

Belledune Messenger

February 2019

VOLUME 7 - ISSUE 2



Village of Belledune Contact Information

Municipal Office:

P.O. Box 1006, 2471 Main St.
Belledune E8G 2X9
Phone: 522-3700
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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
llee@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, 522-3714
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

Belledune Council - Regular Meeting

TUESDAY- FEBRUARY 19, 2019 @ 7:00 pm

Belledune Municipal Chambers, 2471 Main Street

- **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.**

SNOW REMOVAL PRACTICES: Offence subject to Disciplinary Action

Violations under the Belledune Traffic Regulation By-law – By-law #: TR-11-2003 - A BY-LAW OF THE MUNICIPALITY OF BELLEDUNE TO REGULATE TRAFFIC.

SNOW OR ICE ON STREETS

6. No person shall place snow or ice upon any street, sidewalk or square in such manner that impedes or is likely to impede movement of traffic or pedestrians. (Section 69, Highway Act)

Please Note – it is very dangerous for people to put their snow on the road, and it is illegal. Whether you live on the main road or side streets, do not put your snow on the road.

GARBAGE COLLECTION IN THE EVENT OF A STORM

In the event that there is a snow storm and/or freezing rain and the roads are bad and visibility is poor there will be no garbage or recyclables collected on that day. The garbage and recyclables will only be collected the following week.

PUBLIC SKATING AT VETERAN MEMORIAL CENTRE ARENA

NEW SENIOR SKATE TIME on Thursday from 3:30pm-4:30pm **AND** Sunday from 4:45pm-5:45pm.

PUBLIC SKATING TIME 6:00pm-7:00pm **EVERY** Sunday. Canteen is open during skating as well as on Monday through Thursday in the evening from 5:00pm-8:00 pm.

As of February 1, 2019, the Village of Belledune will be increasing their rates at the Veterans Memorial Centre Arena. Please see attached rate sheet for more details.

We will also be asking groups that cannot make their ice time that a 24-hour notice is given either by email or phone call to Darrell Culligan (506-522-9320) (dculligan@belledune.com) or Wayne or Steve (Rink Operators) at 506-522-2183. If a 24-hour notice is not given than the ice time will be charged via billing process. Weather related closures or no shows due to bad weather will not be charged.

Renters who are not on invoicing system will be required to pay for ice time prior to rental via Interact-E-Transfer to (clerk-treasurer@nb.aibn.com) or pay at village office, only at this time once fee is collected ice time will be confirmed booked and put on schedule.

BELLEDUNE ARENA RENTAL RATES AS OF FEBRUARY 1 ST 2019

Groups	Price (Includes HST)	
Adults	\$124.00	Per Hour
Adult Tournaments	\$124.00	Per Hour
Minor Hockey	\$74.00	Per Hour
Youth Groups/ High School	\$74.00	Per Hour
Figure Skating	\$31.00	Per Hour
School Rate	\$31.00	Per Hour
Birthday Parties (includes Hospitality Room)	\$65.00	Per Hour
Family Skate	\$65.00	Per Hour

BELLEDUNE SKATING CLUB

Selling tickets on 2- \$100.00 gas cards, \$2.00 each or 3 for \$5.00. Draw is March 16, 2019
 Tickets available from skaters, canteen at arena, Cindy Doucet and at the Guardian Pharmacy in Belledune. E-transfers are accepted- Contact Cindy at 522-5410.

BELLEDUNE SKATING ANNUAL ICE SHOW

Thursday - March 21, 2019 starting at 5:45pm. Tickets are available at the door on the day of the show. Adults \$5.00, Students \$3.00, Children under 2 are Free.
 Come out to support our skaters and enjoy the show!

Thank you in advance for our communities' support!!

BELLEDUNE DAYS 2019

BELLEDUNE DAYS 2019- Monthly Meeting Monday -Feb/4 /2019 at 6:30pm at the Belledune Recreation Centre in Jacks room located downstairs. EVERYONE IS WELCOME.

UPCOMING PUB NIGHTS

Saturday, February 16, Valentines Day, from 9:00pm-1:00am at the Belledune Recreation and Cultural Centre with Jerry O'Neil and Years Apart.

Saturday, March 16, St. Patrick's Day with Bernie Devereaux. Same time and location. Both Jerry & Bernie have hosted pub nights before, Jerry having done our last Halloween event to very positive reviews so please plan to join us for great music, food, and good cheer on these special occasions.

STORIES OF INSPIRATION FROM PEOPLE JUST LIKE YOU ...

How one association is adding some PEP to their workplace.



In 2013, the NBNH was presented with a “Wellness at Heart” award, in recognition of their innovative workplace wellness initiatives.

A great workplace wellness program energizes people. And the New Brunswick Association of Nursing Homes (NBNH) realized that they needed just this kind of program after a 2010 employee survey revealed that employees needed support in some areas. Incidentally, Mélanie Martin came on board in 2012 as a Wellness Coordinator to help build a program.

“In 2010, a few years before I began, there was research done across the sector to get a sense of the needs, challenges, and concerns that Nursing Home employees were facing,” says Mélanie. “What came out of this research gave us a really good idea of where to start with the program.”

A contest was launched to give the new wellness program a name that would work in both French and English. The winning entry was PEP, which stands for **P**riority, **E**ngagement, **P**ossibility. The name captured the goals of the program beautifully:

- Priority: that employees need to prioritize their own health and take care of themselves so they can take care of the residents but also of their own families.
- Engagement: be engaged with the program.
- Possibility: that the program is flexible and gives employees different ways to participate.

In order to have a program that would align with employee needs, they looked at the four areas identified in the 2010 survey:

1. Mental Health
2. Musculoskeletal Injuries
3. Cardiovascular Health
4. Diabetes/Cancer – and other chronic conditions

“Basing ourselves on the results of this survey, we started building a wellness program to address these areas of need in the sector.” It was no small task. “We have 65 nursing homes across the province that represent approximately 6,000 employees,” says Mélanie. “Everyone does things a little differently. Each nursing home is unique.”

But change was in the air - the NBANH really wanted to make sure they were supporting the wellbeing of their employees and addressing the areas identified in the survey.

The program is now structured so four different activities are proposed for each trimester that align with the four priority areas. The expectation is that the participating nursing homes do at least two of these four activities (although some nursing homes go above and beyond).

Leading the programming is Mélanie. “How it works is I prepare the activities, the information, promotional materials, and then, at the beginning of the new trimester, I send the info to the participating nursing homes. We have Wellness Champions there who are in charge of organizing the activities in their home during the trimester. All the activities can be personalized, but it’s all prepared for them so they can take it and run with it.”

The combination of support at the administration level combined with the passion of the Wellness Champions is what makes the program so successful across such a broad network.

They have undertaken a wide range of activities including: certificates for over 50 employees congratulating them for having successfully quit smoking, Lunch and Learns, and icebreaker activities to destigmatize mental health issues, just to name a few. There are also awards to recognize the nursing homes that have excelled in their wellness programming and employee awards for those who are wellness leaders at work or in their communities.

While the program did face obstacles in the beginning, mostly with getting the individual (very busy) nursing homes to see the value of the program and the benefits to employees and residents, it has grown steadily with over 40 nursing homes participating in 2015. Today, the program is facing different challenges, but the

NBANH intends to keep on supporting the health of their employees, with a collaborative effort from all stakeholders.

While it can be a challenge to show direct, concrete, results from this type of program because results are seen over the long term, Mélanie knows it's having an effect.

“I often receive calls from administrators or champions who tell me they did a wellness activity and how it helped the employees. It's not an easy job they do, and we are seeing positive change.”

Over the past four years, she's heard really great success stories of how people started exercising, lost weight, stopped smoking, and how these changes have had a positive impact on their relationships with their family, friends, colleagues and community.

“I get calls from people who tell me, ‘Listen, I stopped smoking and I want to help my colleague quit as well. Do you have resources that can help me?’” Melanie loves these calls. “When you see people participating and not just attending activities because they feel they have to, and you see them encouraging a colleague's wellness, it gives you an idea of the potential that exists in the province. When you see results like that, it encourages me to keep going.”

Over the course of the program, employee satisfaction and levels of participation have been measured and have shown a positive trend. On average, 31.7% of the nursing homes' employees participate per quarter with an overall satisfaction level of 98.7%. For the NBANH, the next step to consider would be to perform an in-depth benchmark analysis and measure the program's overall performance. This would also help decide directions for the future—a future Mélanie is already thinking about.

“There's still tons we can do. Over the next few years we really want to focus on mental health as well as broaden the program's scope by touching on other specific focus areas. I'd like to do more partnerships as there are really great resources throughout the province.” She's excited for the future and for how far they've already come. “I must say that I am excited to see results and see a program like this bear fruit. Even though there is still much to do, it always makes my day.”

JACQUET RIVER NATURE GROUP

The next meeting of the Jacquet River Nature Group will be on Monday, 25th February at 7pm at the Legion. Among other things, we'll be discussing the upcoming Festival of Nature to be held in St Andrews this year on the 7th, 8th and 9th of June. Welcome to all new members.

VETERINARIAN SERVICES

Dr. Themens will be at the Veterans Memorial Arena on Monday- February 4th, 2019 from 10:00am – 12:00pm.

BELLEDUNE LIBRARY HOURS

TUESDAY 10:00AM TO 3:30 PM
 WEDNESDAY 4:00 PM TO 8:00PM

SUPER VILLAGE TRAILBLAZERS SNOWMOBILE CLUB

SAVE THE DATE: The Super Village Trailblazers snowmobile club is holding their **ANNUAL STEAK BBQ** on **Saturday, February 23, 2019.**

Additional details will be posted on our Facebook page in the coming weeks.

Our clubhouse hours are as follows:

FRIDAY	SATURDAY	SUNDAY
11:00 am to 10:00 pm	9:00 am to 9:00 pm	9:00 am to 8:00 pm

Telephone 237-9083

The Board of Directors would like to extend our thanks for the continued support we receive from the community. A special thank you to the volunteers who worked for several days clearing Trail #24 at the beginning of the season.

BOOKKEEPING AND TAX SERVICES

Division of Five Star professional maid service now open for the tax season, please call for appointment. Reasonable rates. Personal, small business & corporate. Disability forms, senior's forms, final returns & much more. Member of EFILE Association of Canada. Open Year round for all your Bookkeeping & Tax needs.

Call 506-237-2751 Cell 506-520-9900 Email: patsyturple@nb.aibn.com Patricia Roy Turple Proprietor

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 Durham Branch #77 meetings are 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 NEWCOMERS ARE WELCOME

The Royal Canadian Legion Durham Branch #77 would also like to remind everyone that our Legion Hall is available for rent for all your special occasions like Weddings, Graduations, Showers, Family-Reunions etc. Please contact Robert Dempsey @237-5209.

The Royal Canadian Legion Durham Branch #77 is doing a "Chase The Ace " every Thursday night from 6:00pm to 8:30 pm. Jackpot is at \$500 and ticket are \$5 each, 3 for \$10 and 7 for \$20.

The Royal Canadian Legion Durham Branch #77 will host a DART TOURNAMENT on Saturday February 23, 2019. Registration is at 9am with start time at 10 am. This is a 2 person team with the cost of \$40 per team. Prizes are: 1st place \$500, 2nd place \$300 and 3rd place \$200. High Score \$50, High Finish \$50 and most 180's =\$50. All teams must be paid by February 15th. All prize money is based on 20 teams. CONTACT--- IVAN GODIN @ 237-2254

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

FLU SEASON AHEAD

Daycares, schools and medical buildings all rank as high risk venues for contacting and spreading viruses that produce cold and flu outbreaks. But what about recreation facilities? Thanks to our friends at the Ontario Recreation Facilities Association, we remind recreation facility owners and professionals responsible for these buildings that they have the potential to act as a catalyst to community health outbreaks if recreation facilities are not properly cleaned and sanitized. Public access touch points include:

DOOR KNOBS-LIGHT SWITCHES-TOILETS-SINKS-URINALS-FAUCET HANDLES-HAND RAILINGS-AND SOAP PUMPS

When Public Health Units warn of a higher risk of colds and flu facility staff may need to be even more careful in cleaning and sanitizing duties. A further reminder that internal use of phones, cupboard handles, remote controls, key boards and mouse use can all lend to staff and community sickness through contact. This requires facility staff to be more diligent in their efforts in controlling outbreaks.

There is a distinct difference between facility cleaning and facility sanitizing. Cleaning is the removal of items such as, but not limited to urine, feces, smudges, marks or food that can be seen by the human eye. Sanitizing is the removal of bacteria and viruses that may be left behind unseen after cleaning occurs. The quickest form of diligence in controlling bacteria and viruses is to determine staff understanding of the sanitizer being used and the required contact time for it to be effective. Consider what is being used to wipe away the sanitizer once applied and proper contact time reached- single use towel or a rag/cloth that may end up spreading bacteria and viruses. Reminding staff of the importance of properly and regularly washing their hands throughout their shifts is a simple approach of worker safety.

Recreation facilities are an important stakeholder in community health and safety. Our Recreation Facility users expect our commitment in these obligations. For more information about preventing flu outbreaks visit: <https://goo.gl/uLArxD>

Darrell Culligan, Recreation and Wellness Coordinator-Village of Belledune

BELLEDUNE MUNICIPAL GYMNASIUM

- Week of Feb 4 – Feb 8, 2019

Time:	Monday Feb 4	Tuesday Feb 5	Wednesday Feb 6	Thursday Feb 7	Friday Feb 8
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	
6:00pm-7:00pm	Indoor Youth Soccer & Biggest Loser Weigh-in	Yoga – Gentle with Sunny Bosca	Pickle Ball		Parent/Kid Activity
6:30pm-7:15pm				Fitness/Bootcamp – low impact with Andre Lanteigne	
7:00pm-8:00pm	Badminton or Pickle Ball	Yoga – Core & Balance with Sunny Bosca	Badminton		Floor Hockey
7:30pm-8:15pm				Fitness/Bootcamp – high Impact with Andre Lanteigne	

- Week of Feb 11– Feb 15, 2019

Time:	Monday Feb 11	Tuesday Feb 12	Wednesday Feb 13	Thursday Feb 14	Friday Feb 15
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	
6:00pm-7:00pm	Indoor Youth Soccer & Biggest Loser Weigh-in	Yoga – Gentle with Sunny Bosca	Parent/Kid Activities		Pickle Ball
6:30pm-7:15pm				Fitness/Bootcamp – low impact with Andre Lanteigne	
7:00pm-8:00pm	Pickle Ball	Yoga – Core & Balance with Sunny Bosca	Badminton		Floor Hockey
7:30pm-8:15pm				Fitness/Bootcamp – high Impact with Andre Lanteigne	

- Week of Feb 18 – Feb 22, 2019

Time:	Monday Feb 18	Tuesday Feb 19	Wednesday Feb 20	Thursday Feb 21	Friday Feb 22
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	
6:00pm-7:00pm	Indoor Youth Soccer & Biggest Loser Weigh-in	Yoga – Gentle with Sunny Bosca	Parent/Kid Activities		Pickle Ball
6:30pm-7:15pm				Fitness/Bootcamp – low impact with Andre Lanteigne	
7:00pm-8:00pm	Pickle Ball	Yoga – Core & Balance with Sunny Bosca	Badminton		Floor Hockey
7:30pm-8:15pm				Fitness/Bootcamp – high Impact with Andre Lanteigne	

- Week of Feb 25 – Mar 1, 2019**

Time:	Monday Feb 25	Tuesday Feb 26	Wednesday Feb 27	Thursday Feb 28	Friday Mar 1
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	
6:00pm-7:00pm	Indoor Youth Soccer & Biggest Loser Weigh-in	Yoga – Gentle with Sunny Bosca	Parent/Kid Activities		Pickle Ball
6:30pm-7:15pm				Fitness/Bootcamp – low impact with Andre Lanteigne	
7:00pm-8:00pm	Pickle Ball	Yoga – Core & Balance with Sunny Bosca	Badminton		Floor Hockey
7:30pm-8:15pm				Fitness/Bootcamp – high Impact with Andre Lanteigne	



Dusty Sneakers 2018-2019 SEASON
WELCOME TO OUR 20TH 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.

LOST AND 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) Orange scarf found after October 21st – Senior- Supper event.

- 2) Girls pink gloves/black heart shapes, Bag with New Hat & Mitts and Boys cap black/yellow design with one black glove (skeleton design on front) found after December 8th- Christmas in the Park event.

CHILDRENS VALENTINE'S DANCE

FRIDAY FEBRUARY 15th VALENTINES DANCE- FOR TODDLER'S TO AGE 10 AT THE BELLEDUNE RECREATION CENTRE *** TIME 6:00 TO 7:30 *** ADMISSION \$2.00 *** HOPE TO SEE YOU

FEBRUARY BIRTHDAY CELEBRATIONS

HAPPY BIRTHDAY WISHES and **Congratulations** to Morgan Louis who won the Birthday Cake for February compliments of Cloverfarm-Belledune/ Jonathon MacIntosh .

Happy Birthday Wishes to Betty Dalley and Theresa McDonnell celebrating February 2nd

Birthday Wishes to Gerard Daigle celebrating on February 5th – Happy Birthday Gerard.

Happy 7th Birthday to Morgan Louis her special day is February 7th. Love Mommy, Daddy, Gamma, and Gampa. We Love You Very Much XO.

Happy Birthday to Roxanne Killoran who celebrates on February 8th - Love Family and Friends

Happy 5th Birthday Aubrey and Allie who celebrates on February 12th Lots of Love, Hugs and Kisses. Love your Family XO.

Happy Birthday to Michael McGregor who celebrates his BIG Birthday on February 14th. Love from your Family- extra hugs & kisses from your Granddaughter Scarlett XO.

Happy Birthday to Judy Devereaux who will be celebrating her 65th Birthday on February 20th - Love Ron, Family and also Guys from Clubhouse #31

Happy Birthday to Lorenzo Grant celebrating on February 21st wishing you a wonderful day.

EVANGEL MISSION TEAM

The Evangel Mission Team will be travelling to Sosua, Dominican Republic on March 25- April 1, 2019. Here is a list of the most urgent needed items in the Dominican where our team will be serving:

Children's Vitamin's (gummies are OK) - Children's Tylenol - Prenatal Vitamins - Good Quality Backpacks - Baby Bath Towels -Toothpaste (small and Medium) - Multi-Vitamins (Adult and Children) Money to purchase Diapers and Feminine products (suitable for Maternity).

We get to go and represent the generous people from our region with all the supplies and goodies you are sending. Our team is so grateful and blessed for the opportunity to serve in the Dominican. Thank you for all the support from our community with our fundraisers and people who give so generously.

