

Belledune Messenger

September 2018

Volume 6, Issue 9

HAPPY FALL EVERYONE



WISHING ALL THE STUDENTS

A GREAT YEAR 2018-2019



Village of Belledune Contact Information

Municipal Office:

P.O. Box 1006, 2330 Main St.

Belledune E8G 2X9

Phone: 522-3700

Fax: 522-3704

Website: www.belledune.com

Council:

- Joe Noel: 237-2333 (Mayor)
jnoel@belledune.com
- Paul Arseneault: 237-2025
parseneault@belledune.com
- Lilliane Carmichael: 237-5465
lcarmichael@belledune.com
- Tracy Culligan: 520-9990
tculligan@belledune.com
- Nick Duivenvoorden: 237-2087
nduivenvoorden@belledune.com
- Sandenn Killoran: (780)231-6998
skilloran@belledune.com

Staff:

- Landon Lee (CAO) 522-3703
lllee@belledune.com
- Brenda Cormier
(Clerk/Treasurer): 522-3707
bell001@nb.aibn.com
- Nicole Carrier (Administrative Assistant): 522-3710
bell002@nb.aibn.com
- Darrell Culligan (Recreation and Wellness Coordinator):
520-9322
dculligan@belledune.com

Other:

- Belledune Library
522-3701
 - *Veteran's Memorial Arena:
522-2183
 - Belledune Rec. & Cultural Centre:
522-3709
- Information on rental of the Centre
Contact Darrell – 520-9322
- *Restigouche SPCA 684-4396
Emergency 686-0195

Committee of the Whole Meeting
September 10/2018
Regular Meeting
September 17, 2018 at 7:00pm

Belledune Municipal Chambers, 2330 Main Street

The Village invites you

To help celebrate Jacquet River Campground's 25th Anniversary on September 2, 2018 from 2:00pm until 4:00pm. There will be water, pop and celebration cake and music by Glen Godin and Company! Come out and help celebrate this millstone with the friendly, courteous staff at our beautiful campground!



Jacquet River Salmon Barrier's 25th Anniversary will be celebrated on September 8, 2018 from 12:00pm until 4:00pm. There will be hotdogs, pop, water and celebration cake for everyone to enjoy. If you have not visited the area before, this would be a good opportunity to get out there and learn from the experienced, knowledgeable staff about restoring the salmon population in the Jacquet River following population decline caused by habitat degradation.



Special Notice

- **Please note that if you receive a flyer in the mail, a request for tender or quote, etc. and it is not on Village of Belledune letterhead or have our logo on it and/or it is not endorsed by the CAO, Mr. Landon Lee or by Mayor Joe Noel that means it did not come from the Village office.**
- If you are sending correspondence to the Village of Belledune please make sure you include your name, a return address and telephone number so we can contact you.
- **Public Meeting:** Tuesday, September 4th at The Belledune Recreation Centre there will be an opportunity for the public to attend an open discussion with council to communicate suggestions that the citizens might like to see in the 2019 Budget.

Garbage Collection Information

Once again to inform you that any large items, TV's, mattresses, sofas, etc. will not be picked up until the designated date, the last Tuesday of each month. Please do not put these items out until the large garbage collection. The next large garbage collection is **September 25/18.**

We DO NOT pick up as per By-Law #2000-09, Garbage Collection & Waste Disposal in the Village of Belledune:

(Excerpt from By-law #2000-09)

1. b) "Waste" means discarded building materials such as lumber and construction materials used for erection, alteration, demolition or repair of buildings or structures, residue from trees such as roots, stumps, trunks and large branches exceeding 3 inches in diameter, fencing, swimming pools, automobiles, snowmobiles, motorcycles, or related parts, stones, rocks, sand, gravel, manure, the remains of carcasses of any dead animals, petroleum products, radioactive or any other hazardous wastes or any other discarded material other than garbage or special collection waste.

We pick up "Garbage" which means refuse and other discarded matter produced within a dwelling house on a regular basis. It shall mean leaves, grass cuttings, providing that they are in a proper container not to exceed 50 pounds per container. We pick up "Recycling" as per the Recycling sheet sent out with containers.

We pick up "Special Garbage Collection Waste" means wooden crates, furniture, large household appliances, bicycles, discarded metals or tools under 50 pounds, branches no larger than 3 inches (bundled and tied – not longer than 4 feet in length and no larger than 2 feet by 2 feet square and other household items not normally picked up according to the by-law on the regular weekly collection. **Steel** must be sorted from the rest of the debris. You can find a full copy of our By-Law on our website www.belledune.com

Recreation and Wellness News and Upcoming Events

Public Skating:

Sept 2, 9th @ 5-6:00pm

Sept 16th @ 6:45-7:45pm

Sept 23, 30 @ 5-6:00pm

Regular public skating will resume its traditional time, every Sunday @ 6:00pm-7:00pm in October.

Senior Public Skating:

Sept 2/18 @ 3:45pm-4:45pm

Sept 9/18 @ 3:45pm-4:45pm

Senior public skating for the winter will begin in October, every Sunday @ 4:45pm-5:45pm

For Ice Rentals please contact Darrell Culligan at 520-9322

Summer soccer camp 2018 was a success and a big thank you to the kids, parents and hardworking, dedicated coaching staff for a great season and look forward to 2019!



[This Photo](#) by Unknown Author is licensed under [CC BY-SA](#)

Sincerely, Darrell Culligan 506-520-9322 or dculligan@belledune.com

FITNESS BOOT CAMP

Test Yourself

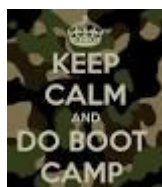
Fitness boot camp coming to Belledune Municipal Gymnasium, 2471 Main Street

Every Thursday starting September 13, 2018

Seniors: 6:30pm-7:15pm

Adults (18+): 7:30pm-8:15pm (under 18 must have parent or guardian present)

Cost: \$7.50/Session or \$30.00/Month



For more informatin contact Darrell Culligan @ 506-520-9322 or email dculligan@belledune.com

Yoga

Certified Instructor

Body, Mind and Soul

Every Tuesday starting September 11, 2018

Seniors: 6:00pm-7:00pm

Adults(18+): 7:00pm-8:00pm (under 18 must have parent or guardian present)

Cost: \$7.50/session or \$30.00/month

2471 Main Street, Belledune Municipal Gymnasium



For more informatin contact Darrell Culligan @ 506-520-9322 or email dculligan@belledune.com



Multicultural Association
Chaleur Region Inc.

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The Multicultural Association Chaleur Region and the Village of Belledune invite you to join us for an information session on immigration in our area! The event will take place Saturday Oct 6th, 2018, 1:00pm-3:00pm at the Belledune Recreation and Cultural Centre main room, 2404 Main Street.

There will be guest speakers to discuss immigration challenges and experiences and a question and answer period to follow.

Coffee, Tea, Water and French Pastries to enjoy!!



VS



SATURDAY, SEPTEMBER 8th, 2018

Belledune Veterans Memorial Arena

Team buses arrive at 5:00pm

Warm up @ 6:20pm *** Game Time @ 7:00pm**

Concession will be open

Admission - \$5.00

Sponsored by Port of Belledune

First 250 people will receive a Port of Belledune toque!

Stories of inspiration
from people just like you...



Wellness stories need the right conditions to grow. Learn more about the social and physical environments that were supportive of Peggy's journey to greater wellness – take a look at the infographic on the right!

How one woman turned 57 into the new 37 by getting outdoors.

Meet Margaret O'Connell. She prefers "Peggy" with her friends. When Peggy's eldest child left for university, empty nest syndrome hit her hard. Here, at the end of an era she knew so well, she felt lost. She started feeling like she was just going through the motions of daily life, struggling with depression and overeating as a result. "I never realized what I was putting in my mouth. I was just functioning," notes Peggy.

When she started having headaches, she went to her doctor and was diagnosed with high blood pressure. This came as a shock to Peggy. "When I was younger, I was very active with my kids and my husband. We'd go out and do things together, like snowshoeing, so this happened very quickly." The speed of the decline scared her, and Peggy realized it was high time to start changing her wellness story!

She asked her doctor to recommend a dietitian, who taught her how to eat well. "She really taught me to read labels, how to look for saturated fats, sodium—how to eat healthy. How to get my protein, my fruit, and my vegetables. Or when I was really hungry, instead of grabbing the wrong things, she taught me to reach for protein."

Her sister Nancy, a cardiac rehab nurse, also stepped in and challenged Peggy to climb Sugarloaf Mountain with her. It wasn't easy. "I remember walking those 4 kilometres around the mountain and almost crying because my feet hurt so much from the extra weight I was carrying." But she pushed on, encouraged by her sister. To this day, Sugarloaf remains one of Peggy's favourite forms of exercise—and it's free! No matter the weather, she climbs the mountain year-round. She just puts on as many layers as she needs at work and then heads out from there.

Peggy's next big challenge came in the form of a gift she gave to her husband on Father's Day: she vowed to quit smoking. "After years of smoking, I just decided I was done," says Peggy, adding, "Nobody can make you do it." She turned to Nancy again for help. Peggy tried the patch, Nicorette and even vapour cigarettes, finally opting to go for a really long walk any time a craving for a cigarette hit. "I never gained any weight because any time I had a craving, I would drink water and go for a walk. I'm sure I walked 10 miles every time I wanted a cigarette. When I had a craving, I would just go."

With the support of her family, especially her husband, siblings and kids, Peggy got into the best shape of her life. She used the money she saved from quitting smoking to buy a paddleboard. Now it was her turn to introduce her sister to a new sport! Now she, Nancy, and Peggy's daughter, Becky, regularly go out and hit the water together with paddleboards and kayaks. And she didn't stop there. She now challenges herself with various activities including walking, snowshoeing, paddle-boarding, hiking, kayaking, biking, and canoeing. She finds doing anything physical outside helps her mental fitness as much as her physical fitness. "You can have the worst day and then going for a walk outside and it just makes you feel so good!"

People often ask Peggy to share her secret ingredient to losing 60 pounds. She's always proud to tell them but is sometimes disappointed when people don't believe it can be done without doing something fancy or complicated. "It's hard when I try to educate someone and they just don't buy into what really works. It's really hard getting the right message out. But I have inspired some people, and I feel good about that."

Because Peggy has seen firsthand how healthy changes have impacted her and her family, she is working to get the message out about healthy eating and exercising, especially in the outdoors. She has co-workers joining her at lunch for walks and she's paddle-boarding with her daughter and playing outdoors with her baby grandson. Getting out in the fresh air is an excellent way to exercise

and also relieve stress—all while enjoying the trails, mountains, waterfalls and beaches that are part of the beauty of New Brunswick.

As Peggy notes, “Once you get out there in the fresh air, you feel so good and there are so many beautiful places you can go — it’s endless. Once I head out the door to exercise, I know I’m doing something for me today, and any problems or worries I have are gone. Life is great. My journey is slow but steady. To me, 57 feels like the new 37!”

Belledune Municipal Gymnasium Schedule

Parents and participants remember to sign-off Informed Consent form

Please remember to put away all equipment and clean up any garbage

Week of Sept 4 – Sept 7, 2018

Time:	Monday Sept 3	Tuesday Sept 4	Wednesday Sept 5	Thursday Sept 6	Friday Sept 7
08:00am-10:00pm	Closed for Holiday				
10:00am-12:00pm		Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult
1:00pm-3:00pm		Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult
3:00pm-4:00pm		Open gym-Youth	Open gym - Youth	Open gym-Youth	Open gym - Youth
4:00pm-6:00pm		Closed	Closed	Closed	Closed
6:00pm-7:00pm		Kids/Parent Activities	Pickle Ball – 50+ Seniors	Kids/Parent Activities	Basketball - Youth
6:30pm-7:15pm					
7:00pm-8:00pm					
7:30pm-8:15pm					
7:00pm-8:00pm		Floor Hockey - Adult	Badminton	Floor Hockey - Youth	Badminton or Pickle ball

Week of Sept 10 – Sept 14, 2018

Time:	Monday Sept 10	Tuesday Sept 11	Wednesday Sept 12	Thursday Sept 13	Friday Sept 14
08:00am-10:00pm					
10:00am-12:00pm	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult
1:00pm-3:00pm	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult
3:00pm-4:00pm	Open gym - Youth	Open gym- Youth	Open gym - Youth	Open gym-Youth	Open gym - Youth
4:00pm-6:00pm	Closed	Closed	Closed	Closed	Closed
6:00pm-7:00pm	Kids/Parent Activities	Yoga - Seniors	Pickle Ball – 50+ Seniors		Basketball - Youth
6:30pm-7:15pm				Fitness/Bootcamp	
7:00pm-8:00pm		Yoga - Adult			
7:30pm-8:15pm				Fitness/Bootcamp	
7:00pm-8:00pm	Pickle ball - adult		Badminton		Badminton or Pickle ball

Week of Sept 17 – Sept 21, 2018

Time:	Monday Sept 17	Tuesday Sept 18	Wednesday Sept 19	Thursday Sept 20	Friday Sept 21
08:00am-10:00pm					
10:00am-12:00pm	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult
1:00pm-3:00pm	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult
3:00pm-4:00pm	Open gym - Youth	Open gym- Youth	Open gym - Youth	Open gym-Youth	Open gym - Youth

4:00pm-6:00pm	Closed	Closed	Closed	Closed	Closed
6:00pm-7:00pm	Basketball - Youth	Yoga - Seniors	Kids/Parent Activities		Pickle ball – 50+ Seniors
6:30pm-7:15pm				Fitness/Bootcamp	
7:00pm-8:00pm		Yoga - Adult			
7:30pm-8:15pm				Fitness/Bootcamp	
7:00pm-8:00pm	Pickle ball - adult		Badminton		Badminton or Pickle ball

Week of Sept 24 – Sept 28, 2018

Time:	Monday Sept 24	Tuesday Sept 25	Wednesday Sept 26	Thursday Sept 27	Friday Sept 28
08:00am-10:00pm					
10:00am-12:00pm	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult
1:00pm-3:00pm	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult
3:00pm-4:00pm	Open gym - Youth	Open gym- Youth	Open gym - Youth	Open gym-Youth	Open gym - Youth
4:00pm-6:00pm	Closed	Closed	Closed	Closed	Closed
6:00pm-7:00pm	Basketball - Youth	Yoga - Seniors	Pickle ball – 50+ Seniors		Kids/Parent Activities
6:30pm-7:15pm				Fitness/Bootcamp	
7:00pm-8:00pm		Yoga - Adult			
7:30pm-8:15pm				Fitness/Bootcamp	
7:00pm-8:00pm	Pickle ball - adult		Badminton		Badminton or Pickle ball

Week of Oct 1 – Oct 5, 2018

Time:	Monday Oct 1	Tuesday Oct 2	Wednesday Oct 3	Thursday Oct 4	Friday Oct 5
08:00am-10:00pm					
10:00am-12:00pm	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult
1:00pm-3:00pm	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult	Open gym - Adult
3:00pm-4:00pm	Open gym - Youth	Open gym-Youth	Open gym - Youth	Open gym-Youth	Open gym - Youth
4:00pm-6:00pm	Closed	Closed	Closed	Closed	Closed
6:00pm-7:00pm	Floor Hockey	Yoga - Seniors	Pickle ball – 50+ Seniors		Kids/Parent Activities
6:30pm-7:15pm				Fitness/Bootcamp	
7:00pm-8:00pm		Yoga - Adult			
7:30pm-8:15pm				Fitness/Bootcamp	
7:00pm-8:00pm	Pickle ball - adult		Badminton		Badminton or Pickle ball

Notice – Power Club

- Belledune Power Club (Gym) welcoming young and old to join. If you're interested please contact- Ron Dempsey @237-4110, Bart Dempsey @237-5100 or Steve Shannon @252-0095 for more information.

Belledune Library's New Hours

Tuesday 10:00am -3:30pm
Wednesday 4:00pm -8:00pm

If you have any suggestions for our library please contact Karen Roy @522-3701

For the month of September no one has called in any Birthdays wishes hope to hear from you in October and remember one lucky winner of a Birthday Cake Compliments of Clover Farm Belledune- Jonathan Macintosh.

Parish of the Good Shepard

With September fast approaching we are in need of Catechists and Monitors volunteers to enable our program to begin successfully. If you are able to volunteer please call the administrative office at 237-2027 with your name and phone number.

Thank you, Father Keith

Veterinarian Services

Due to the first Monday being a holiday, Dr. Themens will be at the Veterans Memorial Arena on **Monday-September 10, 2018 from 10:00am – 12:00pm**

Tops Chapter 5236 Belledune

Every Tuesday night downstairs at the Jacquet River Legion

Weigh in: 5:00pm – 6:00pm

Meeting: 6:00pm – 6:30pm

EVERYONE WELCOME!!!

Legion Meetings Branch #77

The meeting still remains on the 3rd Tuesday of each month. Card game of auction on Fridays at 7:00pm at the Legion Branch #77 Darts, Sundays at 7:00pm. All new comers welcome!

Ladies Auxiliary Durham Branch #77 meets every 2nd Tuesday of the month at the Royal Canadian Legion. New members are always welcome.

Student Bursary: The Royal Canadian Legion Durham #77 will accept written request for bursaries from students who are children, grandchildren or great grandchildren of a veteran. Written request will be accepted until September 30, 2018. Please mail your request to; Royal Canadian Legion Durham #77 3843 Main Street Belledune, N.B. E8G 2K2

Jacquet River Nature Group

The next meeting of the Jacquet River Nature Group will be held on Monday, 24th September at 7pm at the Legion. After many interesting Saturday morning outings this summer and also one on a Thursday evening - this will be our first meeting of the year. All new members are welcome! **Also...**you are invited to attend a workshop by Nature NB on Saturday, 15th September from 11am to 3pm at the Belledune Community Centre. The aim of the workshop is to set up a stewardship program for the Jacquet River Gorge PNA (Protected Natural Area).

Dusty Sneakers Welcomes you back to Their 20th Year



Starting September 2018 in the Jacquet River School Gymnasium.
Tuesdays & Thursdays from 9:00am – 10:00am
Please use front door/sign in. Don't forget your water bottle & sneakers.

Kim's Hair Salon

New location is effective as of August 2018, 3493 Main Street, Belledune NB. Can be contacted @507-0280.

Professional Hair Styling

Professional Hair Styling is re-opening its doors again at 169 Jacquet River Drive in its same location on October 9th 2018. I would like to extend a warm welcome to all my past, present and future clients. Professional Hair styling will have its same phone number, 237-2294. Anyone wishing to have an appointment for the week I start back may phone 237-2294. Effective September 18th and leave your name and number with a detailed message and I will get back to you as soon as possible. I'm very excited and looking forward to seeing everyone again. Profession Hair Styling is air conditioned, has an electronic air purifier and provides Wi-Fi.

-Linda Harvey

Belledune Skating Club

Registration fees: Beginner skaters \$175 -Canskate \$175 - Juniors \$250 - Intermediate \$300 Seniors \$300

Discounts for families with 2 or more children registering.

For families who want to apply to the jumpstart program you can do this online. Deadline is by September 30, 2018. Contact Cindy Doucet for information if needed.

Skating nights are on:

Tuesday: Beginners 5:00-5:30 Canskate 4:45-5:30 Juniors 5:30-6:30 Intermediate 6:45-8:15 Seniors 6:45-8:15

Thursday: Times to be announced

- For more information contact Cindy Doucet 522-5410 / 520-9656 email: cindycarl_@hotmail.com

Spaghetti Supper

On September 14 at the Belledune recreation centre our mission team will be hosting a spaghetti supper and silent auction to raise project funds for our mission trip in March 2019! Our goal is to raise enough funds this year to provide money to build a house in Sousa, Dominican Republic.

The doors open at 5:00 to start viewing the items for auction until 8:30! Costs of the spaghetti supper are \$12.00 for adults and children under 10 years old \$6.00. The supper will be served from 5:30-7:30pm. Tickets can be purchased from Cindy and Carl Doucet 520-9656 , 522-5410 Adrienne Fradet 237-2231

TAKE OUT DINNER tickets are available as well!!

Come out to have an enjoyable evening with family and friends for supper, silent auction and entertainment! Thank you for your continued support for such a worthy cause ♥

Thank You

Clara Flanagan and family would like to sincerely thank you, after the passing of our beloved Marie (Joanie) Flanagan. No words could ever express our appreciation for the love and support that so many of you have bestowed upon us. We are deeply grateful.

Lost & Found

During Belledune Days the following items were found, child's blue/grey hoodie, earrings, and sunglasses. If any of these items belong to you please contact Jeannie @987-1788

For Newsletter submissions, comments or suggestions: Please call the Belledune Library 522-3701. Leave a message and your phone number. Or email: belledunelibrary@nb.aibn.com. The Belledune Messenger will be published at the beginning of every month; please have submissions in by the 25th of each month. Due to limited space, some information will be edited for length.