

Belledune Messenger

January 2019

Volume 7 Issue 1



***WHAT THE NEW YEAR BRINGS TO YOU
WILL DEPEND
A GREAT DEAL
ON WHAT YOU BRING TO THE NEW YEAR***

Vern McLellan

Village of Belledune Contact Information

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Belledune E8G 2X9
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Fax: 522-3704
Website: www.belledune.com

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

Staff:

- Landon Lee (CAO) 522-3703
lee@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

Monday January 21/2019 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.

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 on Monday through Thursday in the evening from 5:00-8:00 pm.

BELLEDUNE DAYS 2019

BELLEDUNE DAYS 2019- we will be having our first monthly meeting Monday January 7/2019 at 6:30pm at the Belledune Recreation Centre in Jacks room located downstairs. Storm date will be following Monday January 14th same time/place. Everyone is welcome.

VETERINARIAN SERVICES

Dr. Themens will be at the Veterans Memorial Arena on Monday- January 7, 2019 from 10:00am – 12:00pm.

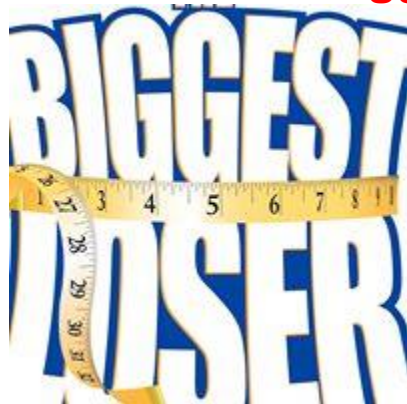
UPCOMING PUB NIGHTS

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.

1st 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 cannot 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 (1st, 2nd, 3rd 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

Melinda Bowlby Hickey
 FB Group Administrator
 506-480-0957

*****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:

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, www.belledune.com

With the new year upon us I would like to take this opportunity to say thanks to everyone for there dedication in the communities Rec and Wellness programs, would not have been a success without you! 2019 will be another great year for us as we continue to make healthy choices and staying active.

A quick note on continued activities for this year and new programs for the future:

www.belledune.com

- Yoga on Tuesdays from 6pm-7pm Gentle, 7pm-8pm Core and Balance
- Fitness/Bootcamp on Thursdays from 6:30pm-7:15pm Low Impact, 7:30pm-8:15pm High Impact...Both Sunny Bosca (Yoga) and Andre Lanteigne (Bootcamp) are looking forward to another great year and hopefully some new participants for these great programs!
- Dave Degrouchie will continue sessions 4, 5, 6 on Saturday Jan 5, 12, 19/19 at 1pm-2pm at the Municipal Gymnasium. Free to everyone and even though you missed other sessions, they are presented in a way that you will learn and benefit from each session! (See ad Above)
- Youth indoor Soccer will start at Gymnasium on Monday evenings on Jan 7, 2019 from 6pm-7pm, coached by Joe Lanteigne and Myself.... Hope to see you there!!
- 1st Belledune's Biggest Loser starts on Jan 7, 2019 with the initial weigh-in from 6pm-8pm. They will continue for the next 8 consecutive Mondays until Mar 4, 2019 (Final Weigh-Ins) Please see add for more details! "Messenger, Facebook Group (Belledune Recreation and Wellness) and Website to stay Up-to-Date in 2019" Thanks Everyone!! Darrell Culligan.

BELLEDUNE MUNICIPAL GYMNASIUM

- Week of Jan 7 – Jan 11, 2019** *Parents and participants remember to sign-off **Informed Consent form***

Time:	Monday Jan 7	Tuesday Jan 8	Wednesday Jan 9	Thursday Jan 10	Friday Jan 11
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	Indoor Youth Soccer & Biggest Loser Weigh-in	Yoga - Gentle	Pickle ball - adult		Parent/Kid Activity
6:30pm-7:15pm				Fitness/Bootcamp	
7:00pm-8:00pm	Floor Curling or Pickle Ball	Yoga - Adult	Badminton		Pickle Ball
7:30pm-8:15pm				Fitness/Bootcamp	

- Week of Jan 14 – Jan 18, 2019**

Time:	Monday Jan 14	Tuesday Jan 15	Wednesday Jan 16	Thursday Jan 17	Friday Jan 18
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	Indoor Youth Soccer & Biggest Loser Weigh-in	Yoga - Gentle	Pickle ball		Parent/Kid Activity
6:30pm-7:15pm				Fitness/Bootcamp	
7:00pm-8:00pm	Floor Curling or Pickle Ball	Yoga - Adult	Badminton		Pickle Ball
7:30pm-8:15pm				Fitness/Bootcamp	

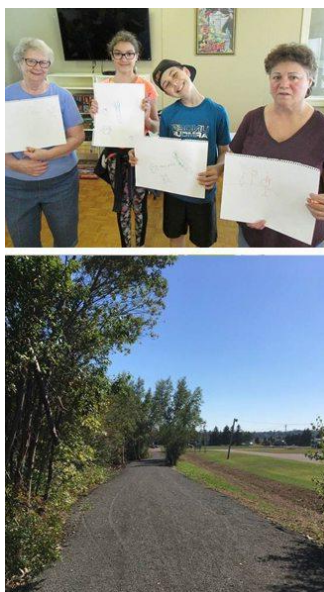
- Week of Jan 21 – Jan 25, 2019

Time:	Monday Jan 21	Tuesday Jan 22	Wednesday Jan 23	Thursday Jan 24	Friday Jan 25
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	Parent/Kid Activity		Pickle ball
6:30pm-7:15pm				Fitness/Bootcamp	
7:00pm-8:00pm	Open Gym-walk, Run, Play	Yoga – Adult with	Pickle Ball		Badminton
7:30pm-8:15pm				Fitness/Bootcamp	

- Week of Jan 28 – Feb 1, 2019

Time:	Monday Jan 28	Tuesday Jan 29	Wednesday Jan 30	Thursday Jan 31	Friday Feb 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	Pickle Ball		Parent/Kid Activity
6:30pm-7:15pm				Fitness/Bootcamp – low impact	
7:00pm-8:00pm	Badminton or Pickle Ball	Yoga – Core & Balance with	Badminton		Open Gym- walk, Run, Play
7:30pm-8:15pm				Fitness/Bootcamp – high Impact	

Stories of inspiration from people just like you...



How a small community became a big Age-Friendly Champion.

“Si Cocagne veut, Cocagne peut” (If Cocagne has a will, Cocagne finds a way). This unofficial slogan of the rural community of Cocagne perfectly captures the determination this small community displayed on their journey to becoming age-friendly.

Their journey began shortly after Cocagne became incorporated in 2014 when their newly minted council was approached about the [Home First Program](#).

“We realized we didn’t know that much about the specific needs of seniors in our community, so we decided to form a seniors committee,” says Majella Dupuis, who was a councillor at the time.

What followed was an opportunity for Majella to attend a conference with Dr. Suzanne Dupuis-Blanchard, research chair in population aging at the Université de Moncton and president of the Canadian Association of Gerontology. In talking with Dr. Dupuis-Blanchard, Majella was put in touch with the L’Association francophone des aînés du Nouveau-Brunswick (The Francophone Association of Seniors of New Brunswick) where she was introduced to MADA concept. MADA stands for “Municipalité amie des aînés’ or ‘Age-Friendly Community’, a global age-friendly movement aimed at creating communities that enable seniors to age actively, enjoy good health, stay connected, and participate fully in their community. Majella was so intrigued, she asked for the MADA concept to be presented to their seniors committee, which then quickly transformed into a MADA committee. “We tried to have a lot of variety on this

committee,” notes Majella.” That was one thing we noticed in the MADA approach - the more varied the participants, the better”.



Raised gardens, a collaboration between 6th grade students from École Blanche-Bourgeois school and the residents of Villa Côte d’Or in Cocagne

And the committee that was formed in 2015 was indeed diverse. Majella and the Deputy Mayor represented council, and representatives from Cocagne’s activity committee, Cocagne’s 250th celebration committee, recreation board, entrepreneurs, Blanche-Bourgeois school, youth, and Knights of Columbus rounded out the committee.

At the same time as the committee was coming together, a survey, done in collaboration with Université de Moncton, was being carried out to assess the needs of seniors and to gather some statistics.

“With Cocagne only being incorporated in 2014, statistics were a bit difficult to come by,” says Majella. The survey showed that the median age for Cocagne was around 49.5 compared to 43.7 for New Brunswick and 40.6 for the rest of Canada.

“That insight led to the question - what can we do with MADA?”

To arrive at their mandate, the committee looked at the steps in the established MADA approach. “When you look at it, at first it looks big. It’s a lot,” says Majella. “We’re a small community so the question became how do we compare ourselves to large cities when we just became incorporated and have limited resources.” To combat overwhelm, they developed kits with the MADA information most pertinent to their specific situation.

The survey, which had a huge 91% response rate, not only gave them a great sense of the age groups, but also held some surprises. They had presumed that isolation and transportation would show up as big issues and, while they were mentioned, other areas turned out to be a higher priority for seniors in their community. With the survey results in hand, and the committee ready to get down to work on an action plan, they began to target their planning to address the needs noted in the survey while keeping in line with the MADA approach.

One area that ranked highly in the survey was active aging and physical activity. “So we started looking at what we had, what we could improve and what was needed to keep our seniors active,” says Majella. “We started with small steps.” Some of these steps included making sure trails were clearly identified with markers showing how long trails were in kilometers and installing more benches.

“This exercise lets you see what you have already in your community, what you can improve, what the big gaps are and to work on it,” says Majella. This approach also helped in other areas identified in the action plan such as affordable housing, community activities, and improved communication of information.

And one of their greatest resources turned out to be the seniors themselves. “We’ve been leveraging their strengths strategically,” notes Majella. “We approach those we know can make things happen in the community and are knowledgeable about specific target areas like, for example, gardens and community kitchens.”

This community involvement keeps seniors engaged, leverages their strengths to benefit the community, and instils an increased sense of belonging.

Cocagne’s success has not gone unnoticed. Other smaller communities have been approaching them who are interested in doing something similar. And their participation in the MADA network has given the committee the chance to talk to other communities about approaches that have worked as well as what can be done better.

“We’re definitely going to grow our approach in the future and develop things further,” says Majella. “We’re going to keep going, according to our abilities and our resources.”

And Cocagne’s hard work has paid off. In 2017, they were the recipients of an Age-Friendly Recognition Award, proving it’s not size that matters - it’s passion!

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 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

Royal Canadian Legion 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.

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 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.

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!!

JACQUET RIVER NATURE GROUP

The first meeting of the new year will be on Monday, 28th January at 7pm at the Legion. We'll be discussing the very successful Christmas Bird Count - the one day that the Jacquet River Group chose was very successful as the weather behaved and a female Northern Cardinal was sighted. If you haven't taken part already, there is still time. The count ends on the 7th January so if you can, please record numbers and species of birds you see at your feeders, in your gardens or anywhere you see them. Send results by email to doylec40@yahoo.ca HAPPY NEW YEAR!

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.

JANUARY BIRTHDAY CELEBRATIONS

HAPPY BIRTHDAY WISHES and **Congratulations** to Jerry Guitard who won the Birthday Cake for January, compliments of Cloverfarm-Belledune/ Jonathon MacIntosh

Happy Birthday to Darlene Hickey McGregor January 1st Love from your Family especially Scarlett xo

Happy Birthday to Anne Culligan who celebrated on January 2nd

Happy Birthday wishes to Adelia Pepin who celebrates on January 6th

Happy Birthday to Marlene Lawlor her Birthday is on January 7th

Happy Birthday to Jerry Guitard who celebrates on January 15th Love Aubrey, Allie, Mom & Harold

Happy Birthday to Pauline Guitard sending you lots special wishes on January 25th

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.