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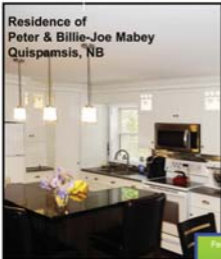
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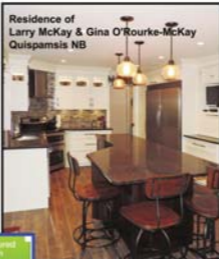


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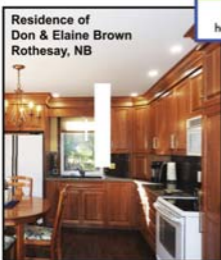
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## KENNEBECASIS VALLEY Fall Activity Guide

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## Avoid Body Drought — How to Prevent Dehydration

It's in every living cell, tissue and organ, and it's second only to oxygen as the thing we need most to survive—pure, clean water. We can't live without it, and we can't live well without enough of it. We are constantly in need of water as we lose water with every breath and every activity of the body. We are especially at risk for dehydration when we exercise or we are ill—this is when dehydration, even mild dehydration, can take its toll, causing you to feel tired and drained of energy. Anyone may become dehydrated, but young children, older adults and people with chronic illnesses are most at risk.



Dr. Julie Scarano, a doctor of chiropractic who is trained in prevention and wellness (in addition to providing care for neuromusculoskeletal conditions such as neck or back pain, for which chiropractors are most well known) believes it's better to prevent dehydration than to treat it. She also reminds you that the 23

intervertebral discs in your spine have high water content and that dehydration can be associated with spinal pain.

Here are some preventative tips to help avoid dehydration:

- Choose your beverages wisely. Avoid or limit fruit juices, sodas, alcohol and high-sugar sports drinks.
- Drink a glass of water during and between meals, as well as before, during and after exercise.
- Plan outdoor activities for cooler parts of the day.
- Eat foods that are high in water content, such as fruits and vegetables.
- Make water your go-to beverage of choice.

For more tips and information and to find a doctor of chiropractic near you.

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- **Derek Carter**, Self-Employment Benefit Coordinator
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## 5 things to add to your morning routine

(NC) The way you spend your morning can set the tone for your whole day. That's why many successful people often have defined morning habits. To help yourself feel better and get more done, here are five easy ways to improve your routine:

1. **Get up earlier.** To get ahead of the game, you'll need a head start. In today's competitive world, it helps to have an extra hour or two in the morning to get things done. But this starts the night before. To hit the ground running, you need to make sure you're getting enough sleep.
2. **Exercise.** It's hard to work out in the morning, but with balancing a career and family, finding time to be active in the evening is often more challenging. Starting the day with a workout will help kickstart your brain and provide an improved sense of well-being throughout the day.
3. **Brush better.** To feel your best, it's important to maintain your oral health. If you're tired of having the same conversation with your dentist every six months, try using an electric toothbrush like Philips Sonicare ProtectiveClean. Unlike other electric toothbrushes, it has a pressure sensor that lets you know when you're pressing too hard, so you can protect your teeth and gums while removing up to seven times more plaque.
4. **Set your priorities.** Time is precious and being organized will ensure you maximize every minute. Whether you're at home, on public transit or at work, take 15 minutes each morning to write down your priorities for the day. This will give you a clear plan of attack, keeping you focused on important tasks.
5. **Start strong.** Research shows that willpower is highest in the morning. So instead of checking your email and getting sidetracked with endless small tasks, stay unplugged and begin each day by first tackling harder assignments that require more focus and determination.

[www.newscanada.com](http://www.newscanada.com)

## 4 ways to prepare for fall allergy season

(NC) While many people look forward to the cooler weather and changing colours, thousands of Canadians are dreading the onset of autumn allergy season.

Typically kicking in around mid-August, ragweed season can last until the first frost, causing symptoms such as sneezing, congestion, and red and swollen eyes.

While allergies are never pleasant, here's how to prepare yourself:

**Keep your windows closed.** Pollen is one of the primary triggers of an allergic reaction. Because ragweed pollen is airborne, it can travel up to 400 miles from its origin. This means that even if you don't see a ragweed plant directly in front of you, you could still be impacted. To protect yourself, try to limit outdoor activity on high pollen count days and keep your windows and doors closed.

**Buy a connected air purifier.** When you can't open your windows, the air pollutants in your home are going to build up. To keep the air in your house clean, consider purchasing a connected air purifier. It will allow you to monitor your indoor air quality on a smartphone app, while also showing you outdoor pollution and pollen data. Your best bet is the Philips Air Purifier Series 2000i, which captures 99.97 per cent of particles that pass through the filter and is proven to reduce allergens, odours, VOCs and even certain bacteria.

**Clean up when you get home.** You may not see it, but if pollen is in the air, you can rest assured that it is now on your clothes. When returning home from outside, make sure to leave your shoes at the door, so you don't track pollen in. It's also wise to jump in the shower and throw your clothes in the wash immediately.

**Vacuum and dust consistently.** While nobody likes to dust or vacuum, doing so is your best shot at limiting allergy symptoms. Whether it's a carpet, couch, nook or cranny, they're all nesting grounds for allergens and particularly dust mites, which can be a year-round allergy trigger.

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## Saint John & Area Events

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

29-Sep-2018, 9:00 AM - 2:00 PM

GIANT YARD SALE Carleton Community Centre

12-Oct-2018, 5:00 PM - 8:00 PM

Saint John Bridal Show Thistle Curling Club

13-Oct-2018, 5:30 PM - 10:00 PM

Gentle Path's Annual Fall Auction

Gentle Path Counselling Services, Ltd.

25-Oct-2018 - 31-Oct-2018, 11:00 AM - 9:00 PM

Tenant Pumpkin carving contest at Market Square

11-Nov-2018, 10:30 AM - 12:15 PM

2018 Saint John Service of Remembrance.

Harbour Station, 99 Station Street.

16-Nov-2018, 6:00 PM - 11:00 PM

3rd Annual "Diversity Champion Awards

Hilton Trade & Convention Centre

17-Nov-2018, 6:00 PM - 11:00 PM

Annual Pre-Parade Party at Market Square

21-Nov-2018, 12:00 PM - 2:00 PM

Senior's Christmas TEA Market Square Atrium

## How to help kids find a sport they love

(NC) Participating in organized sports is a great way for kids to get active and make new friends, but how do you know which activity is right for them? Follow the tips below to make finding a sport they love a little easier.

**Take them to a game.** Live sporting events are fun. Attend a game together and let them get engrossed in the action. This provides an opportunity for kids to learn about a sport and imagine themselves in the excitement. Whether it is at the professional or amateur level, watching a sport live can peak a kid's interest and inspire them to take part.

**Test out different options.** Rather than risk dragging your kids to practices or games they have no interest in for an entire season, an alternative is an introductory program that allows them to try a sport a couple of times without taking on significant fees or a long-term commitment. A great example is The Canadian Tire First Shift, a six-week introduction to hockey for kids six to 10 who have never played before. For only \$199, participants receive full head-to-toe Bauer hockey gear and six on-ice sessions.

**Get involved.** Once enrolled, you can keep kids engaged by getting involved yourself. Travel to out-of-town tournaments when you can, help with fundraising efforts and volunteer when needed. If your children see that you care about the team, they are more likely to be excited and keep playing thanks to your support. [www.newscanada.com](http://www.newscanada.com)

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# KV Activities & Groups

## KV QUILTING GUILD

The Kennebecasis Valley Quilting Guild is a local non-profit organization with a mission of giving back to our community; they do so while sharing & fostering a love for quilting. The guild meets the second Tuesday of every month at 7:00pm at the Quispamsis Civic Centre, and welcomes new members to join.

Interested quilters are encouraged to drop in at a meeting, or call Brad McBean at 847-2275 or Anne Perry at 847-4044.

## BRADLEY LAKE COMMUNITY CENTRE

Having a birthday party, wedding shower, reception, etc?

The Bradley Lake Community Centre can accommodate 160 people with full kitchen facilities. For more information or to make a booking for an event please call 849-8143 or 847-7170.

## KV OLD BOYS

Did you know that by donating your redeemable containers, you are helping to support charitable needs within the community?

Let us redeem your redeemables. Call, fax, or send an email, and we'll gladly pick up your redeemable containers promptly.

The KV Old Boys are a group of retired men (and a few who wish they were) who initially came together to raise funds for cancer research in memory of a friend. So successful was this effort, that the group decided, in 2003, to organize, using the KV Old Boys as its name and the above graphic as its logo.

The group's mandate, as it is written into their by-laws, is to respond to community needs as identified by the membership. Should you wish to know more about the KV Old Boys, or wish to seek assistance, feel free to contact the group as follows:

32 Wedgewood Drive, Rothesay, E2E 3P7;

Ph: 847-5895 Fax: 847-1369; Email: kvob@nbnet.nb.ca.

## RENFORTH SENIOR'S CARD CLUB

The Rothesay Senior's Club meets on Tuesdays at the Renforth Bill McGuire Centre from 1:30-4:00pm. Play cards of your choice Bridge, 45's, Crib or Whist. Everyone welcome. Light lunch provided. For more information call Norma Chriswell at 847-3076 or Jim Young at 849-2250.

## KENNEBECASIS SENIOR CITIZEN CLUB

The Kennebecasis Senior Citizen Club meets every Tuesday from 1:00pm till 4:00pm at Sobey's Committee Room in Rothesay. Following a short business meeting is bridge, 45's and lunch. For information call Carol at 849-2481. All beginners and experienced players welcome. FREE lessons

## LIONS BINGO IN KV

Bingo every Sunday night at the Island View Quispamsis Lions Club. Doors open at 6:00, and the first game starts at 7:00pm. Full canteen services by Wendy's. The Lions Club is located by the Ken Val Co-op in Quispamsis.

## ADULT BADMINTON

Open to all levels, takes place at Kennebecasis Valley High School on Monday evenings, 8:30pm (call Dave at 847-8593) and Thursday evenings, 8:30pm (call John at 847-8714) at Kennebecasis Valley High School. Fee is \$2.00 per evening.

And an adult badminton club open to all levels at Hampton High School, Wednesday evenings, 8pm (call Ron at 832-1972).

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## Keep more money in your pocket for retirement

(NC) If you're retired, you know that every dollar counts. And whether you need the money for a long trip or for a rainy day, it's important to stretch every dollar. Here are some ways to keep more cash in the bank during your golden years.

**1. DIY household chores.** When you work nine to five, you have less time to mow the lawn and clean the house, and might have hired someone instead. But now you can squeeze in a mini workout and save money by doing these tasks yourself. For bigger projects, try heading to a home improvement store or checking out online videos to see if you can safely DIY.

**2. Keep up with vehicle maintenance.** People are keeping their cars longer, with most Canadians holding on to them for nine years or more. To protect your investment, be sure to do those easy checks you can perform yourself, like the oil level and condition, tire wear and antifreeze levels. Choose Pre-stone antifreeze as it's the best at stopping corrosion that can lead to overheating and breakdowns.

**3. Enjoy plenty of discounts.** Besides saving with senior discounts at the pharmacy, movies and recreational activities, being a retiree comes with a host of other, more hidden savings. Since your schedule is flexible, you can take advantage of happy hours, travel during off-peak seasons and check out lower-priced matinee theatre productions.

[www.newscanada.com](http://www.newscanada.com)

## 20th Annual Kennebecasis Valley Santa Claus Parade

November 24, 2018  
6:00pm - 7:30pm

The Towns of Quispamsis and Rothesay will host the 20th Annual Kennebecasis Valley Santa Claus Parade on Saturday, November 24. The Parade will commence at 6 pm at KVHS and will travel along the Hampton Road to Clark Road.

• Storm Date: November 25

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Cynthia Cudmore 849-2680

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Trevor Edwards 847-9120

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Sandra Horton 847-2806  
KV Little League  
Dave Wilson 847-9871  
email: davew@nbnet.nb.ca  
KV Minor Baseball  
Matthew Mitchell  
matthewmitchell2@gmail.com

### Basketball

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www.kvba.ca  
Basketball NB 849-4667

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### Boating Clubs

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• Rothesay Regional Police Cst. Natasha Vouture  
• Child Care Directory 657-2302 or 634-2011  
• Fairvale Outing Association

• IODE Rothesay Chapter 847-8332  
• KV Chamber of Commerce 847-5063  
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• KV Committee for Disabled Persons 847-5854

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  
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• Kennebecasis Public Library  
• (KV3C) Kennebecasis Valley  
Children Community & Capacity  
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• Kennebecasis Lions Club  
• Kennebecasis - Kings ToastMasters Club  
kvtoastmasters.org Jean 763-3923  
• Newcomers Email: sjknewcomersclub@gmail.com

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## Cross-border shopping hacks

(NC) Whether travelling to and from the United States or purchasing online, cross-border shopping is a popular activity with Canadian shoppers. But there are a few things to know before indulging in retail therapy south of the border.

Here are some pointers from RBC on how you can make the most of your cross-border shopping experience.


**1. Plan ahead.** At certain times of the day or year, border crossings can take hours. Check the Canada Border Services Agency website or app to find up-to-date information on wait times. During busy times of the year, start your trip as early as possible so you get plenty of shopping time. Coming home, pick a time when things will have died down — after 8:30 p.m. is usually best.

**Bonus tip:** If you don't already have Nexus, consider applying for faster entry on both sides of the border. Just remember that all travellers need to have it in order to take advantage of the dedicated lane.

**2. Do your math.** Sometimes a deal sounds perfect, but once you factor in the exchange, duty and cost of travel, it might not be so much of a bargain.

**3. Hang on to your receipts for claiming.** You must be in the U.S. for at least 24 hours to claim a Canadian \$200 tax-free exemption; after 48 hours you can claim up to \$800. If you don't declare your purchases, you could face a fine or other penalty.

**4. Pick up a no annual fee U.S.-based credit card.** Do this



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before you go and you can easily avoid foreign transaction fees.

**5. Open a U.S.-based bank account.** If you stay south of the border for extended periods of time, you can make regular ATM withdrawals without having to worry about added fees.

Here are some added tips for online shoppers:

**1. Review the balance before paying.** Many online retail sites provide details on exchange fees and estimated duty, as well as shipping fees.

**2. Read the return policies.** Taxes and duties are often non-refundable, and you may be on the hook for pricey international return shipping costs.

**3. Consider paying with a U.S. credit card or U.S. based bank account.** This will lower the added exchange rate fees. Find more information at [www.rbcbank.com](http://www.rbcbank.com).

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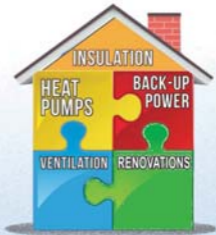
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# Tips to avoid running injuries

(NC) With today's busy lifestyles, running is an affordable, convenient way to stay healthy. As more us make it part of our routine, health professionals are encouraging runners to pay close attention to their footwear.

"Running shoes are a critical piece of equipment that novice runners often ignore," explains Anthony Harper, a Canadian certified pedorthist and president of the Pedorthic Association of Canada. "This oversight can result in painful overuse injuries including stress fractures, runner's knee, heel pain and shin splints."

Harper says today's running shoes are the product of years of research and development and are specifically designed to provide support and cushion joints.

But over time, the support and cushioning wear down. If you run frequently and far, train primarily on roads or have a heavier build, your running shoes will break down even faster. As your shoes wear, your ankles, knees, hips and back will have to absorb more and more of the impact.

Overuse injuries develop slowly, from small tears to swelling to persistent pain. Here's how you can reduce your risk:



Track your distance. Running shoes should be replaced every 600 to 800 kilometres. If you wear your running shoes for other activities beyond running, that distance counts too.

Be aware of new pains. If your feet, knees or hips start to hurt during your regular run it's a good indication that the cushioning or supports in your shoes are worn down. Now is the time to start breaking in a new pair.

Examine your shoes. Turn your shoes over and look at the wear patterns and see if any cracks are forming. Also look carefully at the inside and outside of the shoes. If the treads and sides are visibly worn and the shoes don't feel firm when you twist them, it's time to get a new pair.

Book a consultation. Canadian certified pedorthists have extensive knowledge in biomechanics and are footwear and foot orthotic experts. If you have uneven wear on your treads or are experiencing foot, ankle, knee or hip pain, they can advise you on whether foot orthotics or a different brand and style of footwear will help.

Find more information at [www.pedorthic.ca](http://www.pedorthic.ca).  
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# Structured Movement

In my practice, treating biomechanical and postural issues, I often see problems associated with underlying imbalances. Ankle, knee, hip or back restrictions or malalignments can be indicators of disability and compensation. Often there is a need for specific stretching or exercise to mobilize and strengthen stiff or weak structures.

It sometimes seems like the body has a mind of its own, separate from your consciousness. With this mind it recognizes when movement is hard or painful and finds a more economical less painful way of doing it. This is what compensation is all about. The body does not ask permission, it just does it. The way to stop these compensations from becoming permanent disabilities is to recognize them early and take corrective action.

Balance is extremely important and as we age we tend to become more timid and cautious about it. The fear of falling and hurting ourselves can reduce our confidence and lowers our self esteem. This may present as a social inhibitor possibly causing anxiety and depression. A common scenario is an active person going through an illness or injury and losing their conditioning. It does not happen overnight and can occur at any age making you feel like things are only getting worse, especially if you don't have a supportive and stimulating environment. It takes very little to get on a positive track. Encouragement from a spouse, partner or friend, someone to walk and talk with. Laughter, breath and movement are the main ingredients for better health.

Structured movement is any type of repetitive stretching or exercise that involves your core as well as limbs. A major principal of this type

of movement is Dynamic neuromuscular stabilization or DNS. The concept is that any malfunctioning muscle or group that requires compensation gets it from allied muscles for strength and structures (joints and bone alignment) for position. Since your center of gravity resides in the core you have more control over compensation if the core is strong and healthy.

If you go to the gym regularly you can take advantage of Pilates, Yoga or minimal impact Aerobics. Hopefully you may have a walking track in your community so that you can do your laps or stretch out and power walk at any time of year. Whether it's in a group, with an instructor or a home practice, once you "get into it" the exhilaration of breath and movement will be encouraging. I frequently recommend Yoga for it has become more accessible over the years. As a therapeutic modality it benefits the mind as well as the body. Practice can be "Yang" (strength and balance) or "Yin" (stretch and breath) oriented. Or a combination of both. Your metabolism will eventually find the blend that works for you. Just don't let anyone try to convince you that there is a "correct" way to do this. Each path is individual, and you will have to discover it at your own speed and interest. I tell all my clients that "You have to train to grow old". We were designed to move and if we are to grow old gracefully then we must try to move gracefully too.

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

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## Fall lawn care tips

(NC) Many of us feed our lawns at the first signs of spring, but did you know that autumn is the most important time to fertilize?

A lawn fed three to four times a year develops a deep root system to resist heat, drought and wear. It also develops thick green top growth to naturally resist weeds, disease and insects.

Feeding before the ground freezes, but after the lawn no longer needs mowing, will give your lawn the extra nutrients it needs during our long, cold winters.

Look for a fertilizer with higher nitrogen and potassium, the first and last numbers on the bag. These are the nutrients that help promote a stronger root structure, disease resistance and hardiness in cold weather. A properly fed lawn produces a deeper root structure, capable of reaching water deep in the soil.

Here are some tips to help you put your lawn to bed for the winter:

1. Review your options at a lawn and garden centre by reading the bag. Look for higher nitrogen (N) and potassium (P) ratios.
2. Use a quality lawn fertilizer spreader or handheld model to ensure even feeding.
3. Don't apply if heavy rain is expected, and ensure the last application is on before the ground is frozen.
4. Fertilizer can only do its job if it's on your lawn or garden. Sweep any fertilizer that lands on sidewalks or driveways back onto the lawn, avoiding sewers and waterways.

You can safely use any leftover fertilizer next year, because fertilizer doesn't expire as long as it's kept dry. Find more tips for maintaining your lawn's health online at [greener-world.ca](http://greener-world.ca).

[www.newscanada.com](http://www.newscanada.com)

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## 4 ways to help prepare your kids for leaving the nest

(NC) Moving away from home can be a stressful time for students as they try to maneuver many of life's firsts. This major milestone can be equally as difficult for parents not only emotionally, but also as they ready their kids to face the realities of being on their own.



Here are a few tips to help parents prepare their child for their first year away.

**1. Master the basics of banking.** Most kids are likely familiar with their debit card and ATMs, but for some it may be the first time they use a credit card or have to manage their expenses. Sit down and create a budget together so they understand the basics of money management and where to go if they have any questions.

**2. Teach them a few easy recipes.** Although they may have a school meal plan, it's al-

ways nice to be able to make a few healthy, home-cooked dishes. They can even prepare frozen meals in advance that can easily be heated up during busy study times. Newer appliances, like the Whirlpool range with Frozen Bake technology, allow them to skip preheating and cook their favourite frozen pizza and lasagna with fewer steps.

**3. Help them learn laundry 101.** In the months leading up to the big move, have them do their own laundry and make sure they're comfortable using laundry machines. Cover things like how to properly sort colours from whites, how to choose the right water temperature and wash cycle and to always check clothing labels for washing instructions. That way when they show up on campus with their roll of loonies, they'll be laundry pros.

**4. Treat their last summer at home like a test run.** Pretend your child has already gone away to school and have them live at home as if they were living in their own apartment. This means doing everything from paying rent and creating a budget, to household chores and grocery shopping. At the end of the summer return the "rent" they paid, which actually turns out to be a helpful saving trick.

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PARENT & TOT SKATING	MON. 2:30pm - 3:30pm	No Charge.	October 8
PARENT & TOT SKATING	FRI. 2:30pm - 3:30pm	No Charge.	October 8
PARENT & TOT HOCKEY	TUE. 2:15pm - 3:15pm	No Charge.	October 9
PARENT & TOT HOCKEY	THURS. 2:15pm - 3:15pm	No Charge.	October 9
SENIORS SKATING	TUES. 1:15pm - 2:15pm	No Charge.	October 9
SENIORS SKATING	THURS. 1:15pm - 2:15pm	No Charge.	October 9
SENIORS HOCKEY	MON. 1:15 - 2:15pm	No Charge.	October 8
ADULT SCRIMMAGE	WED. 9:45am - 11:45am	\$6.00 ea.	October 5
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## 4 easy ways to boost your confidence

(NC) While confidence comes easy to some, the rest of us need to give ourselves a boost. Here are a few simple tips that might help improve your overall mindset and can come with great benefits, like improving your health and furthering your career:

**1. Start small.** Let's face it — Mondays are rough. By the time you get the kids out the door, it can feel like you're at the base of the mountain with no idea how you're going to scale it by the end of the week. In this case, the best advice is to start by setting small goals. Check off a few easier assignments first, build a stream of successes, and then tackle the tough ones when you're on a roll and your confidence is at its peak.

**2. Get in shape.** Physical health impacts your overall mindset. By working out regularly and eating healthy, you will have more energy to conquer the work week and household chores. You'll also feel better about yourself and your appearance. But don't stop there — adding a couple of new items to your wardrobe can give you an added boost. After all, when you look good, you feel good.

**3. Polish your appearance.** When you look into the mirror every morning before work, the last thing you want to see is your kid's breakfast on your shirt — and more importantly, yellow or stained teeth. By upgrading to an electric toothbrush like the Philips Sonicare ProtectiveClean, you can improve



your gum health up to 100 per cent more versus a manual toothbrush and whiten your teeth in as little as one week. This gentle yet effective clean will give you confidence that you're maintaining your oral health and looking your best.

**4. Tackle new challenges.** Many of us who struggle with self-confidence often end up tackling assignments we already know we can do. But it's important to get out of your comfort zone. By giving yourself new challenges every week, you will learn that there's nothing to be afraid of. With each success, you will build up a belief in yourself that will help to further your career and life goals.

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# "Kitchen Talk" BY Jim Lawrence

## Kitchen designing with pros

A kitchen make over goes through three stages: Before, Designs and After. A real kitchen renovation does take a little longer than the typical 30 minutes TV kitchen renovation programs. Unlike the TV make overs and the one shown in this article, a lot more does occur between the before and after.

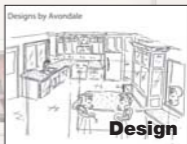
How do you make sure that your project goes smoothly and timely? Plan, delegate and use professionals to help that project come together. A professional kitchen designer typically can really bring a project together for you from start to finish. First a good designer will listen to your ideas, or maybe lack of ideas to start your project. There are designers out there that can come into your home, and sit down and right on the spot work the designs and ideas with you. Normally if both spouses are interested in the project they should both be there to sit in on the first design session. A really good designer will keep this process moving along, engage you both in the preliminary ideas and concepts so it is easy, informative and entertaining.

As the concepts are laid out and a floor plan is generated, usually with professional input, ideas that you thought not possible will come to light. Your designer should be able to turn them into 3D designs that will bring your new kitchen concepts to life.

Once the designs are complete your designer will be able to quickly generate a complete budget for you. If you do not have a contractor to do the renovation part of the project, the designer can usually suggest to you the right sized and reliable contractor for your project.

So...in short, the best way to get that kitchen with the "Wow Factor" is to work with pro's.

This article was written by Jim Lawrence  
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# 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 KRPF have been dedicated to ensuring your neighborhoods remain safe and our citizens enjoy an outstanding quality of life. The members and staff take great pride in contributing and giving back to the community; thus our motto, "Our Community, Our Commitment."

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

## Police and Public Partnerships

- D.A.R.E.
- Crime Stoppers
- Put A Lid On It (Bicycle Helmet Safety)
- Christmas with the Cops
- Atlantic 911 Ride
- Special Olympics Law Enforcement Forest Walk
- Autism Registry Program
- Alternative Measures Committee
- Alzheimers Wandering Registry
- MADD (Mothers Against Drunk Driving)
- TADD (Teenagers Against Drunk Driving)
- Police Auxiliary Program
- CAP (Community Advancement Program)
- Child Identification Kit
- WITS ANTI BULLY PROGRAM
- Oasis Centre
- Sirens for Life (Blood Donor Clinic)

- Police Chaplaincy Program
- Crime Stoppers Shred it Program
- PARTNER - The KRPF Police Mascot
- Love is Respect, Love Shouldn't Hurt Campaign
- Provincial School Safety Advisory Committee
- Crime Prevention Association of New Brunswick
- Coffee with a Cop
- Seniors Police Academ
- Pro Kids

## Fundraisers

- \* Police Bicycle Auction
- \* KRPF promo items
- \* KRPF Coloring / Activity Book
- \* Weekly Community BBQ's
- \* Fill The Truck Event
- \* Tanya Shand Memorial Milk & Cookie Run
- \* Hot pursuit BBQ Cook Off
- \* ATV Safety and Awareness Sessions

For information on any of these projects contact:  
Cpl. Eugene Belliveau, Community Relations Officer  
Kennebecasis Regional Police Force 847-6300

Visit our web site at [www.kennebecasisregionalpolice.com](http://www.kennebecasisregionalpolice.com)  
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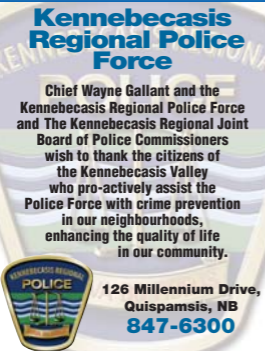
Remember, safety first when operating motor vehicles, offroad vehicles, motorcycles and boats. The KRPF collaborates with the public to promote traffic safety by emphasizing the "3E's" that bring **Education, Engineering and Enforcement.**

Police pay special attention to the "Fatal 4": **SPEED, IMPAIRMENT, DISTRACTIONS, SEATBELTS and or HELMETS**

The goal is to remain proactive by educating first, either by public service announcements, pamphlets, school theatre, or 1st responder mock Accidents followed by Engineering, by suggesting speed abatement programs, better signage, speed recording trailer and the monitoring of high motor vehicle traffic and pedestrian areas. Finally, enforcement by the use of radar in school zones, check stops, active off road and highway patrols and issuing tickets.

## Halloween Safety Tips

- Avoid trick-or-treating alone. Walk in groups or with a trusted adult.
- Fasten reflective tape to costumes and bags to help drivers see you.
- Look both ways before crossing the street. Use established cross walks wherever possible.
- Wear well-fitting masks, costumes, and shoes to avoid blocked vision, trips, and falls.
- Eat only factory-wrapped treats. Avoid eating homemade treats made by strangers.
- Enter homes only if you're with a trusted adult. Only visit well-lit houses. Don't stop at dark houses. Never accept rides from strangers.



**Kennebecasis  
Regional Police  
Force**

**Chief Wayne Gallant and the  
Kennebecasis Regional Police Force  
and The Kennebecasis Regional Joint  
Board of Police Commissioners  
wish to thank the citizens of  
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who pro-actively assist the  
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in our neighbourhoods,  
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in our community.**

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# Fall Lawn & Garden Advice

Many times when the cool winds blow on bright Autumn days, the thoughts of gardening stray farther from the mind. We forget that even though the lazy days of summer are gone, the gardening season is not. September and October are wonderful months to garden and continue to care for lawns, shrubs and trees.

Consider keeping the following maintenance work in your schedule until the goblins of Halloween appear.

**Lawn Fertilization and Liming** - Fertilizers that are applied in the Autumn timeframe are important in the development of a strong root system. They are

not specifically designed to "green-up" the lawn, but rather to buildup food reserves in the root system. This works most effectively in the Fall when the frost causes the top growth to slow-down. When this occurs, the plant diverts its energy into food storage. Nitrogen is converted into carbohydrates and is stored in the root system and is used as food energy for the development of new grass shoots in the Spring. Other nutrients such as potassium and phosphorous are utilized to improve plant hardiness and increase endurance from stresses such as harsh winter conditions. Liming is another important ingredient in growing a healthy, robust lawn. It controls the pH of the soil, and with higher applications can actually change the acidity level to one closer to neutral or slightly alkaline. A more neutral soil allows a more ready absorption of fertilizer into the roots of the grass. It can also inhibit the growth of certain weeds and curb the development of others. Soils in this region have a natural tendency to be acidic so one or two applications of lime each season is needed to keep the lawn at its best for health and appearance.

**Seeding Work** - Late August into mid September is an ideal time to reseed any thin areas on the lawn that need some extra help. The cooler temperatures and increased moisture



encourage a faster and fuller germination of grass seed. By seeding in the Fall, the new seed has the advantage of two growth periods (Fall and Spring) before the summer drought period stresses it. Topdressing and aeration should accompany seeding work in order for the germination to be as successful as possible. The success rate of seeding after mid September is diminished with each passing day since the grass may not have time to harden off before the potentially heavy frosts and cold temperatures of October. Sodding, however, can easily be successfully accomplished throughout

the Fall until the end of October since the grass plant is already mature.

**Shrub Trimming** - If pruning did not get done during the summer, don't despair. Most shrubs can be pruned at any point in the season, including the fall. If leaves are starting to fall from the shrub before you are ready to trim, that will actually give you a better vantage point of the plant's branching structure. However, early Spring blooming plants such as Forsythia and Lilac should be pruned in

early summer before flower buds begin to set for the next year.

**Shrub Protection** - Some shrubs are more susceptible than others to the harsh winter winds and occasional freeze and thaw activity that happens during the winter. Check out the zone hardiness of any plants that might be newly installed in your landscape. If they have a hardiness factor of 5a or 5b, and they are planted in an exposed area, you may want to consider protection to give as much of a chance for survival as possible. These shrubs would benefit from a burlap barrier to cut the wind and reduce "winter burn".

- Lorna Pond, CLP Urban Landscaping Ltd.

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Parents & Tots	Monday & Friday 1:30 - 2:30pm	Qplex
Tykes with Sticks (5 and under)	Tuesday & Thursday 1:30 - 2:30pm	Qplex
Adult and Seniors Skate	Monday and Friday 10:45am - 11:45am Wednesday 1:30 - 2:30pm	Qplex

Programs may be cancelled due to tournaments or other special events.  
For complete schedule, please visit [www.qplex.quispamsis.ca](http://www.qplex.quispamsis.ca) or call 848-5900



## Bikes + Beans

### THIS WINTER RIDE FAT TO GET IN SHAPE

It is the middle of a snowstorm, there are inches of snow on the ground, and yet you see someone out riding some other-worldly looking bicycle with huge tires just floating over the snow. You may have noticed more and more of these bikes showing up the past few winters – the mad max looking bike with the huge tires. The term in the bicycle industry for these bikes is a "Fat Bike".

Fat Bikes are truly the first 4-season bike. Born in the arctic in the 80's when an event called the Iditabike was born to coincide with the famous Iditarod Sled-Dog Race.

Early competitors would cut and weld the mountain bikes of the time to give more clearance for wider tires, usually from motorized ATVs. To mount the wider tires often 2 mountain bike rims were welded together. Thus the earliest fat Bikes were created.

This niche category of bicycle has broken out in the past few years as riders found that the bikes could handle other terrain such as loose desert sand, mud and your standard mountain bike trail

equally as well.

For our particular area we have the ideal terrain for year round use of a Fat Bike. People love the comfort and grip of the ultra big tires, although the downside is that they are slow to accelerate but unless you are a racer that is not a big issue. The huge tires with low pressure also act as the suspension, so no complicated suspension systems are really needed, cutting down on the maintenance.

Another option to the Fat Bike that many are considering is the new 27+ tire.

2016 saw the introduction of this new tire size and the offerings for the 2017 season have exploded.

27+ takes the 27.5 (650B) diameter rim, widens it and puts a 2.8 to 3.0 inch width tire aboard. This results in four season capability in one bike. These bikes are typically offered with either front suspension or dual suspension options



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