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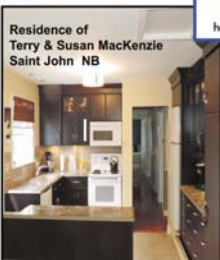
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Looking for summer activities? Start a bucket list

(NC) With the kids at home, long weekends and some vacation days to use, it can be hard finding exciting activities to do. A fun idea is to start a bucket list and check off activities as you go. A new survey by Intercontinental Hotels Group revealed the top three bucket list experiences Canadians are most interested in involve nature, road trips and history.

Here Robin Esrock, an internationally recognized bucket list expert, shares four simple tips on how to fulfill your bucket list dreams:

Don't let the list weigh you down. You are more likely to do things when you write them down, but don't let your list get so long that it weighs on you. Focusing on too many goals can be distracting, so if you're starting to feel overwhelmed, you're probably being overly ambitious. Start with a shortlist of 10 aspirational goals and grow it slowly over time.



You don't need to spend a fortune. Think outside the box when it comes to affordable ways to make your goals a reality. For example, if your list experience requires you to travel, turn it into an epic road trip by opting to drive instead of fly. Or look for budget-friendly hotels to stay in or start collecting points that you can use to redeem for future stays.

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Dream big but be realistic. Bucket lists should be personal, fun, inspiring — and realistic, too. Break your list down into short- and long-term goals. Include some that are easier to achieve than others. If they are all hard to accomplish, you may get discouraged because you're not making progress as quickly as you like. Also, think of experiences you can actually make happen, as opposed to chance encounters with a celebrity.

Start small and local. Don't feel that you need to take weeks off work to travel to the ends of the earth to have a wonderful time. Begin with a place or activity you've always wanted to experience in your town, city or province and then branch out from there. For hotel options from coast-to-coast, check out IHG.com.

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Lena Biryukova, Marvellous Travel:

"Come & live an essential journey through the wonders of nature Croatia has to offer"

If your Mediterranean fantasies feature balmy days by sapphire waters in the shade of ancient walled towns - Croatia is the place to turn them into reality. The Plitvice Lakes UNESCO National Park is one of the hidden Croatian gems - beautiful, unique in the world park, where the 16 turquoise water lakes joined by 92 waterfalls. It takes 6 hours to explore the lakes on foot. I recommend that you start with the panoramic electric train ride and end with the boat to save yourself a climb. ***Being from Europe myself, and having travelled extensively, there are very few people in North America who know European destinations and service providers better than I do. Welcome to Marvellous Travel!***

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Transform your backyard into an extension of your home

(NC) Summer is almost here and now is the time to prepare our outdoor spaces for the season. To help maximize your living areas, Sharon Grech, Benjamin Moore colour and design expert, shares tips on how to bring the latest looks to your open-air escape.

Dine al fresco. Backyard patio areas traditionally connected to the exterior of the home to gain easy access from the inside. Consider pushing your al fresco dining areas further out into the yard for a unique and ambient experience. "Cooking under the stars is the perfect way to spend time with family and friends while embracing the weather throughout the summer months," says Grech. Barbecues, fire pits and outdoor wood-ovens are great options for cooking when entertaining guests, as most of the cooking can be done right there.

Create an outdoor oasis. Injecting colourful accessories into your landscape is one of the simplest and most cost-effective ways to elevate a backyard and make it feel like an extension of your home. Whether it's bright, colourful ornate items or hand-crafted outdoor rugs, adding colour to your backyard will create a vibrant and inviting retreat. Flower boxes, string lights and cushions are great ways to make a backyard feel like a serene and inviting oasis.

Deck design. Create areas of interest by using both semi-transparent and solid stains on your deck and rails. "I like to apply a natural, lighter stain on the deck, with a darker solid stain to enhance vertical architectural features like the railing," says Grech. If your wood is new or in great shape, treat it with a simple translucent or semi-transparent stain like Benjamin Moore Arborcoat to heighten natural wood colour. Semi-solid stains are great for covering imperfections, allowing some of the grain and texture of the wood to show through, while solid stains are more like paint and leave an opaque colour and texture. "You can test the different translucencies and colours with pint sample cans. It's always best to try-before-you-buy," recommends Grech.

Find more information and colour inspiration at www.benjaminmoore.ca.

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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.

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Keep kids safe in, on, and around water

(NC) For children, playing in the water is a fun and exciting activity. But this activity is not without its dangers.

An average of 35 children ages one to 14 die by drowning each year while playing in or around water. The Canadian Red Cross says a small child can disappear in seconds and can drown in only a few centimetres of water, enough to cover the mouth and nose. Typically, drownings occur in backyard pools, toddler pools, the bathtub or at the beach.

Active supervision means more than just being nearby, you need to be paying close attention. Here are tips for parents and caregivers about supervision around water.

- Avoid distractions and stay focused on the child. Reading a book, texting or surfing the internet by the pool is not active supervision.
- Consider requiring all non-swimmers to wear a lifejacket to keep them at the surface and assist you while supervising. Pool toys do not provide the same level of safety as a life-jacket.



- Backyard pools are especially dangerous for small children. Ensure adequate barriers are in place, such as four-sided fencing along with a self-closing, self-latching gate.
- Empty portable toddler pools after each use.
- Caregivers who need to step away from their responsibilities as the supervisor near water should take children with them.

Find more tips or to sign your children up for swimming lessons online at redcross.ca.
www.newscanada.com

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Fight the flood - keep your property afloat

(NC) Summer rain can cause more damage than just a rained-out picnic. Canadians are also at risk for flooding. Water damage to property can be expensive and frustrating, harming not only your home, but also your possessions and the well-being of the people inside.

Insurance company Aviva Canada observes that this time of year results in an increased number of water-related claims, the majority of which result from basement flooding. With the average basement renovation in Canada costing between \$30 to \$55 per square foot (a 1,000 square foot basement would cost between \$30K to \$55K, depending on the upgrades chosen), it's important to protect that investment and minimize the risk of flooding.

Follow these tips to keep your property above water:
Inspect your roof. To prevent leaks, have your roof inspected every few years and check the condition of the shingles. Clear out gutters to prevent blockages.

Install a backwater valve. These valves close automatically if the sewer backs up and can prevent thousands of dollars in damage.

Scope out your sump pump. If your basement has one, examine it and do a test run if it doesn't get used frequently.
Check your foundation. This is especially important as the ice melts. If you notice water pooling, find a way to lead it away from your home.

Start right. If you're finishing your basement, make sure to seal your exterior walls.

Examine your insurance. Check to see if overland flooding is covered by your home insurance, or if you can add additional coverage, including sewage backup protection.

Find more information from your insurance broker or online at avivawaterprotection.ca.
www.newscanada.com

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- **Derek Carter**, Self-Employment Benefit Coordinator
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Over 55 trails and footpaths will guide you through the Park's unspoiled charm, with its unusual topography and geography. A Stonehammer Geopark site, Rockwood's billion years of history can be seen in unique rock formations, caves and waterfalls. Discover all the fascinating treasures in New Brunswick's all season natural amusement park.

Conservation

With a wealth of natural wonders within the park boundaries, Rockwood Park strives to deliver a variety of ongoing conservation programs.



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FESTIVALS & EVENTS

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

01-Jul-2018, 9:00 AM - 12:00 AM
HAPPY CANADA DAY!

Market Square, 1 Market Square.

18-Jul-2018 - 22-Jul-2018,

11:00 AM - 6:00 PM

BUSKERS ON THE BAY FESTIVAL
(18-22 JUL).

Market Square, 1 Market Square.

05-Jul-2018 6:30 PM - 10:00 PM

Date Night at Dunham's Run Vine-

yard with James Mullinger and Gar-
rett Clark

13-Jul-2018 6:30 PM - 10:00 PM

Date Night at Dunham's Run Vine-
yard with James Mullinger and Gar-
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Dunham's Run Estate Winery

13-Jul - 2018

St. Martins Old Home Week

An annual community celebration
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July 27 - July 29 12:00 AM - 11:59 PM

Coastal Maritime Bicycle Festival
Welcome to Saint John's first Bicycle
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August 13 8:00PM

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9-Aug - 22-Sept 6:00PM

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Fighting fraud: keeping your money safe online and in-store

(NC) No one wants to be a victim of payment fraud. Yet almost a quarter of Canadians say they have clicked on a link that resulted in a phishing scam, while 64 per cent have been tempted to click on a link they weren't completely sure was safe.

When it comes to your money, there's no shortage of tips for staying safe. Here are five reminders to help you stay protected, whether you're shopping online or in-store.

Choose debit. Your card number is only an identifier, so no banking information is shared with the merchant when you make a purchase. Plus, when it comes to going contactless, Interac Flash uses secure chip processing. That makes it next to impossible to create counterfeit cards and protects against fraudulent activities like skimming or electronic pick-pocketing.

Your mobile wallet is secure. Just like your debit card number is only an identifier in store, when debit is added to a mobile wallet, financial information is substituted with a token, which is a unique virtual account number that means no financial information is stored or shared with the merchant. As an added layer of security, your mobile wallet is also typically protected by Touch ID or passcode.

It's okay to be suspicious. If you suspect anything unusual when using an ABM or point-of-sale terminal, do not use the machine but report it to your financial institution. Equally, if



you're unsure whether a phone call or email link requesting money is legitimate, hang up or ignore the email until you can confirm the source.

Always keep your banking information private. Even when using Flash, you'll be periodically prompted to validate that you are you by entering your PIN. Protect your PIN — don't share it with anyone and be sure to shield the PIN pad when you're entering your number. Stay in control by checking your statements regularly to watch for any unusual activity. www.newscanada.com



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Midland Meadows GOLF CLUB

www.midlandmeadowsgolfclub.com

Midland Meadows Golf Club is entering its 18th season, and is located in Midland, New Brunswick minutes from Norton, and a short distance from Hampton and Sussex. As well, it is only a short drive from Kennebecasis Valley, Rothesay and Saint John, located outside the fog belt so most times when it is raining or 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 (Front 9), including 3 Par 5 Holes, 3 Par 4 and 3 Par 3 holes including the challenging signature Island Green. This year we have added a new 18 hole format with an additional set of tee blocks on your Back 9 to give you a different look at each Hole (Par 36 Back 9).

We think this new feature will give our golfers an improved 18 Hole experience on our 9 Hole course. The course offers a walker friendly layout with beautiful countryside views from every hole. Pull carts and power carts are available for rent, power carts must be reserved in advance to guarantee availability. Tee times can be booked online on our website www.midlandmeadowsgolfclub.com or by calling the Pro-Shop (506) 485-8008. Our driving range is open daily. Our Pro-shop, patio and course is fully licensed so you can enjoy a cold beverage before, during or after your round, therefore, no outside alcohol is permitted on property. We have Interac Debit and credit card payment available.

Midland Meadows offers memberships and green fees as well as tournament bookings. Green Fees are \$18.00 for 9 Holes and \$30.00 for 18 Holes, Juniors pay their age. Monday is Seniors Day - 9 Holes \$12.00, 18 Holes or All Day is \$20.00. Men's Night is Tuesday at 6:00 pm and Ladies Night is Wednesday at 6:00 pm, open to all skill levels, green fees and members. Family Day is Sunday, full green fee paying Adult receives free Jr. Green Fee for afternoon and evening tee times only. The course remains open until the snow is here to stay (usually over 7 months of the year) well after most courses have closed for the season.

Midland Meadows is a proud supporter of many local charities and events, and is proud to host the "Canadian Snow Golf Championships" each year in mid February, with over \$180,000 being raised with all proceeds going to the Children's Wish Foundation. Midland Meadows also holds a Remembrance Day tournament on November 11th with proceeds going to the War Amps. Glen Gray, owner of Midland Meadows says "We pride our club on offering enjoyable, affordable golf with a relaxed and friendly country atmosphere, where everyone is made to feel welcome and comfortable". Contact the Pro Shop at (506) 485-8008 with your tee time or tournament bookings. Like and follow our Facebook page for current updates on what is happening at the course.



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Sitting on the shores of the pristine Lily Lake in Rockwood Park, the Lily Lake Pavilion offers a unique venue with a view. Located only minutes from Uptown Saint John, the Pavilion is home to Lily's, a licensed restaurant and lakeside patio. The Pavilion offers an air conditioned banquet facility with modern décor to suit any event. An on-site adventure tourism Inside Out Nature Centre and an Aveda day spa Pangea Wellness Centre round out your Pavilion experience. Operated by a registered charity, the revenue derived from the Pavilion's operations is returned to the community through educational and recreational programs that benefit citizens of Saint John.

Saint John Dragon Boat Festival

Saturday, August 25, 2018
8am to 5pm at the Renforth Wharf

This year's festival is scheduled for August 25, 2018. This will be the final festival supported by the Foundation and we intend to celebrate our collective success at this year's event.

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5 ways your lawn can benefit your home interiors

(NC) The green space around your home does more than add curb appeal.

For starters, experts estimate that landscaping can add anywhere from 15 to 25 per cent to the value of your home, depending on where you live. But your lawn also provides some more surprising health and environmental benefits, as well as a soft, safe place for kids and pets to play.

1. Water filtration. Healthy turf acts as a water filtration system, purifying the water as it filters through the root zone and down into our underground aquifers.

2. Preventing erosion. Lawns keep soil in place, helping to prevent erosion from wind and rain.

3. Air purification. Grass also acts as an air purifier by trapping and removing exhaust and other pollutants from the air that are then broken down by the root system.

4. Oxygen boost. Lawns produce an amazing amount of oxygen. A 50-by-50-foot lawn releases enough oxygen for a family of four every day.

5. Cooler temperatures. A lawn that size also has the same cooling power without the energy cost, as three or four air conditioning units, cooling the air temperature around a home by 4°C to 8°C compared to hard surfaces. And before you think about replacing your natural turf with synthetic, consider that on hot days, grass will be up to 39°C cooler than dry, synthetic turf.

If you're worried about the health of your lawn, remember that all grasses have the ability to go dormant when water intake is reduced, as it is during the driest parts of the summer. They will bounce back healthy and green again when the rains return.

Learn more about the health and environmental benefits of healthy green space online at greener-world.ca.

www.newscanada.com



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and confidence, two important qualities for children to have now and as they grow up.

Encourage life-long physical activity. Registering your kids in sport at an early age will help foster a love of physical activity through to adulthood, leading to a healthier lifestyle.

Create lasting friendships. Being part of a team gives kids the opportunity to travel, problem-solve, win, and lose

alongside their peers. The resulting bond leads to lasting friendships.

For parents concerned about the expenses associated with getting kids into sport and play, 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 store and know that 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.

www.newscanada.com

The importance of sport and play for kids

(NC) Whether your child participates in baseball, dance, soccer, golf or hockey, including sport and play in their lives is important. The lessons they learn can stay with them for the rest of their lives. Here are just some of the benefits of sport:

Develop important life skills. Sport helps to teach children teamwork, leadership skills and the value of hard work. These are all important life skills that can be implemented in school and in their professional careers.

Increase self-esteem. A recent study from The Sport Journal has linked playing sports to gaining self-esteem



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5 tricks to stay cool in the heat

(NC) With weather experts predicting a hotter-than-average summer, we can look forward to some sun and warmth after a cool spring. Whether you are enjoying the season at a lakeside cottage, local park or relaxing at home, use these tips from Health Canada to stay fresh.

1. Drink up. Did you know that by the time you feel thirsty, you're already dehydrated? Thirst is not a good indicator of dehydration, so drink plenty of cool liquids, especially water, before you feel thirsty.

2. Find fresh fashion. Wear loose-fitting, light-coloured clothing made of breathable fabric. Items made from linen and cotton will help keep you cool and comfortable.

3. Seek shade. Wear a wide-brimmed, breathable hat or use an umbrella to protect yourself from the sun's harmful rays. If you can't avoid the sun, use a sunscreen that is SPF 30 or higher and follow the manufacturer's directions.

4. Adjust your plans. Being physically active provides many health benefits, but during extreme heat it can put you at risk even if you are healthy. If you can, reschedule strenuous outdoor activity to a cooler part of the day or another day. Or choose to exercise in an air-conditioned space or cooler outdoor location, like under a tree.

5. Refresh and recover. Allow your body to recover after heat exposure. Spend a few hours in a cooler tree-shaded area or somewhere that's air conditioned, such as a shopping mall, grocery store, swimming facility or public library.

Protect your health and watch for symptoms of heat illness, such as dizziness, fainting, nausea, vomiting, headache, extreme thirst, and unusually rapid breathing and heartbeat. If you experience any of these symptoms, move to a cool place immediately and drink liquids.

Heat stroke is a medical emergency. Call 911 or your local emergency number immediately if you are caring for someone who has a high body temperature and is either unconscious or confused or who has stopped sweating.

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Rainy day? How to keep kids entertained

(NC) Looking to keep your kids busy when it's pouring rain, but don't want them zoning out mindlessly? Bring STEM to the rescue, says Amber Mac, a Canadian tech expert.

"STEM — which stands for science, technology, engineering and mathematics — is a hot topic with both parents and educators focused on preparing kids for a tech-centric future. Schools have adopted the fields into their curriculums, and more and more parents are signing their kids up for related programs outside the classroom."

Next time you're looking for a bit of indoor fun, here are Mac's top three activities to keep kids entertained and educated.

Put that YouTube viewing to good use. Getting kids to watch YouTube is easy, so choose educational content that will keep their brains fully charged. Try Emerald Code, a Canadian web series that's all about showing the fun side of STEM. The show features four teens navigating high school life as they explore things like coding, robotics and more to make their lives easier, more connected and more fun. Fans of the show will also love Emerald Code: Decoded, an online series that showcases real-life kids making a difference in the world of STEM.

Get creative with toys. A growing number of toys on the market are aimed at transforming the way kids play through creative learning. Mac recommends Nintendo Labo, a new series of innovative DIY kits. Kits consist of modular sheets of cardboard that kids and families work together to build. Once constructed, they transform into interactive 3D creations — including a piano, fishing rod and robot — that are brought to life with Nintendo Switch. Plus, kids can make their own custom cardboard creations using the innovative Toy-Con Garage mode.

Try a good old-fashioned science experiment. Getting kids interested in science is all about sparking their imaginations, not necessarily about teaching them how

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to code. Go old school with a DIY science experiment that you can do at home that's simple, accessible and fun. For a lesson in basic chemistry, create your own volcanic explosion by combining baking soda and vinegar, which creates carbon dioxide gas. As the carbon dioxide is produced, pressure builds until the gas creates a frothy, volcano-like reaction. Add red food colouring for a cool lava effect — explosive entertainment awaits.

www.newscanada.com

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.

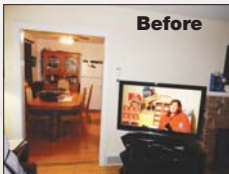
It is possible that the layout has to stay the same. I would have to say no changes would be the extreme exception , for example I have designed and installed not 100s but 1000s of kitchens, I can only think of one or two, that we did not make any changes to the layouts and those were rental units.

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.

This article was written by Jim Lawrence
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3 tips to improve work-life balance

(NC) Warmer weather renews our interest in spending time outdoors, offering us a chance to re-evaluate our lifestyle choices. Here are some tips to help you perfect the balancing act between the personal and professional:

1. Set boundaries. While multitasking may feel like an efficient way of handling a busy schedule, remember that you can only do one thing well at a time. Give your all at work, staying away from social media and other distractions — this might even help you leave a bit earlier. Once you do leave, turn off email notifications and focus on whatever you're doing, whether that's getting in a workout at the gym, playing with your kids or sharing a meal with friends.

2. Schedule transition time. Moving straight from work to personal commitments can lead to professional stresses bleeding into your private life. Create a buffer between the two environments to help you relax and shift your brain into leisure mode. Go for a short walk, watch a light television show you love or read a book or magazine as the first part of your after-work routine.

3. Make a difference. Create an impact beyond your everyday life for some perspective and inspiration. Participate in the work of a charity like Amnesty International, which supports causes like women's and LGBTI rights, combatting violence and oppression against Indigenous peoples, and freeing political prisoners around the world. There are many easy ways to get involved, which is ideal for those of us with packed calendars. You can write letters, organize a guest speaker event or join a book club. Find more information at www.amnesty.ca.

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Find a Better Balance

Falling isn't something we usually consider unless we have had one or a close call. But, tell me, where do broken hips and ankles come from? There are many reasons why our balance may be "off" to the point that our safety is compromised. First there are the external factors. A wrinkle in the entry mat, transition between carpet and tile or pavement and lawn, a table leg that reaches out and grabs you or an icy step.

You can try to be more aware but if you've had a near miss, the fear of falling can make you more vulnerable because of anxiety or paranoia. Unfortunately, the obvious things may only be the consequence of things we haven't considered as risks. How about a drug reaction that makes you dizzy, or chronic pain that distracts you from watching your step?

Balance can be compromised by any number of factors. Ear or eye infections, poor posture, lack of exercise, muscle imbalance due to osteoarthritis or old injuries, neuropathy, tiredness, weakness or even over confidence. Wow! Maybe I should just sit this one out. Can't do that, life must be lived and being afraid of "possibilities" only increases your risk. The good news is that balance affects every element of life and the rules of the "road" or life are very similar to the Drivers instruction manual or the Canadian building code.

#1 Proper equipment – The right shoes for the conditions. Sturdy, well fitting and well secured footwear reduce the variables.

#2 Pay attention – Concentrate on where you are and the space you take up (spatial orientation), use your peripheral vision to co-ordinate your balance and position (proprioception). Spending too much time watching your foot placement might make you miss something important outside your field of view, such as traffic or other hazards.

#3 Practice – Move and breathe. Regular exercise will put you more in tune with your body and make you more responsive. Challenging your perceived limitations may reveal that they are not what you thought.

#4 Brake and avoid – Don't hurry, it gives you more time to make a course correction (this might apply in your emotional life as well). Shorter stride length, you can pick up the pace as you become more proficient.

Perhaps I've used too many allusions in this piece of advice, but it always amazes me how uncommon common sense can be. You are your own best advocate. It's fine to seek out expert opinions, but you still must choose what works for you and put it into play.

By Terry Trask C. Ped. (C) Canadian Certified Pedorthist

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