



Good News for North Queens

Buying local in Queens, once again

by Jane Barker

It had been a good number of years since North Queens held a Farmers' Market. That is, until last year, when interest was sparked relatively late in the season, and kindled by some keen North Queens community members. The market eventually started in July, and ran every two weeks until the end of October.

As word got around, more vendors came, and by mid-season an array of products was available. Fresh baking, locally-grown fruit and vegetables, meat, fish, pickles, and plants, plus crafts such as handmade cards, soaps, knitwear, and jewelry were on sale over the summer. For the newest kid on the block in Nova Scotian farmers' markets it had been a

really good debut year—the market even won a special commendation in the Agricultural Awareness Awards run by the NS Federation of Agriculture.

A post-season meeting showed great enthusiasm amongst vendors to carry on next year, and support from the local community is strong. The Queens County Farmers' Market will not only carry on, but aims to go from strength to strength, building on the success of the first year.

Caledonia and the surrounding communities have a long important history of farming and agriculture, although many of the old farms and orchards are now overgrown and disused. As the environmental cost of “food

miles” and national food scares turn our thoughts to buying local, the revival of a farmers' market in this once-thriving agricultural hub is an exciting prospect. The organizers welcome new vendors, the only conditions being that the produce is grown/crafted locally, preferably by the vendors themselves to avoid wholesalers undercutting local producers.

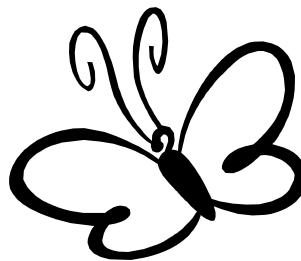
The market will run from early May to Thanksgiving this year. Those involved in organizing the market would love to hear from anyone interested in becoming a vendor or helping out in any way.

Contact Kelly Sloan (902-682-2542) or Richard Lane (902-682-2021) for more information.

HEALTH CENTRE NEWS

The Health Centre will be closed:

| | |
|------------------|---------------|
| Friday, April 10 | Good Friday |
| Monday, April 13 | Easter Monday |
| Monday, May 18 | Victoria Day |



A Chronic Pain Information Session will be held Wednesday, April 8th from 4 to 6 p.m. at the Health Centre. There is a \$5.00 charge with money going to the Arthritis Society. To register please call the Health Centre at 682-2533 or 682-2592.

Gardening for health

This spring, the North Queens Community Health Centre Association will be having a **plant sale fundraiser** entitled Gardening for Health. The event will be held at the Exhibition Grounds in conjunction with the Farmers' Market, on May 23, 2009 from 9:00 am to 2:00 pm. Vegetable plants, flowering plants, shrubs, trees, flower bulbs and herbs will be on sale. We will also be selling tickets on a basket containing health related items. Anyone wishing to donate containers, seeds, bulbs, various plants or if you are willing to help

grow plants for the event please contact:

| | |
|-------------------|----------|
| Mya Uhlman | 682-2359 |
| Peter Rogers | 682-2290 |
| Katelyn Mansfield | 682-2740 |

Any donations will be greatly appreciated and we can't wait to see you there!

Katelyn Mansfield



www.discovercaledonia.ca

Our community has a new website!

The North Queens Board of Trade applied last year to the Nova Scotia Department of Tourism, Culture and Heritage for grant money to develop a website for our area designed to showcase ourselves not just as a tourist destination but also as a good location for potential businesses and residents. Another role for the website would be to serve as a resource for community members by listing events, services and organizations.

A committee was formed and work started. The guiding light for the committee has been Richard Lane, a professional website designer with his own firm, "Webaria". (You may

recall that Richard and his wife Jane Barker have moved with their family from Scotland to the former Al Huskins farm in Caledonia.)

discovercaledonia.ca went "live" late in February and if you have the internet you are invited to log on and take a look. It features articles of local interest, listings and descriptions of tourist attractions, a photo gallery, a (regularly updated) listing of upcoming events, and a section we at "Good News" are enthusiastic about, "Local Voices". This features, among other things, issues of this newsletter.

Describing this area as "The Middle of Everywhere", it was decided by the committee to use "Caledonia" in

the website name because that is the name that appears on the Nova Scotia map. The "discover" part is taken from the Tent Dwellers banners that carried the words "the discovery will be worth while".

The website will be updated on a regular basis, not only with new events but also with new articles on a variety of subjects describing our community. There will be listings for businesses and organizations and the committee is working on compiling this part of the newsletter.

If you have comments or suggestions about our community's new website, please don't hesitate to share them with the Board of Trade.

Your way to wellness: a chronic disease self-management program

Do you have a chronic (ongoing) health condition? Do you want to better support a loved one who has a chronic condition? This free program helps those with chronic conditions overcome some of the daily challenges they face. This six-week program teaches you how to manage your condition better, develop new skills, and use proven tools to help you maintain an active, fulfilling life.

If you are an adult who has an ongoing (chronic) health condition such as arthritis, diabetes, high blood pres-

sure, heart disease, asthma, fibromyalgia, chronic obstructive pulmonary disease, mental illness or chronic pain should consider this program. It is also valuable for family members, friends and caregivers of someone with a chronic condition.

The program will demonstrate ways to eat healthier; become more active; manage symptoms; manage fear, anger and frustration; make daily tasks easier; talk to your doctor and health care team; set goals, learn problem solving, and develop action plans.

The program is free, with sessions lasting 2 ½ hours. There are six sessions, held once a week in groups of 6 to 15 people. Group leaders are volunteers, most with chronic conditions themselves. It will take place at a center in our community.

If you would like to take the program or become a volunteer leader, please call 1-888-672-3444 or e-mail YourWay2Wellness.gov.ns.ca.

Meet our new health centre coordinator

Marianne Beaton is the new coordinator at the North Queens Community Health Centre.

She hails from the ski country of the Eastern Townships of Quebec but came to the Maritimes as a student at Acadia University. Marianne is trained as a clinical physiotherapist but also has a degree in health administration from Dalhousie and has worked extensively in both of those fields.

After two years as a clinical physiotherapist and five years as an administrator in Halifax she came to Fishermen's Hospital in Lunenburg, where she married and settled permanently. She and her physician husband have two children, 10 and 15.

Marianne was the lead facilitator for the program "Building a Better Tomorrow"--an education program for primary health care. It was through this program she first learned about our health centre in Caledonia as we

were featured in a video for this initiative.

She started her job here in Caledonia in December of 2008 and is enjoying her work and meeting new people every day. Marianne (as befits her roots) is a keen downhill skier and enjoys dance as well. She's looking forward to getting to know our North Queens better, to explore our surroundings and experience our community life.

What Queens Learning Network can do for you

The Mission Statement for the Queens Learning Network states: "To provide the opportunity for adults to upgrade their education by raising awareness and promoting the value of literacy and life long learning."

This is a free service offered to adults who have been out of school for two

years or longer and are over the age of 19. We offer classes on Mondays and Tuesdays from 9:00 am to 3:00 pm each week. The classes are held in the Caledonia Health Centre Community Room. They are fun and informal and we cover a variety of subjects from current events, basic math, story writing, history, etc. At present students are working on projects for

the upcoming Science Fair to be held in April or May.

For more information, all Lauren at 682-2795 (Mondays and Tuesday) or at home at 902-531-2076.

Supporting North Queens

The “Hometown Christmas” project sponsored by the North Queens Board of Trade over the holiday season was a great success. With 11 local businesses participating, over 2500 tickets were distributed and 1700 were entered in the contest. The grand prize winner was Joan Cameron of Harmony. The Board hopes to sponsor another “shop local” promotion later this spring.

So, what does it mean to shop locally? There are two definitions of

“local” that apply here: “local” can mean shopping at the stores in our own community wherever possible; or it can mean that we try to buy items that are produced locally, or at least in our own province.

Either way, these are challenging economic times, and supporting our stores and services in North Queens is more important than ever. The stakes are high: losing one of our community’s businesses would result in lost jobs and in some cases the ne-

cessity for driving to a larger center to purchase items no longer available here. Our relative isolation as a community makes supporting our businesses even more critical.

Before you get in your car to drive to Bridgewater, think about this: can you get what you need here in North Queens? You probably can, and considering the cost of gas and the extra time spent, probably for less.



Weekend wrap-up: Division 4 Senior Boys Basketball

At the Provincial tournament held at North Queens March 5 to 7, the North

Queens Spartans opened with an easy win over the Inverness Rebels, punching their ticket to a semi-final re-match from last year against arch-rivals the Pugwash Panthers. On that same day the host committee put on a wonderful opening ceremony, which began with all eight teams being led into the gym by bagpiper Ron LeBlanc. Rod Keirstead then took the mic doing a wonderful job as our master of ceremonies. The ceremony

also marked the return of Russell Miller who handed out recognition awards to the graduating players, and former Principal Mark MacLeod who represented the South Shore Regional School Board. Helen Uhlman sang O Canada, which drew much praise from the appreciative crowd.

In Friday’s semi-final, the Spartans squeaked past the Pugwash Panthers 70-65, setting the stage for a championship final against the #1 seed, North Colchester Mustangs. In the championship our boys played hard but came up short as the Mustangs took the game by a score of 70-51. In looking at the event from the host

perspective, North Queens is certainly now on the map as one of the best host communities in the province. Every team commented on all the detail and little extras that went into the planning. As such, on behalf of the senior boys and the host committee, I want to extend a big thank you to everyone who helped make this event such a success, and something that our students, athletes, and fans will remember for the rest of their lives.

Jeff Sylvester, Vice-Principal
North Queen Rural High School

Independence and fall prevention

Maintaining our independence and control is probably one of the most important issues to anyone. For seniors, it becomes paramount on so many levels. Falling or the risk of falling is a fear for many seniors.

In Canada, falls are the leading cause of all injuries to seniors. Falls are the cause of 85% of admissions to hospitals and long term care facilities. For a senior, falls also cause pain, depression and other health-related complications that could even lead to death.

The good news is that falls are the most preventable cause of injuries. A few simple tips can keep you in control. Causes of falls can be related to age. Dizziness, blood pressure problems, side effects from medication, changes in vision, hearing, foot problems, joint and muscle stiffness, declining physical activity, sleep disturbances, shortness of breath, and slowing reflexes are some examples.

Falls can also be caused for environmental reasons. Poor lighting, slippery floors, clutter, loose rugs, uneven or unsafe walkways are examples. Maybe there's too much in our hands, or on our mind. Often we are in a rush.

Turn on the lights or have a night

light in the bathroom and hallways for when you get up in the night.

Keep a flashlight handy in case the power goes out. Put on your non-slip shoes or slippers. Ensure your pathway is clear of clutter. Even though you've taken the same path many times it will seem different after you have been sleeping and if you are in a hurry.

Grab bars in the shower and safe non-slip mats are inexpensive. Perhaps a seat in the tub will prevent fatigue and help your balance while showering. Consider an elevated toilet seat. If you fall frequently, a personal assistive device can connect you to someone at the press of a button.

Store heavier items in lower cupboards, keep kitchen supplies in easy-to-reach places, and use a step stool with a safety rail, or ask for help when reaching in high places. Grabbing devices are available at pharmacies to help you reach smaller items from the floor. This is great for people with limited mobility, too. Cordless phones can be kept close by to prevent tripping over the cords.

Ensure that you have properly fitting shoes, low heels, and stay away from slip-on shoes. If shoes are loose try insoles. Throw out the ones that are

in disrepair.

Do not assume you can make it without a helping device. Canes and walkers give added support, control and peace of mind.

Have your hearing and eyesight tested regularly. Scratched or dirty eye glasses and poor lighting adds to your risk. Give your eyes time to adapt to lighting changes.

Make sure your stairs and walkways are well lit. Indoor stairs can be highlighted with colored tape, outdoor paint can have sand added for extra traction. Ice melting salt or other compound can be applied to entrance ways and walkways.

"Icers" (available locally) can be slipped on your outdoor shoes for extra traction.

Add a metal tip to your cane for winter weather.

Most importantly, no matter what your age, slow down, watch your step, ask for help and don't take on more than you can handle.

For more information contact Carla Malay, Coalition Support and Development, NS West, 682-2090.

Spring is when you feel like whistling even with a shoe full of slush.

Doug Larson

Making the most of winter

Congratulations to George Uhlman and the Rink Committee for their hard work and enthusiasm in creating a rink "under the lights" for all to enjoy. It was great to have ice where

it was appreciated—unlike all that ice on our driveways and roads. Great also to see young and old alike getting out in the fresh winter air and enjoying their skating together.

And hasn't it been fun this winter to watch George's horses kicking up their heels at the Exhibition Grounds?

Hyperdyslipidemia (high cholesterol): a North Queens update—March 2009

During the fall, community members were made aware of this serious and highly preventable problem affecting approximately 1/3 of the population of North Queens, Nova Scotia. What also concerns North Queens health care providers is that the disease is also being diagnosed in children.

Information assemblies were held at the school on Friday, November 14, 2008 to an attentive audience of students who learned about this problem and how to prevent it through healthy living activities. The students, especially those in elementary, eagerly shared their knowledge about healthy living and right food choices from Canada's food guide to help prevent this disease. The children were also actively able to describe activities that could assist in prevention of high cholesterol such as playing outside and limiting gaming.

A town hall gathering was held at the North Queens Firehall on Saturday, November 15, 2008. The hall was generously donated for this health promotion activity by the firemen with tea and coffee donated by the ladies' auxiliary. This meeting saw 11 community members gather to be made aware of the problem, discuss

health promotion, prevention and possible solutions. The majority of attendees at this gathering were seniors who expressed a desire to have a venue in which they could exercise their ability especially during winter months.

In the new year, Renate Bennett NP and Roberta Gates-Thompson, Master in Nursing student, met with the school's Principal, Vice-Principal and two teachers who are working on a leadership project through the regional school board which will focus on healthy schools. The teachers' work will carry on from the initial assemblies at the school. Some students have expressed an interest in being tested to see if their cholesterol is within normal limits.

Since these gatherings, post tests were done with students and adults to determine gaps in knowledge and direction for further required education into high cholesterol for community members. The results of these tests are currently being compiled.

High cholesterol can be silent, slowly building up within arteries eventually causing high blood pressure, stroke and heart attack. Although there are

many causes for erectile dysfunction, men with high cholesterol can exhibit this treatable symptom.

Various information pamphlets related to high cholesterol, such as exercise, diet and other resulting health problems, are available at the North Queens Community Health Centre.

Check out the Heart and Stroke website at www.heartandstroke.com. This website has a wealth of information.

If you are concerned about your cholesterol level or that of someone you love, young or old, please make an appointment with one of your local health care providers to discuss your concerns. Get tested!!

Keep active and eat well. Become a model community for Nova Scotia. Thank you for being part of this important health initiative in your community.

Roberta Gates-Thompson RN BScN
ENC©

and

Renate Bennett RN NP

Junior guides school 2009

This year's Junior Guides School will be held from July 12 to 17 for participants 12 to 17 years of age. The one-week school features instruction in conservation and ecology; hunting and fishing; GPS, map and compass; wilderness survival; canoeing and water safety; outdoor cooking; and tenting and first aid. For applications

or information call Renee Sutherland at 682-3476 or e-mail r_sutherland_57@hotmail.com or visit our web www.nsguides.ca. Applications must be received by June 1, 2009.



... Can spring be far behind??

Yes, it's been a rough winter, with more nasty days than we care to think about. But remember—in just a few short weeks:

- the crocuses will be blooming in Miriam Hunt Park
- the pink buds will be ready to burst open on the post office crabapple trees
- the lilacs will be blossoming

- at the United Church Manse “a host of golden daffodils” will be bobbing in the spring breeze,
- the night air will be filled with the sound of peepers, and
- the wood ticks and black flies will be with us once again (sigh).



Bookmobile update

Did you know that there are only two areas of Nova Scotia that still have bookmobiles visiting small communities like ours? That makes us one of the lucky few!

Now that South Shore Public Libraries have just one bookmobile vehicle, their schedule has had to be adjusted. Here it is, for readers young and not-so-young.

Caledonia: Every Saturday across from Douglas' store, 10:00 am—12:30 pm

Pleasant River: At the Community Hall: April 4, April 25, May 16, June 6, June 27, July 18, August 15 from 1:15 pm—2:00 pm

Greenfield: At the General Store: March 21, April 11, May 2, May 23,

June 13, July 4, July 25, August 22 from 1:45 pm—3:30 pm



Annual Spartan Fun Run

The Annual Spartan 5 km Fun Run will take place Sunday, April 5th starting at 1:00 pm. The cost is \$20, with the first 75 paid participants receiving a run t-shirt. For more information or to register please call 682-3500 or call Barry Fisher at 685-2618.

“One Day Woman” Retreat

Ladies, keep your eyes open for information on “your day”, to be held this fall. This day will be fun, interactive and healthy!

Way to go Westfield!

Congratulations to the people of Westfield and the nearly-finished Westfield Community Centre. It's a happy new beginning for the committee and the community and a demonstration of how a determined group can roll up their sleeves and just “get it done”. Watch for notices about the Grand Opening!

Upcoming events—Region of Queens Recreation

Stars on Ice Bus Trip. This will be held April 23rd. The cost is \$75 including Stars on Ice ticket and bus trip. (Supper—Swiss Chalet—will be “on your own”.) The bus will leave the Liverpool Sobeys parking lot at 3:00 pm.

Nova Scotia Tattoo Bus Trip. The trip is July 7th, but participants must book as soon as possible as the deadline is May 15th.

For both of these trips, for more information or to register call the Re-

gion of Queens Recreation Department at 354-5741.

COMMUNITY CALENDAR OF SPRING EVENTS

- March 21 Fireman's Breakfast
Card Game, Ladies Auxiliary, Greenfield Fire Hall, 7:00 pm (\$2 admission)
- March 28 Penny Auction and Cake Walk, Maitland Bridge Hall, 11:00 am—2:00 pm
Supper, North Brookfield Hall, 4:30 pm
Adult Game Night, Greenfield Fire Hall, 7:00 pm—10:00 pm (dessert served)
- March 29 Penny Auction, Legion, 10:00 am—2:00 pm
Musical Evening, Maitland Bridge Hall, "Low Key"
- April 4 Legion Breakfast
Penny Auction, Pleasant River Hall
Pork and Beef Supper, Caledonia Baptist Church
- April 5 Bazaar, Fire Hall, 11:00 am—2:00 pm. For tables, call Judy at 682-2073
- April 11 Easter Penny Auction Fire Hall, 11:00 am—2:00 pm (Early bird April 10, 6:00 pm—8:00 pm)
- April 16-18 Mobile Breast Screening Unit, North Queens Health Centre, call 1-800-565-0548 for appointment; no referral needed**
- April 18 Fireman's Breakfast
Penny Auction, Kempt Hall, 11:00 am—2:00 pm
- April 25 Dance, Caledonia Legion, Band "Straight Up"
- May 2 Legion Breakfast
- May 9 Queens County Fair Breakfast 7:00 am—11:00 am
Queens County Farmers Market, 8:30 am—12:00 noon
- May 9-10 Truck Pull, Legion, begins 11:00 am on May 9
- May 15-18 Kejimikujik National Park: Full camping and hiking facilities open for the season. Last weekend to pick up your early bird seasonal pass.
- May 16 Fireman's Breakfast
Farmers' Market
Queens County Fair Horse Pull, 12:00 noon
Supper at Fair Grounds Dining Hall, 4:00 pm—7:00 pm
- May 23 Queens County Fair Breakfast
Farmers' Market
Penny Auction & Bake Sale, Masonic Hall, 11:00 am—2:00 pm
- May 24 140th Anniversary Celebration, St. Paul's United Church, 7:00 pm
- May 30 Queens County Fair Breakfast
Farmers' Market
Penny Auction, Fire Hall, 11:00 am—2:00 pm. Early bird May 29, 6:00 pm—8:00 pm
- June 6 Legion Breakfast
Farmers' Market
Light Horse Clinic, Queens County Fair
Time Talent & Treasure Auction, Fire Hall 11:00 am—1:30 pm (UCW)
- June 13 Queens County Fair Breakfast
Farmers' Market
Chicken BBQ and Strawberry Supper. North Brookfield Hall, 4:30 pm

"Good News for North Queens" is published every March, June, September and December by the North Queens Community Health Centre Association and is delivered free of charge to households in the North Queens/Greenfield area.

Donations toward publication costs are gratefully received by the Association.

If you have items to be included in the newsletter, please contact Mary Keirstead (682-3216), Lesley Lewis (682-2145) or Connie Eaton (682-2813).