

# Belledune Messenger



December/ 2018 - Volume 6 Issue 12



**\*\*\* CHRISTMAS IN THE VILLAGE \*\*\***

**DECEMBER 6th & 7th PAINT NIGHT**

**DECEMBER 8<sup>TH</sup> FAMILY FUN DAY**

**DECEMBER 9<sup>TH</sup> TURKEY SUPPER FOR SENIORS**

**\*\*\*CHRISTMAS GREETINGS\*\*\***

***Municipal Office Belledune Council and Staff***

***Extend to you and your family a very Merry Christmas and***

***Prosperous New Year in 2019***

***May you find Peace Joy and Happiness***

## **Village of Belledune Contact Information**

### **Municipal Office:**

P.O. Box 1006, 2471 Main St.

Belledune E8G 2X9

Phone: 522-3700

Fax: 522-3704

Website: [www.belledune.com](http://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  
[llee@belledune.com](mailto:llee@belledune.com)
- Brenda Cormier  
(Clerk/Treasurer): 522-3707  
[bell001@nb.aibn.com](mailto:bell001@nb.aibn.com)
- Nicole Carrier (Administrative Assistant): 522-3710  
[bell002@nb.aibn.com](mailto:bell002@nb.aibn.com)
- Darrell Culligan (Recreation and Wellness Coordinator):  
520-9322, 522-3714  
[dculligan@belledune.com](mailto: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, 522-3714
- \*Restigouche SPCA 684-4396  
Emergency 686-0195

**Budget Information Session**

Monday, December 3, 2018 at 7:00pm  
Belledune Recreation & Cultural Centre, 2404 Main St.

**Belledune Council - Regular Meeting**

Monday, December 17, 2018 at 7:00 pm  
Belledune Municipal Chambers, 2471 Main Street

**Special Notice**

- **If your recycling is not collected when it is suppose to be it is because the truck has broken down and we can only collect the garbage, the recycling will be picked up the following week.**
- **We are no longer collecting large items until May 2019, please do not put those items out as they will stay there all winter and cause an issue for the snowplows and citizens.**
- **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.**

**Belledune Library's Hours**

Tuesday 10:00am -3:30pm  
Wednesday 4:00pm -8:00pm  
Contact phone number 522-3701

**PUBLIC SKATING AT VETERAN MEMORIAL CENTRE ARENA**

SKATING EVERY SUNDAY FOR SENIORS 4:45 TO 5:45 and PUBLIC SKATING 6:00-7:00. Canteen is open during skating as well as Monday through Thursday in the evening from 5+:00-8:00 pm

**BELLEDUNE DAYS 2019**

WE WOULD LIKE TO ANNOUNCE BELLEDUNE DAYS MONTHLY MEETING WILL COMMENCE IN JANUARY/2019 WITH TENTATIVE DATE BEING MONDAY JANUARY 7<sup>TH</sup>. PLEASE COME JOIN US TO MAKE OUR CELEBRATION THE BEST EVER. NEW MEMBERS AND IDEAS ALWAYS WELCOME.

**VETERINARIAN SERVICES**

Dr. Themens will be at the Veterans Memorial Arena on Monday- December 3, 2018 from 10:00am – 12:00Pm



## CHRISTMAS IN THE VILLAGE



Belledune's Annual "Christmas in the Village"  
 The Belledune Recreation & Cultural Centre  
**Thursday, December 6<sup>th</sup> - Sunday December 9<sup>th</sup>**

### **Thursday, December 6<sup>th</sup> & Friday, December 7<sup>th</sup>:**

#### ***Christmas Paint Night with Céline Robichaud***

- ❖ Starting at 6:00pm (approx. 4.5 hours)
- ❖ No experience necessary; all material provided
- ❖ \$30/participant
- ❖ Limited space
- ❖ Ages 19+

### **Saturday, December 8<sup>th</sup>: Family Activity Day**

- ❖ A visit from Santa (2:00pm - 4:00pm)
- ❖ Horse & Sleigh Rides (2:00pm - 4:00pm)
- ❖ Christmas Craft & Bake Sale (12:00pm - 4:00pm)
- ❖ Kids' Activities (12:00pm - 2:00pm)
- ❖ Free Skating (12:00pm - 4:00pm)
- ❖ Live Music
- ❖ Food available (Free hot dogs/hot drinks)

### **Sunday, December 9<sup>th</sup>: Seniors' Christmas Dance & Turkey Dinner**

- ❖ Dance (2:00pm - 5:00pm)
- ❖ Full homemade turkey dinner with all the trimmings (5:00pm)
- ❖ Door prizes & 50/50 draw
- ❖ Dance Music: Martin Guitard & Friends; Dinner Music: John Boulay
- ❖ \$10/person; available at the Village Hall

For more information or to volunteer, please call Tracy at 237-3216. Check Facebook for more details.





## **YOGA IS A FORM OF MIND AND BODY EXERCISE DESIGNED TO BUILD STRENGTH AND FLEXIBILITY.**

**HISTORY:** Yoga originated in India, but there are many variations of both activities that are practiced across the world today. Yoga didn't gain popularity in North America until the 1980's but it's now firmly rooted in the Canadian lexicon thanks to our PM Justin Trudeau.

**WHERE:** Yoga can be practiced anywhere there is enough room to stretch out and there is a flat surface to sit or lie on: studio, house, park, dock, etc.

**HOW TO PLAY:** Yoga is typically guided by an instructor who leads the class through a set of movements and/or exercises to offer students stress-relief, increased flexibility and strength. The best part is that yoga is friendly to people of all ages, abilities and skill levels, which makes it awesome. Some of the different styles of yoga include: Anusara, Ashtanga, Bikram, Hatha, Iyengar, Jivamukti, Kripalu Kundalini, laughter and acro yoga. The best way to participate is to find a class and give it a try.

**SUGGESTED EQUIPMENT:** Yoga mat. Comfortable clothing

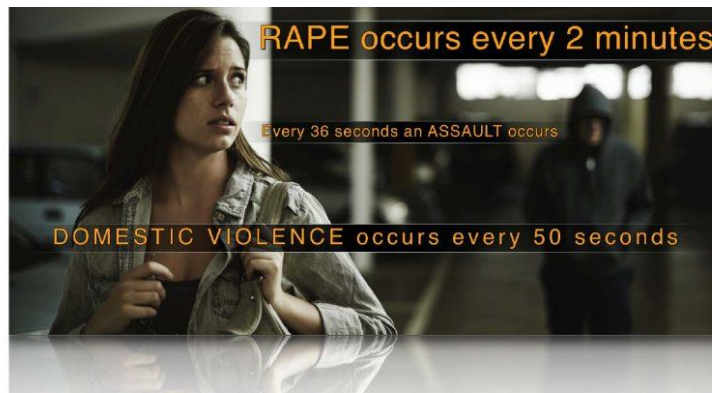
**ADAPTATIONS:** Physical activity in Canada includes everyone, regardless of any ability or circumstance. Some sports and activities may, however, require a few adaptations to make them as accessible as possible. Below you'll find recommendations and suggestions on how to accommodate individuals that may have limitations or different needs. With a positive attitude and a little ingenuity, any activity can be made enjoyable for all.

**SENSORY:** For individuals with a visual impairment, provide verbal instruction or use a yoga instructional audio recording for participants to follow along. Provide tactile cues on the floor or yoga mat to define area. The person with a visual impairment should be positioned close to the instructor. Demonstrate movements in front of the class for participants who are Deaf or hard of hearing. Participate in pairs.

**LEARNING/COGNITIVE DISABILITIES:** Introduce partner yoga, where two participants work together to achieve a movement task or stretch. Set up stations for the participants to circulate through. Each station should have one to two yoga poses for participants to practice for a set amount of time. Ensure there are signs with pictures and written descriptions of how to execute each pose included in the lesson.

**MOBILITY LIMITATION:** Design yoga programs to include a significant amount of mindfulness activities as well as physical activities to maximize participation and achieve the relaxing effect of yoga. Consider seated yoga, pairing up individuals and adjust the activities to the skill level of the participants.

**BENEFITS OF YOGA:** The Canadian Physical Activity and Sedentary Behaviour Guidelines outline the amount and type of physical activity you need at every age and stage of life. And, for the first time, the new 24-hour Movement Guidelines for Children & Youth also include sleep. Following the guidelines will help reduce the risk of chronic disease, lead to a more focused mind, a stronger, fitter body, and all in all, a more enjoyable life.



### **\*\*\*FREE, Women's Self Defense Seminars, 6 Week Program\*\*\***

#### Topics included:

- Self-defense techniques, against the 10 most common attacks against women
- Tips to minimize potential attacks
- Understanding the psychology of an attacker
- Understanding stages, and types of abuse

Seminars taught by Martial Arts/Self Defense expert, Dave DeGrouchie, 30+ years' experience

"It is better to have self-defense knowledge and not need it, than need it, and not have it"

Please wear loose fitting clothing, as this is an active program.

#### Dates, Times and Location:

Sign-up Date: November 24, 2018 @ 1pm-2pm Session Dates: Dec 1, 8, 15, 2018 @ 1pm-2pm

Session Dates: Jan 5, 12, 19, 2019 @ 1pm-2pm Location: Belledune Municipal Hall Gymnasium

2471 Main Street, Belledune, NB Contact Info: Darrell Culligan 520-9322, [dculligan@belledune.com](mailto:dculligan@belledune.com), [www.belledune.com](http://www.belledune.com)

#### FITNESS ACTIVITIES ARE STRENGTH AND CARDIOVASCULAR-BASED EXERCISES DESIGNED TO INCREASE OVERALL HEALTH.

**HISTORY:** The fitness craze really developed in the 70s and 80s when 'aerobics' took the world by storm. Now there are fitness gyms all over Canada that offer different classes, programs and activities for their clients.

**WHERE:** Fitness activities can take place almost anywhere. There are videos available online that people can follow at home, there are gyms that specialize in specific activities, and there are even outdoor fitness programs that take place in parks.

**HOW TO PLAY:** Pick the activity of the greatest interest and find a class or group to get started. Some fitness activities you can choose from include crossfit, step class, Zumba, kickboxing, essentrics, jazzercise, barre, aerobics, a boot camp class, or kettlebells.

**SUGGESTED EQUIPMENT:** Comfortable clothing and Other Equipment as required by the activity.

**ADAPTATIONS:** Physical activity in Canada includes everyone, regardless of any ability or circumstance. Some sports and activities may, however, require a few adaptations to make them as accessible as possible. Below you'll find recommendations and suggestions on how to accommodate individuals that may have limitations or different needs. With a positive attitude and a little ingenuity, any activity can be made enjoyable for all.

**SENSORY:** Provide verbal cues throughout the session for those with visual impairments. Participate in pairs. Provide visual aids such as the instructor wearing bright clothing. Situate those with low vision close to the instructor.

**Learning/Cognitive Disabilities:** Slower pace movements. Constant, positive verbal and visual cues. Participate in pairs to shadow movements. Reduce distractions; either no music, or songs that has a consistent beat, or songs that everyone knows.

**Mobility Limitation:** Use lower boxes for step classes. Slow the pace of the activities and shorten the length of session. For those with less function of their lower limbs, use ergonomic hand bike (peddle with hands instead of feet). Aerobics can be done seated or standing to help with balance and stamina.

**BENEFITS OF FITNESS ACTIVITIES:** The Canadian Physical Activity and Sedentary Behaviour Guidelines outline the amount and type of physical activity you need at every age and stage of life. And, for the first time, the new 24-hour Movement Guidelines for Children & Youth also include sleep. Following the guidelines will help reduce the risk of chronic disease, lead to a more focused mind, a stronger, fitter body, and all in all, a more enjoyable life.

## BELLEDUNE MUNICIPAL GYMNASIUM SCHEDULES

- **Week of Dec 3 – Dec 7, 2018** **\*Parents and participants remember to sign-off Informed Consent form\***

<b>Time:</b>	<b>Monday Dec 3</b>	<b>Tuesday Dec 4</b>	<b>Wednesday Dec 5</b>	<b>Thursday Dec 6</b>	<b>Friday Dec 7</b>
<b>08:00am-10:00am</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
<b>10:00am-12:00pm</b>	<b>Open gym</b>	<b>Open gym</b>	<b>Open gym</b>	<b>Open gym</b>	<b>Open gym</b>
<b>12:00pm-1:00pm</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
<b>1:00pm-3:00pm</b>	<b>Open gym</b>	<b>Open gym</b>	<b>Open gym</b>	<b>Open gym</b>	<b>Open gym</b>
<b>3:00pm-4:00pm</b>	<b>Open gym</b>	<b>Open gym</b>	<b>Open gym</b>	<b>Open gym</b>	<b>Open gym</b>
<b>4:00pm-6:00pm</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>	<b>Closed</b>
<b>6:00pm-7:00pm</b>	<b>Pickle ball - adult</b>	<b>Yoga - Gentle</b>	<b>Parent/Kid Activity</b>		<b>Pickle ball – 50+ Seniors</b>
<b>6:30pm-7:15pm</b>				<b>Fitness/Bootcamp</b>	
<b>7:00pm-8:00pm</b>	<b>Floor Hockey</b>	<b>Yoga - Adult</b>	<b>Badminton</b>		<b>Basketball</b>
<b>7:30pm-8:15pm</b>				<b>Fitness/Bootcamp</b>	

- **Week of Dec 10 – Dec 14, 2018** \*Parents and participants remember to sign-off Informed Consent form\*

Time:	Monday Dec 10	Tuesday Dec 11	Wednesday Dec 12	Thursday Dec 13	Friday Dec 14
08:00am-10:00am	Closed	Closed	Closed	Closed	Closed
10:00am-12:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
12:00pm-1:00pm	Closed	Closed	Closed	Closed	Closed
1:00pm-3:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
3:00pm-4:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
4:00pm-6:00pm	Closed	Closed	Closed	Closed	Closed
6:00pm-7:00pm	Pickle ball – 50+	Yoga - Gentle	Parent/Kid Activity		Pickle ball - adult
6:30pm-7:15pm				Fitness/Bootcamp	
7:00pm-8:00pm	Badminton	Yoga - Adult	Badminton		Floor Hockey
7:30pm-8:15pm				Fitness/Bootcamp	

- **Week of Dec 17 – Dec 21, 2018** \*Parents and participants remember to sign-off Informed Consent form\*

Time:	Monday Dec 17	Tuesday Dec 18	Wednesday Dec 19	Thursday Dec 20	Friday Dec 21
08:00am-10:00am	Closed	Closed	Closed	Closed	Closed
10:00am-12:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
12:00pm-1:00pm	Closed	Closed	Closed	Closed	Closed
1:00pm-3:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
3:00pm-4:00pm	Open gym	Open gym	Open gym	Open gym	Open gym
4:00pm-6:00pm	Closed	Closed	Closed	Closed	Closed
6:00pm-7:00pm	Pickle ball – 50+	Yoga - Gentle	Pickle ball - adult		Parent/Kid Activity
6:30pm-7:15pm				Fitness/Bootcamp	
7:00pm-8:00pm	Floor Curling	Yoga - Adult	Badminton		Floor Hockey
7:30pm-8:15pm				Fitness/Bootcamp	

- **Week of Dec 24 – Dec 28, 2018** \*Parents and participants remember to sign-off Informed Consent form\*

Time:	Monday Dec 24	Tuesday Dec 25	Wednesday Dec 26	Thursday Dec 27	Friday Dec 28
08:00am-10:00am	Closed	Closed	Closed	Closed	Closed
10:00am-12:00pm	Open gym	Closed	Closed	Open gym	Open gym
12:00pm-1:00pm	Closed	Closed	Closed	Closed	Closed
1:00pm-3:00pm	Open gym	Closed	Closed	Open gym	Open gym
3:00pm-4:00pm	Open gym	Closed	Closed	Open gym	Open gym
4:00pm-6:00pm	Closed	Closed	Closed	Closed	Closed
6:00pm-7:00pm	Closed	Closed	Closed		Parent/Kid Activity
6:30pm-7:15pm	Closed	Closed	Closed	Fitness/Bootcamp	
7:00pm-8:00pm	Closed	Closed	Closed		Badminton
7:30pm-8:15pm	Closed	Closed	Closed	Fitness/Bootcamp	

- **Week of Dec 31 – Jan 4, 2019** \*Parents and participants remember to sign-off Informed Consent form\*

Time:	Monday Dec 31	Tuesday Jan 1	Wednesday Jan 2	Thursday Jan 3	Friday Jan 4
08:00am-10:00am	Closed	Closed	Closed	Closed	Closed
10:00am-12:00pm	Open gym	Closed	Open gym	Open gym	Open gym
12:00pm-1:00pm	Closed	Closed	Closed	Closed	Closed
1:00pm-3:00pm	Open gym	Closed	Open gym	Open gym	Open gym
3:00pm-4:00pm	Open gym	Closed	Open gym	Open gym	Open gym
4:00pm-6:00pm	Closed	Closed	Closed	Closed	Closed
6:00pm-7:00pm	Closed	Closed	Pickle ball - adult		Parent/Kid Activity
6:30pm-7:15pm	Closed	Closed		Fitness/Bootcamp	
7:00pm-8:00pm	Closed	Closed	Badminton		Floor Hockey
7:30pm-8:15pm	Closed	Closed		Fitness/Bootcamp	



## Belledune Biggest Loser

This event is more than simply weight loss. It's about friendship, healthy competition and making healthy choices.



The official weigh ins will take place at the Belledune Municipal Hall Gymnasium on Jan 7, 2019 from 6pm-8pm or Jan 8 from 8am-12pm for those who can not make it on Jan 7th.

The program will run for 8 weeks. Weigh ins will continue weekly on Mondays from 6pm-8pm or 8am-12pm the following day. The meetings, registrants can discuss meal planning, diet tips, healthy living and, of course, exercise tips and much more. There will be a prize for the person who loses the greatest amount of body weight that

week and additional draws (random draw) for activity levels for the week prior which will be posted on FB group page.

A private Facebook page will be setup so that group members can provide support and also health and exercise questions via the group.

Cost is \$45.00 to register which includes 8 weeks Weigh in and weekly prizes. The Biggest Losers (1<sup>st</sup>, 2<sup>nd</sup>, 3<sup>rd</sup> place) gets the cash prize at the end of 8 weeks.

The final weigh ins will be March 4th, 2019 from 6pm-8pm for the grand prize and bragging rights!!

Sincerely,  
**Darrell Culligan**  
 Recreation and Wellness Coordinator  
 Village of Belledune  
 Office 506-522-3714, Cell 506-520-9322  
 Fax 506-522-3704  
[dculligan@belledune.com](mailto:dculligan@belledune.com)

**Melinda Bowlby Hickey**  
 FB Group Administrator  
 506-480-0957

### JACQUET RIVER NATURE GROUP CHRISTMAS BIRD COUNT

This year the JRNG will again take part in the annual Christmas Bird Count which takes place from 14th December to the 5th January. Our specific day to do the outing will be on **Monday, 17th December**. Why not think about joining us for a day to explore our region to find the birds that tough out the winter with us? You may be really surprised to discover just how many there are! You can take part for the full day or just the morning or afternoon if you want. The morning outing will be along the shore looking for sea birds. In the afternoon we'll explore the back roads looking for woodland, field and backyard birds. You don't have to be an expert - we'll be in groups with someone who knows the birds. Would be good to have a pair of binoculars and of course, good winter clothing! If you would like to find out more information about the CBC, click on the link [Bird Studies Canada](http://BirdStudiesCanada.com) and if you are interested in joining us, please call Audrey on 237- 2766 or email Carole at [doylec40@yahoo.ca](mailto:doylec40@yahoo.ca) Hoping you can make it and Merry Christmas to all!

**KIDS CHRISTMAS DANCE**

Mark your calendar December 14<sup>th</sup> - Kid's Dance @ Belledune Recreation Centre from 6:00-8:30pm. Admission will be \$3.00 Ages: Toddlers to 12 years old.

**SUPER VILLAGE TRAILBLAZERS SNOWMOBILE CLUB**

The Super Village Trailblazers snowmobile club is pleased to announce that we are open for the season. Our **new hours** are as follows:

**FRIDAY: 11AM-10PM****SATURDAY: 9AM-9PM****SUNDAY: 9AM-8PM**

Trail passes for the upcoming 2018-2019 season will soon be on sale. Please remember to choose **Super Village Trailblazers, Club 69** when purchasing your pass as a portion from each sale will go directly to our club to help with operating expenses. Thank you for all your support!

**TOPS CHAPTER 5236 BELLEDUNE**

Meetings every Tuesday at Jacquet River Legion (downstairs)  
Weigh In: 5:00-6:00pm Meeting: 6:00-6:30pm "EVERYONE- WELCOME"

**Legion Meeting Branch #77**

The Royal Canadian Legion meetings are on the 3<sup>rd</sup> Tuesday of each month. Card game of Auction on Fridays at 7:00pm at the Legion Branch #77. Darts - Sundays at 7:00pm.

ALL NEWCOMERS ARE WELCOME

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

**Dusty Sneakers 2018-2019 SEASON****WELCOME TO OUR 20<sup>TH</sup> YEAR**

Dusty Sneakers every TUESDAY MORNING 9:30-10:30 and THURSDAY 11:35-12:25 at JACQUET RIVER SCHOOL GYMNASIUM.

**Please use front door and sign in at reception entrance. Don't forget your water bottle & sneakers. This exercise is low impact at your own pace and a great way to feel better.**

**Belledune Skating Club**

Registration for Skaters with the Belledune Skating Club is ONGOING. Register anytime by contacting Cindy Doucet @522-5410!! Great way to learn how to skate for all ages!!

Season Schedule:

Tuesday 5-5:45 Beginners and Canskate

Thursday 6:15-6:45 Beginners and Canskate

Great way to learn how to skate for all ages!!

### CATHOLIC WOMENS LEAGUE

St. Gabriel's Parish next meeting will be December 3<sup>rd</sup> @1:30 PM at the St Gabriel Church. New members are always welcome please contact President- Patsy Turple @237-2751.

December 4<sup>th</sup> –Tuesday evening 7 pm at St. Gabriel's church you are invited to join us for our annual Tree Lighting Ceremony "In Memory of a Loved-One". Tree Lights can be purchased (\$5.00) at Sunday mass or evening of our Fund-Raiser. Light Lunch will be served.

### Lost & Found

The following items have been found at the Belledune Recreation Center. If these items belong to you please contact Jeannie at 987-1488.

- 1) Ladies Blue Jacket was found after October 7<sup>th</sup> event- Dinner held for Village Councillors.
- 2) Belledune Days 2018 a child's blue/grey hoodie, diamond earrings.
- 3) Orange scarf was found after October 21<sup>st</sup> event- Senior Supper.
- 4) Childs winter hat "cinnamom toast crunch" logo found Kids Halloween dance on October 26<sup>th</sup>.

### BIRTHDAY CELEBRATION AND ANNIVERSARY WISHES

Belledune Cloverfarm- compliments of Jonathon MacIntosh would like to congratulate the following Birthday Cake winners: Judy Devereaux for month of November and Gary Guitard for month of December.

- \*Happy Birthday Jaidon Carrier who celebrates on December 3<sup>rd</sup>- Love Mom and Dad.
- \*Happy Birthday Ada Lawlor who celebrates on Dec 4<sup>th</sup>.
- \*Happy Birthday Gary Guitard celebrating on Dec 9<sup>th</sup> – Love your family.
- \*Happy Birthday Betty Devereaux celebrating December 12<sup>th</sup>.
- \*Happy Birthday Alvera Guitard celebrating on December 13<sup>th</sup>
- \*Happy Birthday Linda Daigle who celebrates on December 14<sup>th</sup>
- \*Happy Birthday Irma Doucet celebrating December 21st
- \*Happy Birthday Kierra Guitard celebrating on Dec 23<sup>rd</sup> - Love Family, Meema and Papa.



## Belledune Fire Department-What is your plan?

At 2:30 AM you are awakened by the smoke alarm. Hopefully your bedroom door was closed and when you touch the door, it is very hot with smoke coming from the bottom of doorway. You may have children or adults in adjoining or upstairs rooms ... **What is your plan?** It's Holiday Season and your house is filled with relatives and guests. You hear yelling from the kitchen and when you get there, the room is filled with thick smoke and a fire from the stove ... **What is your plan?**

These are just two, of many non- hypothetical scenarios that occur every year in North America. Heating appliances, cooking and electrical fires remain the number one cause of household fires. Having proper extinguishers and a viable and tested escape plan can save lives.

The Belledune Fire Department encourages everyone to put in place a **FIRE ESCAPE PLAN** and wish all a very safe and enjoyable Christmas and Holiday Season.

**SUPPORT OUR BELLEDUNE FIRE-FIGHTERS AND RING IN THE NEW YEAR BY ATTENDING:**



**NEW YEAR'S EVE  
MASQUERADE PARTY  
DRESS AS YOU WISH BUT  
WEAR A MASK**



**MARC MELANSON  
& THE BANDITS  
BAND**

**MEAL INCLUDED**

**DOOR PRIZE**

**PHOTOBOOTH**

**BELLEDUNE REC. CENTRE  
DECEMBER 31ST  
9 TO 2**

**TICKETS \$20.00 A PERSON  
AVAILABLE FROM BELLEDUNE FIREDEPT  
OR AT THE VILLAGE OFFICE**

**LET'S TOAST THE YEAR IN  
TOGETHER**

**SOME MASKS AVAILABLE AT THE DOOR**



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](mailto:belledunelibrary@nb.aibn.com). The Belledune Messenger will be published at the beginning of every month; please have submissions in by the 25<sup>th</sup> of each month. Due to limited space, some information will be edited for length.

