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## SPRING / SUMMER ACTIVITY GUIDE 2018



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## KENNEBECASIS VALLEY Spring / Summer Activity Guide



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New Brunswick  
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# 50+ Friendship Games

## June 4 - June 8



Submit your registration form and fee soon as spots are limited. Adults aged 50 years and older are invited to register from now until May 18th for the 2018 Games which are being held in Quispamsis and Saint John during June 4th to 8th.

Included are Bowling, Auction 45s, Badminton, Golf, Bridge, Pickleball, Shuffleboard, Awards Banquet with Dinner, and much more!

Registration forms are available on-line [seniorshelpsj.ca](http://seniorshelpsj.ca) and at the Seniors Resource Centre or qplex Administration Office.

633-8781 for more information

## Community Business DEVELOPMENT CORPORATION



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- **Jill Ganong**, Senior Loans Officer

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## Rothesay Concert in the Common 2018

Take your evening walk, bring your blanket/chair, and enjoy free outdoor music on the Rothesay Common stage every Thursday from 7-8pm (July 5 to August 30).

If the weather is inclement, the concerts will be held at Rothesay Park School. Artists include Jon Mullane Duo, Thom Swift, and many others! Stay tuned for the full list of concerts on our website!



## The Great Race is coming to Town

Friday, June 29, 2018  
from 1:00pm to 5:00pm

Mark your calendar for the Great Race lunch stop!  
120 of the world's finest antique automobiles will be rolling into the Rothesay Common starting at 1:00pm!

For more details visit:  
[www.greatrace.ca](http://www.greatrace.ca)  
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# Saint John Events

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

10-Jun-2018, 11:00 AM - 3:00 PM  
**8TH ANNUAL COMMUNITY DAY.**  
Marco Polo Cruise Terminal, 111 Water Street.

10-Jun-2018, 2:00 PM - 4:00 PM  
**YOUNG MUSICIANS CONCERT.**  
Saint John Arts Centre, 20 Peel Plaza.

10-Jun-2018, 11:00am - 3:00pm  
**8TH ANNUAL PORT SAINT JOHN COMMUNITY DAY**  
Community Day is a fun, family event with entertainment and activity throughout our east side cruise terminals both inside and outside.  
Since Community Day is operated as a way to give back to the community, fundraising from the event, or from other specially designed Port Days activities, will provide tens of thousands of dollars to support local charities who are providing basic needs assistance to children living priority neighborhoods surrounding the Port.

14-Jun-2018 - 17-Jun-2018, 11:00 AM - 11:00 PM  
**LOYALIST CITY RIBFEST**  
Long Wharf (off Harbour Passage).

21-Jun-2018, 5:00 PM - 8:00 PM  
**NATIONAL INDIGENOUS PEOPLES DAY.**  
Market Square, 1 Market Square.

22-Jun-2018, 5:00 PM - 6:00 PM  
**6TH ANNUAL BLACK BOX MIXOLOGY CONTEST.**  
Market Square, 1 Market Square.

30-Jun-2018, 11:30 AM - 2:00 AM  
**CANADA DAY COUNTDOWN.**  
Market Square

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.

9-Aug - 22-Sept 6:00PM  
**SCULPTURE SAINT JOHN**  
Come watch as eight accomplished sculptors from around the globe transform mammoth chunks of New Brunswick granite into masterpieces to be enjoyed for generations. A rare opportunity to watch these artists bring their visions to life.  
This event is open to all and free of charge.

## Brundage Point Market

**Fridays - June 1 to September 14**  
**The Brundage Point Market in Grand Bay-Westfield features local vendors selling everything from A to Z.**

## The Queen Square Farmers Market

is back in Queen Square South!

Come by every Sunday from mid May – mid October and support Local Farmers, Artists, Crafters and Food Vendors.

## Music in the Park

Quispamsis Arts & Culture Park,  
Quispamsis, NB

Wednesdays 7 - 8 pm  
beginning  
July 4 - August 15



## Farmers Market at East Point Shopping

Every Saturday for the East Point Farmers' Market (10am to 3pm) beginning May 12 through September 29, 2018. Vendors will be selling baked goods, sewn crafts, original art, photography, fresh produce, preserves and more! It changes from week to week

## Family Movies in the Park

Quispamsis Arts & Culture Park,  
Quispamsis, NB

Fridays 9:15 - 11:00pm  
beginning  
June 22 - August 24



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# GARDENING WITH DEER IN THE KENNEBECASIS VALLEY

One garden I'm really looking forward to observing this spring is my so-called deer-proof garden outside the fence at the foot of the driveway. Deer are, no doubt, the commonest foil to suburban gardening for most of you reading this article. I have taken my battle with deer far beyond what most of you have the desire to do, namely, I fenced in almost all of our property two years ago, complete with gates at the foot of the driveway. The fence has given Betty and I full reign over our gardens... with the joy of growing hostas, lilies, phlox, tulips, cedars, and whatever else we want, and see them bloom and grow to their full potential.

Knowing that a fence is not an option for most of my friends and customers, I decided last spring to experiment with some deer-resistant gardening outside the fence, at the foot of the driveway right off Model Farm Rd. There deer pass daily, walking around the fence, in herds of 7 or 8 at times. I shaped the banks that flank the drive, then added 4 or 5 inches to the existing soil to raise the beds and improve fertility. I have been planting and tending hundreds of gardens throughout our area for decades, since before deer were even considered a minor pest. And I have gradually removed a very large number of species from my gardening palette, as deer became bolder and more numerous. Eventually, a list of pretty well deer proof (never say never!) species of shrubs, perennials, and annuals has evolved, that no deer seem interested in eating. There are many more that rarely get bothered, and can be successfully planted in almost all area gardens, but these few I can call deer-proof. In evergreen shrubs, boxwood and dwarf Alberta spruce, in perennials, catmint, 'May

Night' salvia and bigroot geranium, and two annuals, dusty miller and Cleome (or spider flower).

I planted these 7 species in those large beds far from the house, in the high-traffic deer zone, and I can say that not a one ever got bitten that I could see, all season. Because I had lots of new bed area to cover, I mass-planted them, meaning in groups of 3 or more of the same kind. Usually it was more like 6 to 20 of a kind in each group. That's a way to cover large areas, but keep the garden looking organized and sophisticated, rather than a jumble of many species scattered and mixed randomly in what sometimes appears as a hodge-podge.

I was very pleased with the performance of every one of these, and the perennials grew and even spread remarkably for season one. I put liberal amounts of compost and bone meal in all planting holes, and that speeds establishment greatly. The outstanding performer had to be the Cleome annual. It is totally modest when you buy it, just a green plant 8 or 10" tall in the six-packs. It even takes a month or so to come to bloom, first colour appearing in early July. But it just never stopped growing and blooming beautifully until late October, through a few light frosts. Some by then were 5' tall. The mixed white, light pink, and dark pink flower clusters are large, at the tip of each branch and stem, with spidery seed pods below them. They are sticky- and thorny-stemmed, with a pungent though not unpleasant odour of growing marijuana, so I guess that combo is just too much of a turn-off to our good friends, the deer. What a shame!

Duncan Kelbaugh, owner, Brunswick Nurseries

## 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.

For more details visit: [www.sjdragonboat.ca](http://www.sjdragonboat.ca)





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## Spring into a more active lifestyle

(NC) Warmer weather is the perfect motivation for ending your winter hibernation and making healthier choices. Whether your goal is run a short race or lose a few pounds before summer, these simple tips can help you get started.

**Create your own exercise plan.** Most of us know that regular exercise and physical activity are two of the best ways to keep our body healthy, but sticking to a new gym routine or fitness class can be hard. An exercise plan with clear, specific goals and schedules can help you stay on track.

**Don't diet, eat healthy.** A lot of fad diets promise fast results, but they often limit your nutritional intake and tend to fail in the long run. Eating healthier food and fewer calories is the key to achieving and maintaining a healthy weight. Focus on preparing nutritious meals with fresh ingredients and choosing your portion sizes carefully.

**Stay motivated with smart tech.** Using a fitness app on your smartphone to keep track of your progress and learn healthy recipes or new exercises. A fitness tracker or workout app can be useful for setting up friendly reminders to keep moving and stick to your exercise appointments.

**Be strategic at restaurants.** When eating out, there are some great tricks that let you enjoy your favourites while avoiding overindulging. The three-bite rule lets you take three bites out of a treat and then set it aside for a few minutes — you might discover that those few bites can be very satisfying, and might be all you really wanted in the first place. Substitute fries with healthier sides such as steamed vegetables, brown rice or a salad with dressing on the side.



**Control your cravings.** Sometimes you feel like you're doing everything right, yet still not getting results. Things like cravings can get in the way of your weight loss by leading you to eat even when you're not hungry. If you're overweight and have health problems because of it, talk to your doctor about a new treatment option for chronic weight management.  
www.newscanada.com

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



## RECREATION & LEISURE ACTIVITIES CONTACTS

### Arenas

Oplex info line 848-5900  
Quispamsis Memorial Arena  
849-5720  
RNC Rink (RCS) 847-8224  
Rothesay Arena 847-6363

### Art Club

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

### Badminton

Dave Curran 847-8593  
John Short 847-8714

### Baseball Leagues

Girls Softball  
Lisa White 849-7541  
Sandra Horton 847-2806  
KV Little League  
Dave Wilson 847-9871  
email: dawew@nbnet.nb.ca  
KV Minor Baseball  
Matthew Mitchell  
matthewmitchell2@gmail.com

### Basketball

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

### Baton Club

Baton Explosion Inc.  
Rothesay 849-6624

### Boating Clubs

Renforth Boat Club 847-1724  
Rothesay Yacht Club 847-7245

### Boy Scouts

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

### Bradley Lake Community Centre

849-8743  
847-7170  
Anita Bush  
Richard McKenney 849-8143

### Cadets

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Sea Cadets 848-6693  
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### Canoeing / Kayaking

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kennebecasiskayak@hotmail.com  
www.kennebecasiskayak.com

### Car Club

Valley Cruisers Car Club  
Don Moore 847-4060

### Chess

Saint John Chess Club  
849-5488  
799-0399

### 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  
658-4715

### Drama

KV Players Theatre Co.  
Suzanne Yerxa 847-1867

### Fencing

Renforth Fencing Club  
Eric Phinney 847-7696

### Figure Skating

Quispamsis Figure Skating Club  
849-3933

### Fishing

Hammond River Angling Assoc.  
Sean Doyle 832-1230  
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/Rothesay  
Deb Maber 847-3694

### KV Woodworkers

David Erskine 847-3130  
derskine12@bellaliant.net  
Robert Jackson 847-5105  
jacksonr@nb.net.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 Dobbeltsteyn 642-7529

### Quilting

KV Quilting Guild  
Janet McLaughlin 849-8707

### Recreation Department

Town of Rothesay  
Charles Jensen 848-6606  
Town of Quispamsis  
Dana Purton Dickson 849-5750

### Recreation Facility Rental

McGuire Memorial Center  
Town Hall 848-6606  
Meenan's Cove  
Beach House 849-5778  
Quispamsis Civic Centre  
849-5778  
Oplex info line 848-5900



# Blaine Higgs

**MLA Quispamsis**  
*Leader of the Official Opposition*



Constituency Office  
25 William Court, Quispamsis  
Phone: 848-5422 blaine.higgs@gnb.ca

## **KV Activities & Groups**

<b>Rowing</b>			
Kennebecasis Rowing Club	847-5803		
Henry Flood	hfflood@nbnet.nb.ca		
<b>Sailing</b>			
Rothesay Yacht Club		• Block Parent Assoc	847-6236
"Learn to Sail Programs"	847-7245	Rothesay Regional Police	Cst. Natasha Vouture
<b>Skating</b>		• Child Care Directory	657-2302 or 634-2011
Saint John Amateur Speed Skating	849-5488	• Fairvale Outing Association	Jeanie Saunders
			847-8332
<b>Skiling</b>		• IODE Rothesay Chapter	Helene Young
Poley Mountain	433-7652		847-5063
		• KV Chamber of Commerce	849-2860
<b>Squash</b>		• KV Food Basket	847-5854
Kennebecasis Squash Club	849-6786	• KV Committee for Disabled Persons	
Mike McGuire	847-7168	Vicki	email: kvcommittee@yahoo.ca
mike.mcguire@bird.ca			849-2974
Brian Prosser	bprosser@nbnet.nb.ca	• Rothesay Community Access Centre	848-6610
<b>Soccer</b>		• K-Park Hasting Cove	Joanne Gormley
Fundy Soccer Association	847-9406		847-4225
www.fundysoccer.org		• KV Special Olympics	Anne Waddell
			847-7860
<b>Tennis</b>		• Kennebecasis Public Library	Wayne Crandell
Quispamsis Tennis Club			849-5314
tennis@qcta.net	847-5455	• (KV3C) Kennebecasis Valley	
Full club details at	www.quispamsistennis.ca	Children Community & Capacity	
Rothesay Tennis Club	849-6044	email:kv3c@nb.aibn.com	849-7266
Full club details at	rothesay tennis club.com/	• Kennebecasis Lions Club	849-4313
(during tennis season)			
<b>Tai Chi</b>		• Kennebecasis - Kings ToastMasters Club	
Taoist Tai Chi	658-9854	kvtoastmasters.org	Jean
Email	saintjohn.nb@taoist.org		763-3923
		• Newcomers	Email:sjknnewcomersclub@gmail.com
			674-6132
		• Canadian Red Cross	
			674-6132
		• Rothesay-Kings Rotary Club	
		Gordon Dempsey	849-1743
		• Royal Canadian Legion Branch #58	
			847-5146
		• Vocational Training Centre	
			Email: voctrain@nb.aibn.ca
			847-4759

**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](http://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.



## Quispamsis Parks & Trails Day

**June 1 @ 3:15 pm - 5:00 pm**  
**plex, 20 Randy Jones Way**  
**Quispamsis, NB**

DATE: Friday, June 1st Rain or Shine, 3:15pm to 4:30pm DETAILS: The Town of Quispamsis is excited to invite you to join us for a fun event in celebration of Parks & Trails Day. The accessible interpretive trail walk and optional scavenger hunt begins at 3:15pm on Friday, June 1 at the plex's James Rolfe Field entrance. Participants will be provided with a chance to win a special prize bag, tips on healthy eating & activities, complimentary healthy refreshments, etc...



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## 5 ways to become more active this spring

(NC) Once the snow melts and we shed our winter layers, it's time to get out and become more active, both physically and in our communities. Here are some meaningful ways to get started!

**Use your lunch hour:** Instead of sitting at your desk with a sad brown lunch bag, use that hour to do something that makes you happy and active. Head over to the gym, plan a lunch date to catch up with a friend or do some errands near your office on foot.

**Join a class or group:** Many of us spend the cooler months in our cozy nests and schedule fewer social engagements. Get the emotional and health benefits that group activities provide by signing up to learn a new language, trying out the latest fitness craze or checking out a local book club.

**Propose a new project:** Get involved in local politics and in your neighbourhood to make your community a better place to live. Use Statistics Canada's online tools to check out census data on your community. They can help you decide where to locate parks, bus routes, day care centres, and other programs and services.

**Start moving outside:** Shifting indoor activities outdoors will help you get more fresh air, soak up much-needed vitamin D and have more opportunities to engage with your neighbours. Trade in your workout at the gym for a run through the park, or swap out short car rides for biking or walking trips.

**Manage your screen time:** Being conscientious about how and when you browse social media or binge-watch television can free up minutes and hours you didn't know you had. Set clear goals like catching up on your favourite show or checking out your social feeds for just 15 minutes—and then, stick to them.

Find more information at [www.statcan.gc.ca/census](http://www.statcan.gc.ca/census).  
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## 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 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](http://jumpstart.canadiantire.ca). [www.newscanada.com](http://www.newscanada.com)

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## Loyalist City RibFest is on the Move!



June 14th - 17th

Loyalist City RibFest is partnering with Port Saint John to bring RibFest uptown!

The Saint John Y Service Club, hosts and sponsors of the event, anticipate the move to Long Wharf will create "an enhanced experience at the festival and offer a new feel for all attendees".

This year's event will feature a larger tent that is expected to house the stage, bar(s), and a lot of seating. Additional seating will be available outside the tent. The bars will offer a wide selection of beer, wine, ciders and soft drinks. The stage will feature live entertainment all weekend. A call for artists will go out shortly encouraging those wishing to perform at this year's event to submit an application.

The prime focus of the event are the ribs, prepared by award-winning pitmasters such as Crabby's

BBQ Shack, Camp 31, Texas Rangers, and Billy Bones. The pitmasters also offer delicious chicken, brisket, pulled pork, and sides to make your meal complete.

In addition to the champion ribbers, other vendors will be in attendance such as Tater King, Alabama Lemonade, Tiki Tea, Jolly Rancher Slushies, and Blooming Onion to name but a few. There will also be bouncy castles for the younger set. Space is available at Loyalist City RibFest for, additional vendors, both food and non food-related.

Loyalist City RibFest will run Thursday June 14 to Saturday June 16 from 11:00 am to 11:00 pm and Sunday June 17, 11:00 am to 6:00 pm.

Loyalist City RibFest is a major fundraising project of the Saint John Y Service Club, formerly known as the Saint John Y's Men's Club.

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# Everybody's Talking about GRUBS!

Have you been noticing damage to your lawn this Spring, as well as to many other lawns in the neighbourhood? Does it look like somebody took a tiller to your lawn overnight? This increasingly common lawn damage is due to an exponentially increasing problem with grubs.

Grubs are the larvae of certain beetles, mostly the European Chafer, which is a close resemblance to the common June Bug. These white grubs have a C-like formation to their body and have 6 legs with a brownish head. Fully grown, they are approximately 4cm long and they mature in the Spring time of the year after having hatched the previous Summer and overwintered in the soil. While grubs themselves can cause damage to lawns by feeding on the roots of the grass, the most damage to a lawn is seen when predators like skunks and crows turn over the sod bit by bit to access the tasty morsels. This activity tends to be most prevalent in the Spring and Fall when the grubs are feeding closer to the surface of the soil.

An early sign that you may have grubs in your lawn is a general browning of the lawn which grows in size, even though surrounding areas are much greener. Also, a tell-tale sign that they are in your soil is the torn up turf from skunks and birds. Both the primary and secondary damage is most notable in the Spring or Fall of the year.

The best method to minimize the primary damage to the turf is to maintain a well fed, detached lawn that is mowed at an approximate height of 2.5 to 3 inches. A healthy turf is better able to withstand some damage since there are many healthy roots to make up for the damage of a few affected ones.

Should the damage (either primary or secondary) be severe enough to warrant an attempt at controlling the population both this year and potentially in subsequent seasons, it is recommended that a grub control product be applied in the June – September timeframe. Grub control applied in early Spring or late Fall is unlikely to be successful at killing the grub pop-

ulation due to their size and unpredictable proximity to the surface of the soil. However, the real gain in applying the appropriate grub control in the June-Sept timeframe is that the product is extremely effective at wiping out the new populations of grubs that hatch mid-summer. New formulations of grub control are ingested by the grass plant (through irrigation), and stored there for approximately 90 days. All baby grubs feed on the grass, which is holding the insecticide, so it is an effective way of delivering insect control that has the ability to wipe out over 90% of the existing grub population. The most recent addition to the grub control selection, Acelepryn, has the added advantage of being non-toxic to birds, bees and mammals. It is important to try to eradicate grubs from your lawn once their presence is detected since the life cycle can continue on ad infinitum. Once they mature and mate, their flying range is limited and they basically drop their eggs in the same area where they pupated. Ceasing this cycle with the help of properly applied control products can help prevent your lawn from being torn up each year.

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## Outdoor versus indoor allergies

(NC) It's officially spring, full of warmer weather, longer days and seasonal allergies. Allergies are the second most common minor ailment pharmacists get asked about, which isn't too surprising given almost a quarter of Canadians are affected.

There are two main causes of allergy symptoms — indoor and outdoor triggers. Symptoms can be similar, but it's important to remember allergies are caused by different sources and should be managed differently. Here are some of the main triggers of indoor allergies to be aware of:

**Dust.** Made up of any number of things, including particles from plants, skin, soil, insects, food and other fibres, dust is a major headache for allergy sufferers. Any one of these microscopic substances could cause irritation.

**Dust mites.** Dust mite droppings are the most common trigger of indoor allergy symptoms. Keep in mind that dust mites tend to concentrate in areas rich with human dander such as bedrooms, carpets and bathroom rugs.

**Mould.** Once mould and mildew take hold, they release tiny spores that can trigger indoor allergy symptoms.

**Pet dander.** This allergen is caused by a tiny protein in your pets' saliva. Even homes without pets are susceptible to dander because it's sticky and light and clings to clothes, shoes and hair, getting tracked inside.

"While there is no cure for allergies, the best way to handle them is to identify your triggers so they can be managed," says Victor Wong, a pharmacist at Shoppers Drug Mart. "Grooming pets, cleaning, and lowering your home's humidity are all great ways to minimize symptoms of indoor allergies. If they persist, treatment is always an option. Your local pharmacists can evaluate your symptoms and help find the appropriate solution to relieve them."

Pharmacists are trained to assess your health condition and help provide the most appropriate treatment option for you. Your pharmacist may start by recommending over-the-counter medications or products. In all provinces except British Columbia and Ontario, pharmacists can prescribe for minor ailments, so if appropriate, your pharmacist can even write you a prescription for your allergies.

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# Kitchen Talk" BY Jim Lawrence

## www.Houzz.com & Facebook is the Hot Spot for kitchen ideas.

There is whole generation gap between my daughter and I. It's getting better now that I am a grandpa and it helps when she can get free baby sitting from me. But still, most of the time her Mom (that's my wife) has to translate our comments to each other for us to understand what the other just said. But I just got one up on her the other day...here goes her quote onto my Facebook..."You're right Dad, this Houzz is the best app ever". I will take the credit on this one because I don't win many family issues.

On the serious side, if you are doing any type of building, decorating, designing or kitchen or bath projects, it would be wise to check out [HOUZZ.com](http://HOUZZ.com). For design ideas for kitchens and baths, these guys are without question the hottest spot on the planet. [www.HOUZZ.com](http://www.HOUZZ.com) is a Pinterest type of web site devoted to house and home ideas. It's incredibly easy to navigate and does an unbelievable job while scrolling through using an I-pad or PC. Of course that does not mean you cannot still work though magazines, or newspapers such as the one you are now reading.

All sources of design ideas will enhance any project, and if you are working with a professional designer, Houzz will help jump start the design process. Just be careful, it's addictive!

On the social Media side, if you do Facebook, and if you want to see Amazing Kitchen Before and After's, check out <https://www.facebook.com/AvondaleKitchensAndBaths>, not only are these great make-overs, but the page is full of real kitchens by real people all in your local and surrounding area.

Here is a tip you may not know: When you like a page/company (not the posted photo), there is a drop down menu on the like button, that allows you to select your notification settings, so you will automatically receive the new postings onto your newsfeed. Now you will never miss a post from a favourite page!

This article was written by Jim Lawrence  
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# What do rising interest rates mean for your home?

(NC) There has been a lot of buzz about rising interest rates, which have increased since last summer after remaining quite low for seven years. If you're like many Canadians, you may be facing staggering levels of household debt.

If some of your credit products carry variable interest rates, you have cause for concern. For instance, home equity lines of credit (HELOC) typically offer relatively low, variable interest rates. According to the Financial Consumer Agency of Canada, HELOCs represent a significantly larger portion of household debt than credit cards. If you're already living paycheque to paycheque, even a small increase in your HELOC interest rate could make it tough to make your payments.

With flexible repayment terms and a credit limit that may increase automatically as you pay down your term mortgage, a HELOC can be part of an effective strategy to pay off other, higher-interest debt. But if you opt for this route, know that banks may approve you for a higher limit than you need, making it tempting to overspend. Consider negotiating a lower credit limit that does not increase as you pay down your mortgage.

Lower your risk of finding yourself in over your head and create a plan to pay down the principal amount borrowed on your HELOC over a fixed period. Aim to pay more than the minimum payment or interest every month. With a HELOC, there is usually no penalty to pay back as much as you can at any time.

If you think your spending habits are the cause of your existing debt, follow a budget and avoid using your home like an ATM.

Learn more about how to manage your HELOC wisely online at [canada.ca/it-pays-to-know](http://canada.ca/it-pays-to-know).  
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## Warm weather brings tick risk for the whole family

(NC) With warmer weather comes the risk of ticks, which can affect everyone in the family, including your pet.

As a dog owner, you want the best for your four-legged friend. An important part of their care is protection against fleas and ticks, but are you armed with the knowledge you need to protect them?

Fleas and ticks are more than just uncomfortable annoyances. They can lead to serious discomfort and diseases, such as tapeworm or Lyme disease, which can be dangerous for both your dog and your family.

Although peak flea and tick season starts in the summer, fleas can survive indoors during the winter and



ticks thrive in cooler temperatures, so it's important to continue to protect your dog year-round.

There are multiple options available to help prevent and control fleas and ticks depending on your needs. It doesn't have to be an unpleasant or difficult experience for you or your dog either. For example, you can choose a once-a-month chewable flavoured to taste like a treat, so it's fun to give to your dog. The once-a-month chewable ensures your pup is flea- and tick-free throughout the year.

Talk to your veterinarian about flea and tick treatments that will keep your pet and your whole family healthy, happy and safe all year long.

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

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- Management Advisory Services
- Tax Preparation and Filing Services
- Tax Planning
- Estate & Trust Tax Planning and Preparation

# 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 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 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 Bellevue, Community Relations Officer  
Kennebecasis Regional Police Force 847-5791

## Fundraisers

- Annual Bicycle Auction
- Weekly Community BBQ's
- Fill The Truck Event
- Police Mascot - "Partner" Bellevue or McCabe
- Annual Hot Pursuit BBQ Cookoff - June 9th

## Upcoming Events:

- **Annual Bicycle Auction:** The bicycle auction will be held June 3rd at the Kennebecasis Regional Police station. Viewing begins at 10 am 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 19th - Contact Sgt. Dickson 847-6300
- **Bicycle Rodeo:** May 12 - Cst. Lee or Cpl. Bellevue
- **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 1st the KRPF 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 Bellevue for more information. Kennebecasis Regional Police is on Facebook, Twitter, and YouTube! Like us on Facebook at [www.facebook.com/kennebecasisregionalpolice](http://www.facebook.com/kennebecasisregionalpolice)

Follow us on Twitter @KRPFnb or @KRPFTraffic  
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See us on Youtube at [www.youtube.com/rpfnb](http://www.youtube.com/rpfnb)  
Visit our brand new website [www.kennebecasisregionalpolice.com](http://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.



**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 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**



# Bikes + Beans

## Get Equipped for the Cycling and Triathlon Season

Here we are, hopefully the winter will soon release us from it's grasp and we can get back outside on our bikes (for those of you who have not yet taken the leap into winter Fat Biking).

So many cycling activities to choose from. Hybrids are great for recreational and fitness pursuits. There are road and triathlon bikes for those with the need for speed. And there are all types of categories for mountain bikes, from front suspension to dual suspension with various levels of travel, 29er wheels to 27.5, and all sorts of tire widths – so many different opinions on what people like to ride. Even mountain bikes with electric motor assist to help you keep up with your kids.

Here at Bikes and Beans we have been serving the cycling scene for over 12 years. We have the only cycling fitting

studio in the area. Having over 30 years of experience in the cycling scene with dozens of provincial championships in downhill, road, time trial as well as triathlon racing, gives us the edge in fitting our bicycles. Combine this with being the only certified Serotta International Cycling Institute accredited bike fitter east of Montreal certainly adds to our expertise. From beginner right up to Ironman podium finishers and Olympians. Having a bike from Bikes and Beans not only gives the athlete an equipment advantage but a much sought after fit advantage as well. We have the largest selection of cycling gear and clothing in the area – road, mountain, or triathlon – spring, summer, fall or winter, rain or shine.

So come on in to Bikes and Beans and let us help you enjoy cycling.

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## **Bikes + Beans**

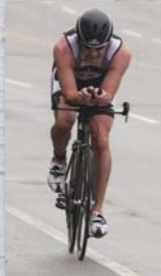
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by phone: 672-1033 - Terre Hunter, Alpines GM



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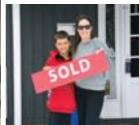
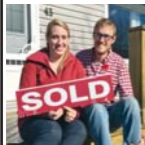
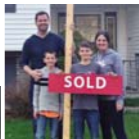
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Martha Lister 654-0111

Hilary Lister 654-0204

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