

GOOD NEWS FOR NORTH QUEENS

HEALTH CENTRE NEWS

Let me begin by introducing the new executive of the North Queens Health Centre Association.

Co-Chairs: Carla Malay
Mya Uhlman
Secretary: Jean Douglas
Treasurer: Roxanne Canning

The decision to establish co-chairs this year came as a result of discussions between past executive members and Carla and myself. We decided that to combine Carla's experience in the health care field along with my past work on the Health Centre Board will result in a team that is enthusiastic, eager to contribute to the community, and knowledgeable about the Board and the health care system in southwest Nova Scotia. Carla and I have been working closely together, and we make a great team. We look forward to working with the community in the year ahead.

On August 16th the North Queens Health Centre Association sponsored a Defensive Driving Course. This was held

in the Community Room and was a huge success. The Association paid a portion of the fee for each of the 14 participants and we held a draw for one participant to have the fee paid in full. Due to the success of this course, we are hoping to offer another one in the future.

At the Association's July meeting, we discussed some great new ideas for fundraisers! We would like to inform the community that we will not be having a booth at the Exhibition this year. As well, poinsettias are now unavailable so we won't be able to conduct that campaign again. However, be sure to watch for announcements about our new fundraisers and how you can help!

We would also like to take this opportunity to thank Janie Ryan for her thirteen years at the Health Centre. She has been very dedicated and we will

all miss her very much, but we wish her all the best in her new job! If you see her, be sure to express your gratitude and pass on your good wishes.

Again, I just want to say that Carla and I are looking forward to the next year as co-chairs, and want everyone to feel free to contact us if you have any program ideas or would like to volunteer.

Mya Uhlman

Health Centre Schedule

The Health Centre will be closed:

September 17	(at noon for the parade)
October 13	Thanksgiving
November 11	Remembrance Day

Special events:

October 16	Flu Clinic, 1 – 4 pm; 6 – 8 pm
October 21	Flu Clinic, 1 – 4 pm
October 28	PAP Test Clinic
November 13	Flu Clinic, 1 – 4 pm; 6 – 8 pm

WHAT'S UP WITH THE BOARD OF TRADE

The North Queens Board of Trade has been “quietly active” over the summer. What people may have noticed is the new “Tent Dwellers” banners in the village. We’re hoping to hang them again next summer, this time hopefully not backwards!! (They came with the grommets on the wrong side.) Also, the flower planters have looked lovely this summer, with thanks to Board members who keep them watered.

Farmers’ Market. To date we have held four farmers’ markets at the Exhibition Grounds. This is an opportunity for people to meet not just to buy and sell produce, baked goods, home cooking and crafts, but to visit with friends and enjoy a lighthearted social gathering. We intend to continue the markets as long as we can this fall.

As fuel and food prices rise, it is going to be more and more important for people to be able to buy the things they need in their own communities. That’s why this market is so important to North Queens. It’s a way for us to become more self-sufficient as we work together.

So, this summer the market has been sort of a “test run”. There wasn’t a lot of notice for gardeners to plant extra, so there hasn’t been as much produce as we would have liked. Thanks of course to those who came to the markets as vendors, particularly the Fader family, carrying on the family tradition.

Next season, in 2009, we hope to start the markets earlier in the summer and we encourage all you gardeners to plant a little extra for the market. Also, if you have any suggestions for the market, please let us know. You can call anyone on the Farmers’ Market Committee: Richard Lane (682-2021), Kelly

Sloan (682-2542), Don Kimball (682-2891), Charity Fraser (682-2644), Suzanne Frail (682-2663) or Mary Keirstead (682-3216). Remember that



our one rule is that everything sold at the market must be something you have made or grown yourself.

No decision has yet been made on table fees. So far we haven’t charged anything, as our expenses are negligible. Certainly if there comes a time when we do have expenses to cover, we will try to keep the table fee as low as possible.

Also, if anyone would like to play a little music at the market, you’d be welcome. You might even make a few dollars!

RCMP. The Board has signed a Memorandum of Understanding with the Region of Queens and the RCMP for the local officer to make use of the Visitor Information Centre building during the year. Just a few more t’s to cross and i’s to dot and we hope to have this in place very soon.

New Website. We were very fortunate to receive a grant from the Nova Scotia

Department of Tourism and Culture for the development of a new, professionally-designed website which will celebrate and advertise our community to potential visitors, residents and businesses. This committee will be meeting through the winter and will have this website ready for the world before the tourist season starts!

Promoting North Queens to North Queens. An ongoing project of the Board of Trade is to encourage the support by our community members of our local businesses. We are isolated enough from the larger centers that it’s hugely important for us to support the businesses we depend on. I’m sure nobody has yet forgotten how difficult it was for many of us when we lost the Irving Station. Let’s not let something like that happen again.

There are many opportunities for the Board of Trade to promote the community not just to itself but to others. It all takes not just the time and imagination of the people on the Board but also money. If you would like to support the Board of Trade, you can join the Board for a very low membership fee. It’s an investment in your community! Contact Don Kimball at 682-2891 or come to a meeting.

The public is welcome at our Board of Trade meetings, which are held the first Tuesday of each month at the North Queens Rural High School library at 7:00 pm. Come and take part in our community’s future!

A NEW YOU

Are you startled by your reflection in a store window?

Do bathing suits frighten you?

Do you find yourself huffing and puffing more often?

Do you hate looking at photographs of yourself?

Being overweight is not just uncomfortable, it's unhealthy. Obesity often leads to heart disease, diabetes, and many other conditions which are life-threatening. And it IS uncomfortable—your clothes are tight, you feel short of breath when you exercise, you feel unattractive.

Weight Watchers and TOPS (Take Off Pounds Sensibly) both offer a program of advice, support and information that helps you shed those pounds and feel

better, both physically and mentally. By changing your eating habits and exercising regularly, you discover a “self” you had forgotten. Imagine how good it feels to wear a smaller size, to like what you see in the mirror, and to have others compliment you on your new svelte self. And—and this is a BIG and—you feel better physically. You can walk farther and faster, you have more energy, you are more flexible.

The emphasis is not to be thin: it is to be healthy. Think about it. Becoming healthier and happier is an investment in yourself, and a gift to those who love you.

Weight Watchers meets Tuesdays at 6:30 pm (weigh-in 6:00 to 6:30) at the Health Centre. TOPS meets Mondays,

6:30 pm (weigh-in 5:45 – 6:30), also at the Health Centre.

For more information call Lucy Mailman (685-3244) or Jean Luxton (682-2624) for TOPS, and Fern Jollimore (354-4347) or Janie Ryan (682-2683) for Weight Watchers.



OUR VILLAGE B&B HAS A NEW NAME

and it has new owners! Pat and Chuck Groocock purchased Aunt Nettie's Bed and Breakfast from Cindy Lewis this past spring, and they moved to Caledonia late in June.

Since then, Pat and Chuck have been busy making renovations and adding their own style to the house. The guest rooms have all been fitted with televisions and high-speed wireless internet and Pat hopes to have DVD players in all the rooms very soon. Much of the furniture in the house is new as well. Future projects will likely include new windows and some changes to the

layout of the guest rooms upstairs. Perhaps the most noticeable change is that Pat and Chuck have decided to rename the B&B. The new name signifies a new start, and also reflects our community's history. It will be known as Seven Settlers Bed and Breakfast.

Chuck and Pat have come to North Queens from Stratford, Ontario, where they operated a B&B called Curtain Call. Pat is originally from England, and worked for many years in Ontario as a banker. Chuck is from Guelph, Ontario and worked as the controller for a large hotel. They took several

vacations in Nova Scotia, and liked the rural life and the friendly people they met. When they saw an opportunity to run a B&B near Kejimikujik, they went for it, arriving in June with their two cats, Mistletoe and Tillie.

Life in Nova Scotia is proving enjoyable for the Groococks. Chuck has just received his licence as a real estate broker and will be working with Royal LePage. They both look forward to meeting more people in the community and hiking the trails of Kedge. We wish them welcome and all the best in their new venture.

“GET CONNECTED” - SENIORS AND FAMILIES

“ . . . so now I’m an old man, older than anybody I’ve personally known, and it’s the most peculiar thing you can imagine. Inside I’m myself, same as always, and outside I’m this crippled-up old shell of a guy. By nighttime I’m used to myself, but when I first wake up in the morning and see that wreck in the mirror, there’s a minute when I can’t recognize him. “Who the h--- are you?” I say, as I try to shave around all the wrinkles without cutting my chin off . . . “ --from “The Goodbye Summer” by Patricia Gaffney.

Old age isn’t for sissies, but getting connected can make it easier!

Get connected with your health and health care services. This program, coordinated by Janie Ryan and Carla

Malay, offers free information sessions for seniors and their families about services that are available and how to access them.

Sessions will be held at the North Queens Nursing Home on Thursdays from 6 to 7:30 pm. Here is the schedule of sessions:

September 25: Heart and Stroke / Diabetes / Senior Safety

October 2: Exercise / Nutrition / Meals on Wheels

October 9: Red Cross / Lifeline / Falls Prevention

October 16: Medications / Palliative Care / Foot Care / VON

October 23: Day Program at North Queens Nursing Home
Caregivers: Do you need a break?
Learn about Respite Care / Home Support / Continuing Care

October 30: Chronic Pain Workshop

Refreshments will be provided! Pre-register for sessions by phoning the North Queens Health Centre at 682-2533. And watch for more information!

If you need transportation to attend these sessions, please call Carla Malay at 682-2190 to make arrangements. Someone can pick you up and take you home.

NURSING HOME UPDATE

Message from Adult Day Program Coordinator

Hello, my name is Jayme Kaulback. I have been working at North Queens Nursing Home for over three years as a Recreation Programmer. I have recently acquired the position of Queens Adult Day Program Coordinator for the North Queens Site. I am very excited about this new opportunity. The Day Program runs on Mondays and Thursdays from 10:00 am until 3:00 pm at North Queens Nursing Home. On these days, participants will take part in activities that are offered through the Recreation Department as well as activities specifically set up to suit the needs of the Day Program participants.

Some of the activities could be bingo, crafts, music, church, and many other fun programs. There are currently two participants, but we are able to have up to five. We are always looking for new faces to either come and participate or to volunteer.

If you are interested in participating in the Queens Adult Day Program or would like to join our team as a volunteer we welcome any and all inquiries. Please do not hesitate to contact me, Jayme Kaulback, at North Queens Nursing Home. I can be reached at 682-2553, extension 231. I look forward to hearing from you and seeing the Queens Adult Day Program grow in the North Queens Area.

Music, Anyone?

Are you musically inclined? Do you like to entertain? Do you remember some of the good old tunes? Well, we sure could use your talents. At North Queens Nursing Home we rely on volunteers to provide musical entertainment for our residents. If you might be interested in coming to entertain, call Sharon Saunders, Recreation Coordinator at North Queens Nursing Home at 682-2553, extension 231.

(AHEM) ATTENTION ALL WOMEN!

On Tuesday, October 28th the North Queens Health Centre will be holding a special “Well Woman” clinic at the Centre. This clinic gives women an opportunity to have their yearly Pap test, with Nurse Practitioner Renate Bennett “at the helm”.

Did you know that Atlantic Canada has the highest rate of cervical cancer in the country? The good news is that regular Pap tests can prevent cervical cancer. This test is still the only way to detect changes in the cells of the cervix which might develop into cancer. If found early and treated, these changes will not develop into cancer.

It is recommended that women undergo a yearly Pap test so that changes to

cervical cells—which may take years to develop—are not missed and cancer doesn’t develop. Studies have found that when women have fewer Pap tests, the rate of cervical cancer increases.

Women should start having Pap tests as soon as they become sexually active or reach the age of 18, and continue even after they are no longer sexually active or have reached menopause. They are also encouraged to continue with Pap tests after a hysterectomy.

Please call 682-2533 to book an appointment for October 28th. As Comedienne Cathy Jones, the spokesperson for Cancer Care Nova Scotia, says, “Okay, I admit it. Having a Pap test is not my favorite thing to do. But this simple test can save your life. Take

care of yourself. Your family and friends will thank you.”



WANT TO GET IN SHAPE?

There will be two programs in North Queens geared to do just that for you.

FITNESS CLASSES will be held at North Queens Rural High starting later in September. This exercise program will be held two evenings a week, but the days and times are still uncertain, so watch for posters with details. For more information call Lisa Gallant

(evenings) at 682-2909.

YOGA CLASSES will be held Wednesdays at the Maitland Bridge Hall (6:30 pm) starting late September or early October. Watch for posters with details. For more information you can call Andrea Wegerer at 682-2443.



ANOTHER NORTH QUEENS NUGGET

Thomas “Tommie” Waterman, 1804-1887

Tommie was the son of Zenas Waterman, who had been a soldier in the American Army at the Battle of Bunker Hill in Boston. Zenas and his wife, Eunice Dean, were among the first settlers in an area later known as Pleasant River. Their son, William Thomas, married Mary Carder and they settled in South Brookfield. At that time the area had only been settled a few years and the only contact with the outside world was a trail to Liverpool twenty-nine miles away. Tommie became a road builder, spending much time and effort on the road to Liverpool and on new roads through the woods to Nic-taux and from Maitland Bridge to Annapolis Royal in the Annapolis Valley. Later he spent many years driving the mail from Liverpool to the Valley with horse and wagon.

On one occasion when Joseph Howe was Premier of NS, Tommie inveigled him into riding along in the wagon the seventy miles from Annapolis to Liver-

pool in order that he might see and feel the bad roads and thus be persuaded to find some remedy. However, when the journey was over his noted passenger said that he had been so delightfully entertained by Mr. Waterman’s stories that he had not in the least noticed the bad road.

Tommie was known to get bored and catch the odd nap between post offices and occasionally sleep right past his stop. When this happened he would tie the horse to a tree, sling the mailbag over his shoulder, and walk back to the post office. When one day someone asked him why he walked, rather than bring the horse back, he replied, “The horse didn’t make the mistake—I did.”

Tommie lived to be 83 and enjoyed good health until nearly the end, when he came on with a bad pain in his big toe that eventually spread through his body until he died. One of his friends later commented that Tommie even died differently than anyone else. When the editor of the local weekly newspaper heard that Tommie was

nearing the end he prepared an obituary in order to have it ready on short notice. As things will happen, someone in the office noticed it and mistakenly thinking it had been left out accidentally, saw that it was printed that very evening.

Tommie rallied! The next morning when he saw his own obituary in the paper he commented that he knew that it was a lie as soon as he saw it.

Wilbert Telfer in “Brookfield in the Wilderness”

North Queens Heritage Society publication, 1999

“Good News for North Queens” is published quarterly by the North Queens Community Health Centre Association. If you have an item for the newsletter, please contact Mary Keirstead (682-3216) or Lesley Lewis (682-2145). For the calendar of events, contact Connie Eaton (682-2813). Contributions towards the cost of publication are gratefully received and can be dropped off at the Health Centre office.

TENT DWELLERS OUTDOOR ARTS FESTIVAL

There will be something for everyone at this festival which takes place in various locations between September 17 and 23. Here is the schedule:

September 17: "S.H.A.R.K." – a play about species at risk. Keji Outdoor Theatre

September 18-19: Exhibit at Queens Count Fairgrounds, Paul Yates and Photo
Photo Competition
Photography Workshop, Brennan Caverhill

September 19: Photography workshop, Vicki Cameron
Rug Hooking Gathering, Milford House (19th and 20th)

September 20: "The Edge of the Unknown" – Benefit, Astor Theatre, 7:30 pm

Country and Bluegrass Jam, Milford, 12 noon – 6 :00 pm

September 21: "Paddle the River Concert", Annapolis Basin Community Band, Queens County Fairgrounds Pavilion
Old Man Luedecke, Petite Riviere Fire Hall
Free Writing Workshop, Joanne Jefferson, Milford House
Bernie Legg & Friends concert, Keji Outdoor Theatre

September 22: Inspiration Paddle for Artists, Sand Lake 9:00 am

September 23: Free Painting Workshop, Paul MacDonald, Kejimkujik, 2:00 pm

For more detailed information, visit the website (www.tentdwellers2008.com) or call 350-1753.



HOW TO BEAT RISING COSTS OF HEAT

No matter what your budget, there are things you can do around your home to help lower your heating bill this winter.

For free: Open blinds and curtains to allow sunshine to help heat your home.

Turn down the temperature by 5C overnight and when you're away. This can cut heating costs by up to 12%.

Drain a small amount of water from your hot water tank every 6 months to remove sediment that can build up and prevent heat transfer.

Wash your clothes in cold or warm water. Up to 90% of the energy used by washing machines is for heating the water.

Dry your clothes on the clothesline!
Under \$10: Weatherstrip doors, windows or your attic hatch to reduce air leaks and uncomfortable drafts.

Replace existing light bulbs with compact fluorescent bulbs. They use 75% less electricity and last for at least five years.

Under \$100: Install a programmable thermostat to control the temperature of your house throughout the day.

Place foam insulation on the first 3 metres of both your hot and cold water pipes to reduce energy loss.

Install a low-flow showerhead.

Purchase a new furnace filter (or clean your existing one).

Under \$2000: Install a wood stove. An EPA-certified model will reduce wood use by 25%, and can reduce smoke by as much as 90%.

Under \$5000: Reinforce or replace your home's existing insulation.

Purchase a new energy-efficient furnace.

Visit Conserve Nova Scotia at www.conservens.ca.

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FALL CALENDAR OF EVENTS

September 16 – 20	Queens County Fair
September 17 – 22	Tent Dwellers Outdoor Arts Festival
September 21	Annapolis Basin Community Band Concert, Fair Grounds Pavilion, 2:30 pm
September 20	Planked Salmon Supper, Greenfield Fire Hall. For tickets call 685-2547 or 685-3060.
September 20	Greenfield Fire Auxiliary Card Party, 7:00 pm, Fire Hall, Greenfield
September 20	Fireman's Breakfast, 7:00 am—11:00 am, and every 3 rd Saturday of the month thereafter, Caledonia Fire Hall
September 24	Baked ham variety supper, North Brookfield Hall, 4:30 pm—6:30 pm, sponsored by North/South Brookfield United Baptist Church, freewill offering.
September 27	Queens County Farmers' Market, Exhibition Grounds, Caledonia 8:30 am—12:00 noon
September 28	Penny Auction, New Grafton Hall, 11:00 am—2:00 pm, lunch served.
October 4	UCW Turkey Supper, United Church Vestry, Caledonia, 4:30 pm—7:00 pm
October 4	Penny Auction, Pleasant River Hall, 11:00 am—2:00 pm
October 4	Legion Breakfast, 8:00 am—11:00 am, every 1 st Saturday of the month thereafter, Caledonia Legion Branch #87
October 5 – 11	Fire Prevention Week
October 5	North Queens Fire Prevention Little Queen and King Contest, 7:00 pm. Ages 5—8, to enter call 682-2073 or 682-2350
October 5	Fire Prevention Queen Contest, 7:30 pm, ages 11-13. To enter call Kelly Sue at 682-2800.
October 11	Queens County Farmers' Market, Exhibition Grounds, Caledonia, 8:30 am—12:00 noon
October 11	"Tent Dwellers" Penny Auction, Cakewalk and Lunch, Maitland Bridge Hall, 11:00 am—2:00 pm. Proceeds to St. Paul's United Church.
October 16	Flu Clinic, Health Centre, 1:00 pm—4:00 pm and 6:00 pm—8:00 pm
October 20	Card party, 7:30 pm, Caledonia Fire Hall—lunch provided. This event will take place every 3 rd Monday of the month.
October 21	Flu Clinic, Health Centre, 1:00 pm—4:00 pm
October 25	Hallowe'en Dance, Caledonia Legion Branch #87, 9:00 pm—1:00 am
October 24	ACW Chowder Lunch, White Elephant and Pantry Tables, Masonic Hall, 11:30 am—1:30 pm
November 1	Kempt Turkey Supper, Kempt Hall, 4:30 pm—6:30 pm
November 8	Greenfield Sewing Circle Luncheon and Sale, 12:00 noon—2:00 pm
November 11	Remembrance Day Service, NQRHS, 10:00 am
November 13	Flu Clinic, Health Centre, 1:00 pm—4:00 pm and 6:00 pm—8:00 pm
November 29	Penny Auction, Fire Hall, Caledonia, 12:00 noon—3:00 pm
November 29	Legion Dance, Caledonia Legion Branch #87, 9:00 pm—1:00 am
December 6	Keji Craft Sale, 11:00 am—2:30 pm, Fire Hall, Caledonia. Call 682-2073 to book a table.
December 7	"Hanging of the Greens", Kempt Baptist Church

**Fireman's Bingo every Wednesday evening beginning at 7:15 pm, Caledonia Fire Hall