6044

Tai Chi
Taoist Tai Chi 658-9854
Email: saintjohn.nb@taoist.org



LANDING CLINIC
Partners Of **FYI doctors.**
For you. For your eyes.

2C Landing Court, Quispamsis, NB
Tel: (506) 849-EYES (3937)
Fax: (506) 847-EYES (3937)

www.landingclinic.com

Dr. Jason B. Saunders, Optometrist
Dr. Darren MacLean, Optometrist




HUFFTM PUFF
 BLOWN IN & SPRAY FOAM INSULATION



- 2 lb Spray Foam
- Fiberglass & Cellulose
- Old & New Homes

Call BRENT Today!
506-650-5799
www.huffnpuff.ca

In life, there are many things people often overlook.

Like life insurance.

State Farm

Barb Magee Ins Agency Ltd
 Barb Magee, Agent
 113 Hampton Road
 Rothesay, NB E2E 2P9
 Bus: 506-847-1947



State Farm Insurance Company of Canada, Toronto, Ontario

Rothesay Hair Company
849-CUTS (2887)
 Men's & Ladies' Hairstyling Services



Heidi Chown



Donna Kearney



Laura Defazio



Darlene Anne Morris
 Appointment Only



Wanda Fudge
 Appointment Only

DROP IN TODAY!
 52F Marr Road (beside H&R Block)
 Lots of Parking
 Wheelchair Accessible

- Block Parent Assoc 847-6236
 Rothesay Regional Police Cst. Natasha Vouture
- Child Care Directory 657-2302 or 634-2011
- Fairvale Outing Association
 Jeanie Saunders 847-8332
- IODE Rothesay Chapter Helene Young 847-5063
- KV Chamber of Commerce 849-2860
- KV Food Basket 847-5854
- KV Committee for Disabled Persons
 Vicki email: kvcommittee@yahoo.ca 849-2974
- Rothesay Community Access Centre 848-6610
- K-Park Hasting Cove Joanne Gormley 847-4225
- KV Special Olympics Anne Waddell 763-2257
 Wayne Crandell 847-7860
- Kennebecasis Public Library 849-5314
- (KV3C) Kennebecasis Valley
 Children Community & Capacity
 email: kv3c@nb.aibn.com 849-7266
- Kennebecasis Lions Club 849-4313
- Kennebecasis - Kings ToastMasters Club
 kvtoastmasters.org Jean 763-3923
- Newcomers Email: sjkvnewcomersclub@gmail.com
- Canadian Red Cross 674-6132
- Rothesay-Kings Rotary Club 849-1743
 Gordon Dempsey
- Royal Canadian Legion Branch #58 847-5146
- Vocational Training Centre 847-4759
 Email: voctrain@nb.aibn.ca
- VON (Victorian Order of Nurses) 635-1530

Saint John Dragon Boat Festival

Saturday, August 26, 2017
 8am to 5pm at the Renforth Wharf

The Saint John Dragon Boat Festival is an exciting fundraising event that combines the thrill of team dragon boat racing with a unique cultural festival.

For more details visit: www.sjdragonboat.ca



Fundy Gymnastics Club

Fundy Gymnastics Club is a non-profit, parent-run organization that has been providing gymnastics to the Fundy region of New Brunswick, Canada, since 1989.

We strive to provide a positive atmosphere where participants can explore the benefits of strength, flexibility and coordination that gymnastics provides, in order to build fitness, confidence and self-esteem.

Fundy Gymnastics Club aims to:

- Offer quality instruction at a level suitable for each participant.
- Provide qualified, safety-conscious coaches, who create a positive learning environment.
- Ensure each participant has the opportunity to enjoy the benefits of gymnastics.
- Encourage and guide each gymnast to achieve his or her own potential and goals.

Gymnastics offers some unique qualities that can have a healthy impact on your child, as it is the only sport that works total body strength, flexibility and aerobic development. Further, the development of self-esteem and the joys of self-expression through body movement are enhanced by gymnastics. Early participation enables children to enjoy a healthy and active lifestyle for a lifetime.

The club supports both Men's and Women's Artistic Competitive teams and a large recreational program. Our main facility in Quispamsis features the latest gymnastics training equipment available, and is designed with the utmost safety in mind.

**We would like to congratulate all of
our Competitive Athletes on a
fantastic 2016-2017 season,
Believe It, Achieve It!**



6 FUN-FILLED WEEKS TO CHOOSE FROM!

Register Online:
www.fundygymnastics.com

The Bill McGuire Centre



**Need a space for your
Wedding reception?
Fundraising event?
Family reunion?**

**The Bill McGuire Centre in Rothesay
is an excellent venue and will
accommodate up to 250 people.
Call Charles at 848-6606 to reserve.**



	Date	Half Day	Full Day
Week 1	Monday 26th June - Friday 30th June	\$120	\$165
Week 2	Tuesday 4th July - Friday 7th July*	\$97.50	\$135
Week 3	Monday 10th July - Friday 14th July	\$120	\$165
Week 4	Monday 17th July - Friday 21st July	\$120	\$165
Week 5	Monday 24th July - Friday 28th July	\$120	\$165
Week 6	Monday 31st - Friday 4th August	\$120	\$165

*No Camp on Monday July 3rd - Canada Day Observed

TUMBLING & TRAMPOLINE MINI CAMP		
Tuesday 8th August - Friday 11th August	10am - 12:30pm	\$120

The Tumbling Camp is ideal for gymnasts / dancers ages 8 to 16 years, wanting to work on specific acrobatic skills, or for those that just want to come and enjoy our fantastic facility, and learn how to jump and tumble in a safe, fun environment.

FESTIVALS & EVENTS

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

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 Pavillion, 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

WHERE WE PRICE THEM LOW TO MAKE THEM GO!



40 Leonard Drive, Sussex, NB
506-433-1890 1 (877) 677-9574



NORRAD

www.norradchrysler.ca

CHRYSLER DODGE
RAM JEEP

Home of the 3 for 4 Tire Sale



Joe Toner Jim Post
Bob Gordon Rob Hodgins
Richard Lapointe



9 Scott Avenue, Rothesay, NB

847-4885 Fax: 847-3151

Brent Welch

www.welchinsurance.com
Email: bwelch@nb.aibn.com

• **AUTO • HOME • COMMERCIAL**
• **TRAVEL • MARINE • LIFE**

FESTIVALS & EVENTS

Jul 14 to Nov 10
Brundage Point Market
Location: 4 Ferry rd., Grand Bay-Westfield, NB

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

LOCH LOMOND

Home
hardware
building centre

- LUMBER • PLYWOOD
- INSULATION • PAINT
- GARDEN CENTRE • WINDOWS
- PLUMBING & ELECTRICAL
- HOUSEWARES & SEASONAL GIFTWARE
- HARDWARE • WINDOWS

NEW LITHIUM-ION BATTERY TOOLS

STIHL DEALER DAYS

NEW FSA 45
Battery Trimmer

\$149.95

GARDENER SERIES

\$149.95

\$149.95

\$149.95

**1120 Loch Lomond Rd.
Saint John NB**

658-4663

BODY EXPRESSIONS

Dancewear

Dance, Skating, Gymnastics and Fitness Apparel

Phone: 849-7569



BODYWEAR LEGWEAR FOOTWEAR

bodyexpressionsdance@gmail.com

www.bodyexpressionsdancewear.com



**Professional Strength
Personal Service
Practical Solutions**

STEEVES PORTER HÉTU & ASSOCIATES INC.

Member Firm of Porter Hetu International Services Group

**Carol LeBlanc, CPA, CMA
Jessica Jamieson, CPA, CMA
Vickie Keirstead, CPA, CGA
Dale B Steeves, FCPA, FCGA
Allan Eisner, CPA, CGA
Dean Mullin, CPA, CA
Mike Bishop, CPA, CA**



158 Millennium Dr. Quispamsis, NB E2E 6E6

Phone **847-7471** Fax: 847-3151

E-mail: sph@steevesporterhetu.com
Website: www.steevesporterhetu.com

Steeves Porter Hétu & Associates Inc is registered with the Chartered Professional Accountants of New Brunswick ("CPA"). In addition, we are a New Brunswick representative office of a national affiliation of accounting firms under the name Porter Hétu International (PHI).

We believe in the value of relationships. We view every client relationship like a partnership, and truly believe that our success is a result of your success. Our approach involves a high degree of client consultation throughout the project which works to ensure that our team stays firmly on target, performs the work sought by our client and develops practical, useable systems and recommendations to provide our client with continuing benefits long after our involvement.

We take pride in giving you the assurance that the assistance you receive comes from years of advanced training, technical experience and financial acumen.

Our firm offers a wide range of services to our individual and business clients..

**Accounting Services
Cash Flow & Budgeting Analysis
Reviews & Compilations
Financial Forecasts & Projections
Bookkeeping
Business Consulting
Purchase and Sale of a Business
Accounting Software Selection
& Implementation**

**Business Succession Planning
Business Valuations
Management Advisory Services
Tax Preparation & Services
Tax Planning & Preparation
Estate & Trust Tax Preparation
Payroll Services
Tax Planning
Estate Planning**

Valley Concrete Inc.

SERVING ALL YOUR READY MIX CONCRETE NEEDS

- Residential
- Commercial
- Industrial
- Computer Batched

23 Enterprise Dr., Quispamsis
Phone: 848-6372 Fax: 847-5560
nelsonfowler@bellaliant.com



Valley Concrete Inc.

Celebrating our 12th year in business and supplying concrete to the greater Saint John, Kennebecasis Valley and Sussex areas.

Valley Concrete Inc. has provided computer batched concrete for such projects as the Sobeys in Sussex and numerous barns, Saint John's Costco and Loch Lomond Villa, along with the Quispamsis QPlex and Shannex and numerous residential homes. Valley Concrete is currently supplying concrete for the new One Mile project.

All of our ready mix drivers have completed the Atlantic Concrete Association's Concrete Delivery Professional Program.

Valley Concrete is a local company that prides itself on the strength of our product, our clean ready mix fleet, helpful and courteous staff and on time delivery.

We look forward to serving you in 2017!

SERVING ALL YOUR READY MIX CONCRETE NEEDS

Gorham's Creek Farms Inc.



163 Gorham's Bluff Rd.
Kingston, NB E5N 1A7

FREE RANGE BEEF - PORK - TURKEY
ORGANIC BEEF & POULTRY
Manure - Straw - Hay

Proxair Depot: 100 lb.
Propane, Acetylene, Oxygen, CO₂

Ernie Gorham, proprietor
Ph: (506) 763-2825
Fax: (506) 763-2805
gorhamscreekfarms@xplornet.ca

ORDER YOUR FRESH TURKEYS HERE



Creative ideas to maximize your summer

(NC) Does it ever feel like time flies by faster every year? Changing your habits and routine is a great way to fight the feeling of time passing you by — and summer is a great time to start. Instead of your normal seasonal activities, cultivate a new interest to enjoy. Here are some ideas that'll inspire you:

Develop a taste for the arts. That could be going to see a play, switching up the music you listen to, or trying out painting or pottery. Art has many mental health benefits and is a wonderful way to infuse some imagination into your life.

Set an athletic or health goal. If you are already sporty, participating in a long distance run could be a good option. If exercise is not part of your life, consider committing to an accessible, daily activity — a little bit of exercise can go a long way towards a healthier mind and body.

Try volunteering. Getting involved in a community festival, coaching a sports team, or helping out at a local non-profit are all great ways to meet new people and make a meaningful contribution and enhance self-esteem.

Engage with a cause. Whether its environmental issues, human rights or social justice, connecting to a good cause is a great way to enrich your summer. Organizations like Amnesty International offer all kinds of accessible ways to get involved with people from all walks of life.

Find more information at www.amnesty.ca.

www.newscanada.com

JULY 1st **Canada Day Celebrations**

**Come out and celebrate our
Nation's 150th Birthday**

ROTHESAY - Saturday, July 1st, 2017

Activities begin at noon and events include a flag-raising and cake-cutting ceremony on the Rothesay Common*

After the ceremony enjoy:

- Live Entertainment! • Popcorn & Cotton Candy!
- Sparkle Tattoos! • New Giant Inflatables!
- Kids Games! • A BBQ by Rothesay Staff!
- *Rain location will be the Rothesay Arena

Canada Day Festivities @ Arts & Culture Park

July 1 @ 11:00 am - 4:00 pm

Saturday, July 1st

11:00am – 4:00pm

Arts & Culture Park

12 Landing Court, Quispamsis, NB

Join us at the Quispamsis Arts & Culture Park to celebrate Canada Day.

The Town of Quispamsis is thrilled to host giant inflatables, a tasty barbeque, games, entertainment by professional musicians and more!

Join the fun as we celebrate Canada 150!



"Millennium Cycle and Sport are very pleased to be in our new location at 28 Millennium Drive in Quispamsis! Nestled in the heart of the shared route system, we are able to host group mountain and road rides from the shop for all skill levels. Offering Trek, Rocky Mountain, Look, Miele and Garneau bikes as well as Fit and Encore BMX is only part of what we do. Service is the key to keeping you out there enjoying your ride and having fun and we offer a full service centre with two full time experienced mechanics to keep your bike tuned to perfection. We also carry Thule bike racks, Oakley eyewear and a full line of cycling apparel and accessories ... so whatever your needs stop in to see us and "Enjoy the Ride!!!"

Like us on Facebook
info@millenniumcycleandsport.com
(506)849-RIDE



**MILLENNIUM
CYCLE & SPORT**

DRIVEN BY OUR PASSION

- Offering Trek, Rocky Mountain, Look, Miele and Garneau bikes as well as Fit and Encore BMX
- a full service cycle centre
- Thule bike racks, Oakley eyewear
- full line of cycling apparel and accessories

**28 Millennium Dr., Quispamsis
millenniumcycleandsport.com
849-RIDE**

Your emergency kit checklist

(NC) By taking a few simple steps today, you can become better prepared to face a range of emergencies — anytime, anywhere. Here is a list of basic supplies to include in your emergency kit:

- Water — two litres per person per day (include small bottles)
 - Food that won't spoil, such as canned food, energy bars and dried foods (replace once a year)
 - Manual can opener
 - Wind-up or battery-powered flashlight (and extra batteries)
 - Wind-up or battery-powered radio (and extra batteries)
 - First aid kit
 - Extra keys for your car and house
 - Cash, travellers' cheques and change
 - Important family documents such as identification, insurance and bank records • Emergency plan — include a copy in your kit as well as contact information
- Consider these additional emergency kit supplies:
- Two additional litres of water per person per day for cooking and cleaning
 - Candles and matches or lighter (place in sturdy containers and do not burn unattended)
 - Change of clothing and footwear for each household member
 - Sleeping bag or warm blanket for each household member
 - Toiletries and personal hygiene items
 - Hand sanitizer, toilet paper and garbage bags
 - Prepaid phone card, mobile phone charger
 - Pet food and supplies
 - Infant formula, baby food and supplies
 - Activities for children like books, puzzles or toys
 - Prescription medications and medical equipment
 - Utensils, plates and cups
 - Household chlorine bleach or water purifying tablets
 - Basic tools, like a hammer, pliers, wrench, screwdrivers, work gloves, pocket knife
 - Small, fuel-operated stove and fuel
 - Whistle (to attract attention)
 - Duct tape

Find more steps you can take to make sure you and your family are prepared for emergencies at www.getprepared.ca.
www.newscanada.com



DOWD

HOME IMPROVEMENTS LTD.
Division of
Dowd Roofing Inc.

Serving Saint John & Area for over 75 years

- Siding, Soffit, Fascia
- 5" Seamless Eavestrough
- Authorized Dealer of ALLSCO Windows & Doors
- Roofing

Free Estimates - Safety Certified

No Job Too Big or Too Small

550 Somerset Street, Saint John, NB
506-632-0022





Licensed & Insured, Prompt, Professional & On Budget



2016 Yamaha Kodiak 700 4X4



Only \$6,999* (Limited Quantity)
Camo Models Only \$7,499!

Fuel Injection, independent suspension,
Yamaha quality and reliability!

Finance for only \$84 bi-weekly over 60 months,
\$0 down, or Camo for only \$5 more bi-weekly!

MOTOSPORT PLUS

342 Rothesay Avenue,
Saint John, NB E2J 2C2

P: 506-633-2898

F: 506-633-5085



/// YAMAHA-MOTOR.CA



The BED MAKERS



"New beds created, old ones made beautiful"

Call Duncan for Free Estimates 645-8222

We install beds, sod, walkways, walls, patios & ponds; edge, prune, weed, mulch & care for your perennials.

GARDEN CENTER

Open 7 days a week April thru October

Check for hours on line www.brunswicknurseries.com

Brunswick Nurseries

308 Model Farm Rd Quispamsis NB

Serving the Kennebecasis Valley and greater Saint John area for 40 years



Forty-one years ago, as a Forester venturing into the world of gardening and landscaping, I certainly had a choice of challenging skills to pursue, from tree planting to growing perennials, lawn care, bed installation, hardscape, pruning, mowing and more. My favourite turned out to be garden design, installation and care, and that's been mine and

Brunswick Nurseries' focus ever since. That's why I dubbed us The Bed Makers. To that end we have a Garden Center chocked full of hardy trees, shrubs, and perennials, many on the deer-resistant list, for the full gardening season, spring, summer, and fall. Our skilled crews will expertly install and care for garden beds on your property.

I find it very satisfying to tackle messy, overgrown and weedy beds across the front of a house, and restore them to law, order, and beauty. My clients are often amazed and relieved that most of their old shrubs can be given a new lease on life, and many more years of useful existence!

Top summer home improvement tips

(NC) Summer is one of the best times to focus on outdoor home improvement projects that deliver the greatest return on your investment.

"While there are many renovation options available to homeowners, not all are created equal," explains Brad Johnstone, broker of record for the Royal LePage Niagara Real Estate Centre. "Some improvements help bolster your property's resale value more than others, so before you invest your time and money, be sure the project will pay off in the long run."

In order to receive the best bang for your buck, Johnstone recommends these three outdoor im-



provement tips: 1. Build a deck or patio. A new deck or patio is a great way to add a focal point to any backyard. Not only do these structures add to a property's visual appeal, but they also provide homeowners with the means to enjoy their outdoor living space to the fullest. During the summer months, a patio is a great place to entertain guests, barbecue, and enjoy leisure time with friends and family. Whatever your motivation, a deck or patio will encourage you to get out and enjoy the summer, all while adding a healthy amount to your property's bottom line.

2. Install a sprinkler system. On average, homeowners use 50 per cent more water than necessary on their lawns, adding to their monthly bills and causing their grounds to flood. Automatic lawn sprinklers are an easy way to avoid this as they are designed with busy lifestyles in mind. Although installation can be costly, you may save money in the long run. 3. Landscape your yard. Landscaping is one of the best ways to add visual interest to your outdoor living space for a relatively small fee. Whether you choose to garden or install a built-in fixture like a pond, beautifying your backyard is a great way to create an attractive and serene environment that builds your home's equity.

Find more summer home improvement ideas at royallepage.ca.

www.newscanada.com

DARREN L. MARR

Barrister, Solicitor, Notary Public

**Specializing In Real Estate
Transactions: Buying,
Selling and Mortgages**

50 Clark Road
Rothesay, N.B.
E2E 2K8

(506) 847-4704
fax: (506) 847-4705
email: marlaw@nb.aibn.com

ecopower

A Division of Ecoheat

FITTING ALL THE PIECES TOGETHER

ecoheat.ca

HEAT PUMP SPECIALIST

12 year Warranty on Parts and Labour



DAIKIN MINI SPLITS

**The heat pump solution
to fit new homes and
harder-to-heat
older homes!**

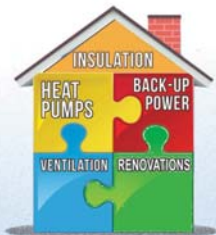
Why rent a heat pump for
\$50.00 per month, when you
can own it for \$27.00 per month

Special Financing!
Up To \$60,000 Over 15 Years At
5.9% On Approved Credit With
No Early Pay Out Penalty!

NEW!

**NOW OFFERING
A FULL LINE
OF DUCTWORK
CLEANING!**

**We now clean ductwork for
Heat Pumps, HRV & Dryer Vents.**



- HEAT PUMPS
 - VENTILATION
 - INSULATION
 - HOME RENOVATIONS
 - SOLAR POWER
 - GENERATORS
- and So Much More*

COME SEE OUR SHOW ROOM @ CORNER OF MARR RD. & HAMPTON RD.



847-4328

HAMPTON ARTISAN MARKET & GALLERY

Plus Club Create

**Office/Rental Space Available
Call Allan 647-8556**



**PAINTING
PARTY
WITH
CHERIE
MARSHALL**

**GREAT SELECTION
OF BATH BOMBS
& OTHER PRODUCTS**



- **YUMMY SCENTS & FUN COLOURS**
- **BLING RING BATH BOMBS**
- **ESSENTIAL OIL BATH BOMBS**
- **SOY WAX MELTS**

VARIETY OF CRAFTED ITEMS



**33 Railway Crescent, Hampton NB
647-8586**

Boys & Girls Sea Cadets

Cadets Aged 12 - 18

Royal Canadian Sea corps No. 268 Bras d'or hold their training nights every Tuesday from 6:30 p.m. - 9 p.m. at Kennebecasis Valley High School, Quispamsis.

Training as a Sea Cadet is based on Naval Tradition. There are opportunities throughout the year to train in sailing, rifle shooting, first aid, biathlon, music band and to go on citizenship trips and take part in parades. There is also the opportunity to attend Cadet Summer Training perhaps at HMCS Quadra in BC, HMCS Acadia in NS, HMCS ON.

If you are between the ages of 12 - 18, why not come along and join cadets and become part of a proud tradition.

For more information, call Heather McClintock, 847-4186 or Margaret Chambers at 849-6980.

Cadets Aged 9 - 12

Here in the Kennebecasis Valley, our Navy League Cadet Corps No. 170 Raymond M. Cromwell servicing the young people of Quispamsis, Rothesay and surrounding areas.

The Navy League Cadets train every Tuesday night at True Life Church, Vincent Road from 6:30 p.m. to 8:30 p.m.

Parents and interested individuals are invited to join our branch and help.

For more information, call Heather McClintock, 847-4186 or Margaret Chambers at 849-6980.



Rothesay Presents Concert in the Common 2017

The following performers will showcase their talents at the Rothesay 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 Rothesay Common stage. If the weather is inclement, the concerts will be held at Rothesay Park School.

Micah Barnes (Jazz)	Thursday, July 6	7:00pm
Thom Swift (Roots, Folk, Blues)	Thursday, July 13	7:00pm
Christina Martin (Pop, Classic Rock)	Thursday, July 20	7:00pm
Chris Cummings (Jazz, Blues)	Thursday, July 27	7:00pm
Unforseen (Blues, Country, Rock)	Thursday, Aug 3	7:00pm
Jared Lutes (Roots, Folk)	Thursday, Aug 10	7:00pm
Liz Stringer & Tim Moxam (Country Rock, Folk)	Thursday, Aug 17	7:00pm
Joel Leblanc (Roots, Folk, Blues)	Thursday, Aug 24	7:00pm
The Boyer Bunch (KV Jazz & Blues Fest)	Thursday, Aug 31	7:00pm

****Located at Renforth Park**



Community Business DEVELOPMENT CORPORATION



Charlotte/Kings
www.nbcdbc.ca

27 Centennial Rd.,
P.O. Box 1165
Hampton, NB E5N 8H1
Tel: (506) 832-6208
Fax: (506) 832-3696

Loan programs:

- CBDC Youth Loan
- CBDC First-Time Entrepreneur Loan
- CBDC General Business Loan
- CBDC Innovation Loan
- CBDC Social Enterprise Loan

Also offering other programs and services:

- The Self-Employment Benefit Program
- Training Seminars
- Business Plan Workshops

YOU HAVE GOOD IDEAS. WE'D LIKE TO HEAR THEM!

- **Derek Carter**, Self-Employment Benefit Coordinator
- **Jill Ganong**, Senior Loans Officer

RENFORTH CONSTRUCTION LIMITED



847-8897



91 Palmer Brook Road, Quispamsis, NB E2G 2A9

*Bulk Water Delivery...Truck Rental
Topsoil...Gravel & Sand...Excavating*



P.R.O. Kids

Positive Recreation Opportunities for Kids

Healthy Children and Youth - Healthy Communities Working Together



Available to Residents of Kennebecasis Valley!

P.R.O. Kids is a phenomenal program which raises funds to allow children and youth who, due to financial limitations, would otherwise be unable to participate in registered art, culture, recreation and sport activities. This program allows more and more children to experience the many benefits of recreation, which include:

- Increased school performance;
- Development of personal skills such as teamwork, accepting adult authority, regulating anger, forming new friendships, and learning basic life skills;
- Reduced costs in the areas of social services, justice and policing;
- Generates a sense of value and pride in one's self and a sense of "belonging" in the community;
- Reduced costs to the health care system by preventing illness and promoting an active lifestyle;

For additional information or to request an application, please contact:

P.R.O. Kids Manager, David Dobbeltsteyn

Phone: 642-PLAY/7529

e-mail: prokids@saintjohn.ca

Family Movies in the Park

Quispamsis Arts & Culture Park,
Quispamsis, NB

Fridays 9:15 - 11:00pm
beginning
June 23 - August 25



Music in the Park

Quispamsis Arts & Culture Park,
Quispamsis, NB

Wednesdays 7 - 8 pm
beginning
July 5 - August 16





MCC Electric

Marco Castonguay

1 YEAR WARRANTY

Residential & Commercial
Serving The Greater Saint John Area

506-651-5168
www.mccelectric.ca





CARQUEST AUTO PARTS **Kings County Auto Parts Ltd.**

**Trailer Parts & Accessories
Tools & Equipment
Snowmobile & A.T.V. Parts
Paint & Body Shop Supplies**

For All Your Auto, Recreational & Industrial Parts - You'll Find It At Carquest



409 William Bell Drive, Hampton, NB
(506) 832-5154 Fax: (506) 832-5158
E-mail: kcaph@nb.aibn.com
78 Winter St., Sussex, NB
(506) 433-4036

TREE CARE H. L. Patton & Sons Ltd



"Pruning for a View"
Improve your view
and sunlight

Tree-Pruning,
Repair, Planting,
Nurturing and
Hazardous
Tree Removal.

Ask about our FREE
Tree Assessment
and Complimentary
Tree Mulch.

Save and Protect your Trees!
Call Dwayne Patton, BSC, Forestry

849-1499

THERA-PED



Canadian Certified
Pedorthists
Providing Custom
Made Foot Orthoses
Ready made,
custom and
comfort footwear
Orthopedic shoe
modifications



Members of the
College of Pedorthists

Clinic Locations:

Saint John, Fredericton, Sussex, Moncton

Head Office:

238 Metcalf St., Saint John, NB E2K 1K6

For an appointment call:

Tel: 506 632-9397 Fax: 506 632-3213

Toll Free: 1 800 663-3668 (foot)

NOW OPEN

**BIG ROCK
RENTALS**



Licensed Technician available

80 Millennium Drive Suite 201
Quispamsis

847-5707

www.bigrockrentals.ca

Window Cleaning with a sparkling reputation!

**Complete Professional Window
Cleaning Service and
Exterior House Cleaning**

**Fully Bonded & Insured
with 45 years experience**

**Proudly serving
Greater Saint John**

Able Window Shine Ltd.

Ph: 652-5343

FREE ESTIMATES

We're More Than Just

Ready & Willing... We're ABLE

LYSLE A SPENCE LTD.

Box 4704, Rothesay, NB

Complete Excavating Services

Septic Systems,

Bulldozing

Backhoe

www.spenceexcavating.com

(506) 847-7477

(506) 832-2563

Cell: (506) 636-2563



*Serving
The Community
Over 35 Years*

Fender Mender Quality in Collision Repair

*Our commitment
to our customers
shines through*

- Base/Clear Coat Refinishing
- Dent Repair
- Auto Glass Replacement
- All Makes & Models
- RV & Travel Trailer Repairs
- Painting & Refinishing
- Exterior Doors
- All Lease Return Repairs
- Spray in box liner
- FREE ESTIMATES

We are
an
Authorized
Repair
Center
for
All
Insurance
Companies.

155 Sandy Point Road, Saint John, NB

Open: Mon - Fri 9am - 5pm

658-0929 Fax: 658-9243

YOUR HOME IS YOUR PLAYGROUND

Make your house everyone's favorite
hangout with classic game room gear.

Bob Hargrove

**Poker • Darts
Pool & Accessories
Installation and Repairs**

IDEAL
amusements ltd.

77 Golden Grove Road
Ph: 633-0255 Cell: 636-2704
www.idealamusements.com

NAPA AUTO PARTS

WE KEEP YOUR CAR YOUNG A LONG TIME

Hampton Auto Supplies Ltd
548 Main St. Hampton, NB

Tel: 832-3421

aperry@napacanada.com





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

Rothsay Recreation Sites

Jordan Miller Beach
K-Park Beach
Renforth Wharf Beach

Gondola Pt. Rd to Cameron Rd to Ricketts Ln
Park Dr. to Princess St.
Rothsay Rd to James Renforth Rd

Playgrounds:

Islay Drive Playground
Rothsay Common Playground
Jordan Miller Playground
James Renforth Dr. Playground
Clermont Street Playground
Dobbin Street Playground
K-Park Playground
Monaco Street Playground
Scribner Crescent Playground

Donlynn Street Playground

Trails:

Nature Trail
Steele/Kennedy Park

Ball Fields:

Scribner Ball Field

Bi-Centennial Ball Field
Fitzgerald Ball Field

Soccer Field:

Wells Recreation Park
Arthur Miller Field

Tennis Courts:

Renforth Tennis Park
Jordan Miller Tennis Courts
Wells Recreation Site Courts

Basketball Courts:

Rothsay Common Courts
Renforth Court
Jordan Miller Park Court
Islay Playground Court

Park Areas:

Rotary Park Renforth
East Riverside-Kingshurst Park
Jordan Miller Park
Rothsay Common

McGuire Community Center

Waterfront / Boating Facilities:

K-Park Boat Launch and small craft wharf Off Park Drive
Renforth Wharf and Boat Launch Rothsay Rd to James Renforth Dr
E R / King Park - non-motorized launch Off Rothsay Rd
J M Park Boat Launch End of Cameron Rd

Hampton Rd. to Iona Dr. to Islay Dr.
Corner of Gondola Pt. Rd and Church St
Gondola Pt. Rd to Cameron Rd to Ricketts Ln.
Rothsay Rd. to James Renforth Rd.
Hampton Rd to Hillcrest St to Clermont St
Hampton Rd to Dobbin
Rothsay Rd Park Dr to Broadway
Hampton Rd to Oakville to Monaco
Hampton Rd to Parkdale to
Chapel Rd to Scribner
Hampton Rd to Donlynn

Parking Lot of Bi-Centennial Ball Field
Grove Ave to John St.

Hampton Rd to Parkdale to
Chapel to Scribner
Airport Arterial Route 111
Rothsay Rd to James Renforth Rd

French Village Rd. (big soccer ball)
(before Allen Ave. from highway)
48 Hampton Road

Rothsay Rd to James Renforth Rd
Gondola Pt. Rd to Cameron to Ricketts Ln
French Village Road (big soccer ball)

Corner of Gondola Pt. Rd and Church St.
Rothsay Rd to James Renforth Rd.
Gondola Pt. Rd to Cameron to Ricketts Ln
Hampton Rd to Iona Dr to Islay Dr

Rothsay Rd to James Renforth Rd
Rothsay Rd across from Golf Course
Gondola Pt. Rd to Cameron to Ricketts Ln
Corner of Gondola Pt. Rd and Church Rd

Rothsay Rd to James Renforth Rd

9 Hole scenic course
PAR 35 Including 2 par 5's
FULLY LICENSED
GREEN FEES WELCOME
Tournament Bookings Available

Driving Range OPEN Daily

Online Booking Available

Monday is Seniors day
- 55 and over \$10 ALL DAY GOLF



Like us on



Top gardening trends for 2017

(NC) With warm weather on its way, there's never been a better time to start planning your garden. To help you get started this season, we asked Frank Ferragine, aka Frankie Flowers, for his thoughts on top gardening trends this year.

Big pops of colour. Last year we saw some contrast with loud hues married to more muted, pastel tones, but this year is all about bright colours. Calibrachoa will be this year's show-stoppers with brilliant purples and beaming yellows. Not only do they require little maintenance, but they'll last from spring until first frost with masses of cascading branches full of petunia-like flowers. Expect to see a rainbow of vibrant impatiens with brighter reds, pinks and oranges in hanging baskets across the country.

Urban planting. This year, condo and apartment dwellers aren't likely to miss out on the gardening fun. "Urban gardening is going to be bigger than ever," says Frankie. "Hanging baskets will be popular spring purchases and many gardeners are already excited about the wide selection of colourful pots from brands like President's Choice to make a statement in their yards or on their balconies."

Tough meets tender. A great way to keep your garden looking lush throughout the year is by mixing tough plants with tender ones. While softer, less hardy varieties like peonies, salvia and verbenas look lovely, it's a good idea to intermingle them with lower-maintenance resilient varieties like echinacea, roses and succulents that will keep your garden full in spite of harsher, dryer conditions.

Climate-consciousness. Canada is huge and our climate is varied, therefore it stands to reason that a plant that grows well in Victoria may not fare so well in Winnipeg. Plant tags contain key information on plant hardiness zones and what type of plant will do best in specific zones or regions. Still, Frankie shares that "Canadians are more informed than ever about the role our climate can play in growing a successful garden."



Patriotic plants. Red and white plants are already gaining a lot of attention in the gardening world. "Without a doubt, this year's hottest flower is the Canadian Shield Rose," says Frankie. Made in Canada, this choice is a perfect way to celebrate our country's 150th birthday. Named as 2017's Flower of the Year by Canada Blooms, this flower is able to survive our rigorous winters from coast to coast. It's the perfect way to celebrate Canada in your garden this summer.

www.newscanada.com

KENNEBECASIS RENTALS (1992) LTD.

123 Old Hampton Rd. P.O. Box 4471, Rothesay, NB E2E 5X2

Andrew K. Bishop

847-2792

RENTALS

Everything for Construction and the Handyman

We repair mowers, snowthrowers, chainsaws, tillers, trimmers, etc ... All makes and models

Trade-ins Accepted

NEW & USED Products
FOR SALE!

Authorized Dealer for ...

TORO
LAWN-BOY

STIHL
SNAPPER

S&S
Self Storage Units

- Vehicle Storage
- All Terrain Vehicles
- Boats
- Household Items
- Motorcycles
- File Storage
- Snowmobiles
- Outside RV Storage

Limited Units Available • Monthly Rates

6' x 12'; 12' x 13'; 12' x 20'; 12' x 26'

55 Robertson Rd., Hampton, NB

(about 1.5 mins. from highway exit #158) ssselfstorage@gmail.com

Cell: 647-9602
Office: 832-3539

THE STUDIO

53 Clark Road, Rothesay

With over 40 classes to choose from
The Studio has something for
EVERYONE in your
family! Ages 2-Adult



Tap & Jazz
Ballet
Lyrical
Modern
Hip Hop
Acro
Yoga

Boys Hip Hop
Kinderdance

Adult Jazz, Hip Hop & Tap

For More Information
Phone: 849-JAZZ (5299)
www.thestudiodanceschool.ca

*Register
Today!*



Tips to keep your kids sun-safe during summer sport season

(NC) Outdoor sports are the highlight of every little athlete's summer, giving them the chance to play outside and soak in the beautiful weather. Help your little ones enjoy their time outside as much as possible by following these five outdoor tips for summer weather:

Create a summer sports kit. Make sunscreen a piece of safety equipment — you wouldn't forget your cleats for soccer, so don't forget your sunscreen when playing outside. Put together a summer sports kit that will accompany your kids to every practice, game and outdoor play session. Include a hat, sunglasses, a water bottle, light clothing and sunscreen that they can grab as they walk out the door.

Choose a sunscreen that can keep up with them. New Banana Boat Sport for Kids Sunscreen Lotion Spray contains PowerStay Technology that helps sunscreen stay on during activity. The tear-free, sweat-resistant formula will help kids stay protected from the sun's rays, so their focus can stay on the game.

Pick snacks that offer hydration. Did you know that according to the Hospital for Sick Children, kids are more prone to dehydration than adults? Along with making sure that your kids have plenty of water while playing sports, pack your cooler full of snacks that have a high water content. Examples include orange and cucumber slices, watermelon, strawberries and celery sticks.

Apply sunscreen to often-missed spots. Applying sunscreen to the face and arms is obvious, but those hard-to-reach, easy-to-miss spots are often the ones that get burned. Apply sunscreen to your kids' ears, the backs of their necks, and the tops of their feet if exposed. Remember to reapply sunscreen at least every two hours.

Take breaks. Playing all day in direct sun is not recommended. Make sure that your kids take breaks between activities, especially when the sun is at its peak in the mid-afternoon. Have them move indoors or into a shaded area and drink plenty of water.

Find more sport sun care at www.bananaboat.ca.
www.newscanada.com



Deck care tips to protect your investment

(NC) With warmer weather and longer days comes more time spent outdoors. As you spend more time on your deck, you may notice that it's a little dirty or that its surface is looking a little tired. Here are some quick tips on how to breathe new life into your outdoor haven.

The two main causes of damage to any exterior wood surface are water and ultra violet rays. Although some outdoor woods might have preservatives, they are still susceptible to damage from the elements.

The best way to protect your deck is to clean the surface prior to applying a water repelling product. Using a deck cleaner on the surface is key to removing oxidation, dirt, mould, mildew and dead wood fibres. Cleaners with brighteners in them can also restore the natural colour of cedar.

While a pressure washer can clean the surface, it won't remove all the mould or mildew and can damage the wood surface by removing wood fibres. Try using Thompson's WaterSeal Deck Wash to remove mill glaze on new wood, dirt, mildew and stains and make weathered wood look new. Their heavy duty cleaner removes weathered clear and tinted waterproofer and semi-transparent stains, while restoring the wood's natural colour and beauty.

Once the deck has been cleaned and has had time to dry, you will want to protect against water damage and ultra violet rays, while adding a little colour back into the wood. Modern sealants can be applied the same day you clear off your deck. Deck cleaner & brightener is specially formulated for redwood, cedar, mahogany and other highly extractive woods. Along with a WaterSeal stain, these products will help protect your deck for years to come.

www.newscanada.com

Common Spring Lawn Issues

In the early part of the growing season, while the grass is just starting to grow and green up again for another year, many lawn issues are more noticeable than at other times of the year. Such things as moss, bare spots, and yellow grass splotches are irritatingly evident and many homeowners would prefer to deal with the issue now so they can enjoy a beautiful lawn all season long.

Moss: Moss is a common problem in lawn areas which experience excessive shade, but moss can occur just as easily in the middle of lawns also. Generally speaking, it enjoys the type of acidic, compacted, moist soil that grass has a difficult time sustaining itself in and therefore it starts taking over the area. Moss is not really a "weed" and therefore does not respond to traditional methods of weed control. However, since moss does not have much in the way of a root system, it is easily raked off the surface of the soil. In doing so, you will be left with bare soil spots that can be top-dressed and seeded. Take care to choose a seed that enjoys shade or you will quickly run into the same difficulty of a non-flourishing grass that again gets taken over by moss! Approaches to avoid moss are to thin trees in the area causing shade, aerate the soil to reduce soil compaction, and lime the lawn annually to keep the pH of the soil more balanced.

Bare Spots: The reasons for the appearance of bare spots in lawns are many and varied, but there are a few common threads that could lead to this issue. One is old lawn damage from insect activity that might be many years old and if it was never reseeded, the old thatch has finally

disappeared and left nothing but bare earth. Another reason could be that the bare spot(s) was once occupied by a dense weed or moss that suffocated the lawn in that area. Once the weed was killed off or removed, it left a blank spot where it once occupied space. The grass did not grow in that area, but it was not as noticeable because the foliage of the weed was green like the surrounding lawn. There may be other reasons that contribute to this phenomena of bare spots on lawns. However, it is rectifiable through either a topdressing and overseeding service or, in more extensive cases, a tilling and lawn renovation service. It is wise to consult a landscape professional to get their experienced opinion on your issue and how to fix it.

Yellow Spots: The reasons for yellowing grass are probably even more extensive than for bare spots on lawns. They can range from dog urine problems to winterkill damage to subsurface insect activity. Dog urine spots, in theory, can be controlled by training your dog to do his/her business in a specific area off the lawn if at all possible. However, as we all know, some dogs listen better than others! If you know your dog has peed in a certain spot on your lawn, you can try to dilute the effects of the urea by watering it thoroughly. Some practices also include mixing some sugar in the water before watering. The yellowing effect comes about essentially because of a nitrogen burn. If the burn was not too severe, the grass in that spot might green up considerably instead of turning yellow. A blotchy yellowish area that is larger than a dog urine spot might be winterkill especially in a winter that saw a lot of snow and/or ice buildup. More than likely those winterkill areas will be seen in parts of the lawn that held the snow/ice the longest into the spring. Sliceseeding or overseeding may be needed to reintroduce grass in the damaged area. Finally, yellowish spots that have grown in size or number quickly or that other creatures have a great interest in as they pick at the sod could be an indication of insect activity. Grubs are becoming more prevalent each year and chew on the roots of the grass. They are most active in the Spring and Fall of the year and heavy populations should be controlled by a chemical control designed for subsurface insects. If yellow spots appear in the middle of summer in sunny, dry areas of your lawn, it is most likely chinch bug activity. Again, large populations should be controlled with a spray before the majority of your lawn is destroyed!

Most lawn issues can be kept to a minimum with a little bit of vigilance, a little bit of effort and a little bit of patience! If reseeding some problem spots on your lawn is in your future (ideally in May or mid-August to mid-September), we have great news for you! New varieties of seed have been developed that germinate quickly with less watering and that are more weed and insect resistant. Talk to us at Urban Landscaping about our NEW custom blend grass seed that will give you the results you're after with less effort than before. It's never been so easy to GROW GREEN!



Let's Create Together

Call us today for quality landscape design and installation services.

- Landscaping • Design • Maintenance • Supplies

URBAN LANDSCAPING
Where Imagination meets Creation

65 Marr Road
Rothesay, NB
849-4124
www.urbanlandscaping.ca



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

**Residence of
Alex MacLellan & Trish Kiley
Rothsay NB**



After

This article was written by Jim Lawrence
www.AvondaleKitchens.com
They have designers in your area every
week doing professional designs and quotes.
Check them out on the following:
www.AvondaleKitchen.com
www.Houzz.com
www.facebook.com/AvondaleKitchensAndBaths
Contact them directly at 800-561-4112
or book them through your favorite
decorator or contractor.




Kennebecasis Regional Police Force

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

Police and Public Partnerships

- Crime Stoppers
- Autism Registry Program
- Alternative Measures Committee
- KV Intimate Partner Violence Action Group
- DARE (Drug Abuse Resistance Education)
- Canadian Blood Services Partners For Life
- Alzheimers Wandering Registry
- Seniors Police Academy
- MADD (Mothers Against Drunk Driving)
- TADD (Teenagers Against Drunk Driving)
- Police Auxiliary Program - Contact Cst. Anika Becker or Cpl. Vern Saunders
- CAP (Community Advancement Program)
- Wits Program - Anti-Bullying
- Party Program
- Paving the Way to Mental Health
- Crime Prevention Association of NB
- Police Chaplaincy
- Traffic Unit - Sgt. Scott 847-6347

For information on any of these projects contact:
Cpl. Eugene Belliveau, Community Relations Officer
Kennebecasis Regional Police Force 847-5791



Kennebecasis Regional Police Force

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

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

Upcoming Events:

- **Annual Bicycle Auction:** The bicycle auction will be held June 3rd at the Kennebecasis Regional Police station. Viewing begins at 10 am with the auction at 11 am. There is a large selection of bicycles and other items available for auction this year! Items will be posted on our website one week prior to the auction.
- **Annual Bike Auction:** June 3rd - Contact Sgt. Dickson 847-6300
- **Bicycle Rodeo:** June 10 - Cst. McKay or Cst. Lee
- **Fill The Truck:** This semi-annual event is held in June and December each year. We collect non-perishable food and toiletries for the KV Food Basket.
- **Community BBQ's:** Every Friday, starting June 2nd the KRPFF will host a BBQ in the front of the police station from 11 am-1 pm. Proceeds go to charities to be determined.
- **2nd Annual Tanya Shand Milk & Cookie Run:** This 1Km and 5Km fun run will be held September at the Qplex. It is in memory of Tanya Shand and all those who have lost their lives due to domestic violence. Contact Cst. Kelly McIntyre.

Crime Stoppers Tips: contact Sgt. Craig MacDougall at 847-6300 or 1-800-222-8477 (TIPS).

CAP (Community Advancement Program) is always accepting financial donations. This fund is used to assist families in our community, fund crime prevention programs, and promote educational programs such as drug awareness. Contact Cst. Anika Becker or Cpl. Vern Saunders for more information. Police Auxiliary Program: contact Cpl. Eugene Belliveau for more information. Kennebecasis Regional Police is on Facebook, Twitter, and YouTube! Like us on Facebook at www.facebook.com/kennebecasisregionalpolice

Follow us on Twitter @KRPFFnb or @KRPFTraffic Facebook

See us on Youtube at www.youtube.com/rpffnb

Visit our brand new website www.kennebecasisregionalpolice.com

Bicycle Safety Tips

As the warmer months are upon us, please remember to exercise proper bicycle safety.

- Wear a helmet at all times! Make sure your helmet is fastened and fits properly.
- Obey all traffic signs and signals.
- Learn your hand signals and use them when bicycling. Use your left arm to signal.
- Ride with the flow of traffic as near to the curb as possible.
- If you are travelling in a group, ride in single file.
- Don't leave your bicycle unattended without securing it properly.
- Be a courteous rider. Remember, pedestrians have the right of way.

Water Safety Tips

Warmer weather means trying to cool off! Be sure to exercise water safety during those hot summer days.

- Ensure that children are supervised when swimming. Whether it's using your home pool or swimming at a beach, adult supervision is the best protection.
- Clear all toys out of the water and away from the edge of the pool.
- Obey any "No Diving" or "No Swimming" signs. They are there for a reason!
- Dive in clear, unobstructed water. Check for hazards (rocks, tree branches, logs) before diving into the water. Enter the water feet first the first time to be sure the water is safe.
- Be careful when swimming in currents and know what to do if you get into trouble.
- Listen to the lifeguards on duty and obey the rules of the pool or beach.

3 tips to safeguard your money online

(NC) It seems like every day a new scam pops up on the internet, email or social media. So just because we can enjoy lazy summer days it doesn't mean we should slack on password protection and digital safety. Learn how to protect your money from cybercrime, fraud, and online scams with these three tips.

1. Don't get attached. You receive a slew of emails every day, ranging from personal to professional to outright junk. Distinguishing the difference isn't always easy, so you're right to be wary when it comes to links or attachments. "Phishing email scams remain a constant threat and cybercriminals continue to evolve their approach," explains Shelly Smith of Telus Wise (Wise Internet and Smartphone Education). "For many, the doorway in is as simple as an attachment or link which could even be from someone you know."

2. Strengthen your password. You have dozens of passwords, if not more. Using a standard, easily memorable one for all your accounts is tempting, but could lead to fraud. To prevent hacking, create different passwords. Make them stronger by including numbers and other special characters, mix uppercase and lowercase letters, and refrain from obvious words or phrases. Keep them all straight with a password manager app.

3. Shop smart. Always purchase goods and services from trusted retailers. If you've never heard of them or can't find information about them on third party review sites, take your business elsewhere. Also try to use services that verify the validity of vendors and have built-in protection.

Learn more about smartphone safety online at telus.com/wise.

www.newscanada.com

Go-Go Special Events

Looking to host an amazing party and want to add impressive, one-of-a-kind flair for the kids? Invite Go-Go to join you on your big day! Our water slides will make your party the coolest ever!



Water Racer

Our 18' Double Lane Water Slide is known for thrills from its height and fast paced slip, and is able to be used either wet or dry.

- Dry: \$550 for 2 hours, \$150 per extra hour
- Wet: \$900 for 2 hours, \$150 per extra hour



Rainbow Slip & Slide

Our 24' Slip n' Slide is sure to bring smiles to your event! With a running start, kids can slide in the cool water all the way to the end, splashing through three rainbow arch waterfalls!

- Wet: \$450 for 2 hours, \$125 per extra hour



Looking to add even more fun? Check out our full selection of bouncy castles, starting at \$375!



Book your event today!

1 (877) 977-4646

events@gogogym.com • gogogym.com

Go-Go Gymnastics Summer Camps

Come tumble with Go-Go Gymnastics this summer in our state of the art gymnasium!

Fairvale Elementary School

Jul 17-21 and Aug 7-11

Toddler, Half Day, and Full Day Camps available for ages 18mos - 11 years



Register now! • 1 (877) 977-4646 • gymnastics@gogogym.com • gogogym.com



Bikes + Beans

The Guide to Stand Up Paddleboards

The hottest trend in the Valley has been the Stand Up Paddleboard (SUP), and no wonder, with the Kennebecasis River stretching from Millidgeville right up and through Hampton we have plenty of water for this great activity. Enjoy a leisurely paddle or a great work out.

There are many types of boards on the market, and just like bicycles, they are becoming more specialized to better suit the user.

There is the tried and true traditional style of paddleboard. Some call it a rigid board. There are all levels of quality, from a department store hollow plastic board right up to the high quality boards constructed much like surfboards, with foam inner layers wrapped in a hard epoxy shell and shaped for better balance and ease of movement through the water. Much like a quality bicycle – a quality board can certainly add to the enjoyment of the activity allowing you to travel further with the same effort.

Some boards are becoming more specialized. For those that may like the additional challenge of doing Yoga, there are boards designed a little wider for more balance. For those that may want to travel long distances there are longer and narrower touring boards, they typically require a bit of ex-

perience so best that it not be the very first board you buy unless you like to spend a lot of time in the water.

What has been really catching on is the Inflatable Stand Up Paddleboard (iSUP). These inflatables open up a whole new market because you do not need to invest in a roof rack for your car to transport them like you would a typical SUP, or even Kayak or Surfboard. There are inflatables designed for multi-purpose, touring, Yoga and even Surfing. Again quality is a big issue; some inflatables are just glorified air mattresses, while quality inflatables will have a filament matrix inside providing stability. Kahuna iSUPs, for example, have the highest filaments per inch in the industry and are the most rigid inflatables on the market.

Most inflatables will come with accessories like a travel bag, pump and paddle. Again the quality of the accessories should also be considered. There is a huge range in pump, paddle and even bag quality. So if you are looking for a SUP or iSUP come on in and ask the paddlers at Bikes & Beans.



OAKVILLE LANE DENTAL

**Family Dental Care
Cosmetic Solutions
New Patients and
Emergencies Welcome
Evening Appointments Available**

**153 Hampton Rd., Rothesay
www.oakvilleanedental.com**



**DR. AARON TAIT
DR. JANET BAILEY
DR. RON BUCKLEY
DR. NICOLA BUCKLEY
DR. TATUM BUCKLEY
DR. JAMES HICKS**

849-3322

STAND-UP PADDLE BOARDS by KAHUNA (A Canadian Company)



Bikes + Beans

www.bikesandbeansnb.com

Steve Morris - Owner

Marci Webb - Manager

- We carry bicycles from Cannondale
- Dealer for Yakima roof racks and cargo boxes
- We service most brands of bicycles
- Only S.I.C.I. certified bicycle fit specialist in the province, with a dedicated studio with specialized tools for the ultimate in bicycle fit.
- Swimming gear (swim suits and training tools) by SPEEDO
- Speciality coffee and play area for the kids, we set the standard for the modern bicycle purchasing experience.
- ZOOT triathlon wetsuits



Our motto is

***"We sell you the bike you need -
NOT the bike we need to sell."***

Bikes + Beans

3 Landing Court, Quispamsis, NB E2E 4R2, Canada

(506) 849-2453(BIKE) FAX (506) 847-2223

e-mail bikes.beans@yahoo.ca

Regular Store Hours

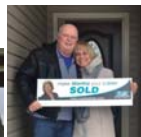
**Sunday - closed Monday - closed Tuesday 9am - 5pm
Wednesday 9am - 7pm Thursday 9am - 5pm Friday 9am - 5pm
Saturday 10am - 4pm**



make **Martha** your **Lister**
654-0111



"We made **Martha** our **Lister**"



Martha Lister 654-0111

www.marthalister.com

