

Good News For North Queens

Medical Centre or Health Centre?

It is confusing! The North Queens Medical Centre Association was formed in 1986, and the original centre was called a Medical Centre. Since then, the term “Health Centre” has been used because it emphasizes health as opposed to illness. The Association is still the “Medical Centre Association”, but the building itself is “The North Queens Community Health Centre”.

It’s important for community members to know that the Health Centre is not funded by any government. Basic building expenses are covered by rental income from the health professionals. All other expenses—such as new equipment, community health programs, and this newsletter—must be paid for through fundraising and donations.

The North Queens Medical Centre Association is a registered charity. Anyone who makes a donation to the Association will be given a receipt for income tax purposes.



Health Centre Spring Schedule

April 2 (Good Friday)	Closed
April 5 (Easter Monday)	Closed
May 24 (Victoria Day)	Closed

Open Mondays through Fridays, 9:00 am to 4:30 pm. Call 682-2533.

Health Centre Plant Sale

Spring is nearly here, and it will soon be time to get gardening. The North Queens Health Centre Board will be holding its second annual plant sale on Saturday, May 29th at the Queens County Farmers’ Market, Exhibition Grounds, Caledonia. This event is a major fundraiser for the Health Centre, and a great opportunity for you to pick up some old favourites or discover something new!

Donations of plants are needed, so if you are starting transplants, please grow a few extras, and if you are dividing perennials, set some aside for us. Watch for posters in your community with more details.



Early Days at the Health Centre

Once upon a time in Caledonia, in the early 1980's, there was a liquor store. It was really just a double trailer, with steps leading up to the front entrance. Above the door were the words "The Nova Scotia Liquor Commission" (missing an important "i"!).

It wasn't long before a new liquor commission was being built at Caledonia Corner. At about the same time, a group of citizens in North Queens became concerned that the village's only doctor would soon be retiring. This group was convinced that if the village had a medical centre, it would be much easier to attract a new doctor to our area.

The North Queens Medical Centre Association was incorporated in 1986, and the founding directors were: Walter Ziffer, Terry Doucette, Bruce Gurnham, Bertha Fiddes, Daisy Frail, Peter Jones, Murray Lohnes, Suzanne Frail, Judi Wamboldt, Elton Smith, Helen Cushing, and Pauline Rowter. Later directors closely involved in the development of the health centre were Cliff Drysdale, Linda Frail, Scott Wamboldt, and Steve Malay, among many others.

So, the double trailer eventually became our new Medical Centre. It (and the land it stood on) was deeded over to the Association for the price of one dollar by the Province of Nova Scotia.

There followed a flurry of fundraising and renovations. With financial help from the Nova Scotia Government, the Municipality of Queens, and Bowater Mersey Paper Co. Ltd., and of course from the

community, the North Queens Medical Centre was opened in October 1989 by John Leefe, then MLA for Queens. Important advice and support came from the Board of Directors of Queens General Hospital.

Our Medical Centre was considered a "pilot" project in Nova Scotia as it was one of the first health centres to be established not by the government but by its own community.

Considering our other accomplishments at the centre, it can be said that we are true pioneers in community health care.

At the beginning we had no resident doctor, but the physicians from Liverpool kindly took turns seeing patients at the new Centre. We did have a part-time dentist along with several other part-time services. Our first full-time doctor, Adele Belliveau, arrived in 1991 (accompanied frequently by her golden retriever, Bailey). Since Dr. Belliveau we have had several other doctors, and for more than ten years Drs. Lefebvre and Rafferty were the "docs", and of course Dr. Jim Rafferty is still with us, along with Drs. Toby and Elizabeth Benne.

An opportunity for a new kind of patient care came in 1999, when the Medical Centre board submitted a Letter of Intent for a program called "Strengthening Primary Care". This was a program co-sponsored by the Provincial and Federal Departments of Health and involved two components: a

state-of-the-art IT (information technology) system which would involve computerized health records and communication; and the introduction of a Nurse Practitioner to a collaborative medical practice.

We made the short list! In fact, we were successful in becoming one of the first four centres in Nova Scotia to have a Nurse Practitioner. Renate Bennett is still with us and her positive contribution to the care of patients in North Queens can't be overstated.

As a result of "Strengthening Primary Care", our Health Centre became a model for the delivery of effective primary health care in a collaborative practice..

Unfortunately what we had for a building wasn't much of a model! Some people may remember the early days of this program, when we rented a large trailer to house the nurse practitioner and staff. This was attached to the original double trailer. Clearly it was an imperfect set-up, and the main trailer was in desperate shape. Dr. Rafferty used to joke that when it rained, it leaked UP through the floor.

In 2000, the decision was made by the Board of Directors: we would build a new Health Centre. And THAT is another story, for another newsletter.

For an on-line version of the North Queens Health Centre story, log on to



A woman accompanied her husband when he went for his annual checkup. While the patient was getting dressed, the doctor came out and said to the wife, "I don't like the way he looks." "Neither do I," she said. "But he's handy around the house."



Our High Speed Future

Not long ago, about twenty community members gathered at the Masonic Hall to attend a workshop conducted by the Nova Scotia Department of Economic and Rural Development. It was entitled, "Planning for a High Speed Future: Setting Your Community's Goals and Priorities".

So far in North Queens, our goal has been to actually HAVE high speed capability throughout the community. With Aliant offering high speed access within the village, and Eastlink getting closer to establishing total availability of high speed internet, we have just about reached that goal.

The purpose of the workshop was fourfold: (1) to identify our hopes for high speed; (2) to develop a community profile; (3) to identify our community's capacity; and (4) to set our community's priorities and goals for a high speed future. The idea was to establish goals and priorities that will increase jobs and new business opportunities, improve community-

based services, and improve quality of life.

In identifying our hopes for high speed, it was clear that the participants looked forward to our community becoming a destination point for new business and new residents as a result of having high speed capability.

The next step was to enumerate our community's strengths and opportunities. Well, this was something we could sink our teeth into. It didn't take long for participants to come up with an extensive list of great things about North Queens, all of them good reasons for people to want to live and work here. We are, after all, in the middle of everywhere.

It became clear that the community has made a good start. There are two public access (CAP) sites in our area, an internet café, and a website (www.discovercaledonia.ca) which serves as a community bulletin board as well as a tourism information source.

It was felt by many that it is important as a community to make training available to the general public and to "demystify" computers and the internet for those who feel they are on the outside looking in when it comes to this technology.

To this end, it was felt that the North Queens Board of Trade (which was the sponsor of this workshop) was the appropriate agency to identify key community stakeholders who will form an Ad Hoc Committee. This committee will establish goals and objectives, and develop a plan in collaboration with other organizations and with municipal and provincial governments.

With high speed internet capacity, North Queens is in a position to offer an opportunity for individuals to operate sophisticated, high-tech business while enjoying the lifestyle that comes with being "in the middle of everywhere".

Market Time Again



The Queens County Farmers' Market will be starting this spring with the first market being held on Saturday, May 23rd. The market will again take place at the Exhibition Grounds from 9:00 am—11:00 am every Saturday morning.

This year, besides offering locally-grown, locally-crafted, and locally-baked products, the market committee has decided to open the market up to com-

munity organizations who wish to sell other items in order to raise funds.

The committee is busy developing new signage and scheduling musical entertainment and demonstration events for market days.

Again, tables will be free of charge. It's time to get those seed catalogues out and start planning your garden. The mar-

ket is a great place to socialize, meet new people and make a little extra money with your home-grown produce. The continued success of our Farmers' Market depends upon the community members who support it. It's a Saturday morning party. Come along for the fun!

And, speaking of the Market . . . For more information contact Jane at 682-2021.

Penny Lane Participants at Your Service

Recently the Queens Association for Supported Living purchased the old general store situated along the river in Mill Village. The goal is to operate this store as a regular business, with their participants (people with various special needs) actively assisting in its operation.

Two of our local community members, Neil Luxton and Roxanne Weare, are busy at the store these days helping with the renovations. This week, it's

a new bathroom being installed under the supervision of Don Kimball.

The plan is for the store to include not just groceries and dry goods, but to feature a coffee shop and ice cream parlour at one end, and a showcase for Penny Lane Enterprises' products at the other. Upstairs there will be a gift shop. This will make the old Mill Village Store—now called "Riverbank General Store"—a one-stop shopping centre.

Neil and Roxanne are both excited about their new activities. Roxanne says she knows "it's a big step", but she is keen about the project. Neil is really enjoying what he's learning about construction and renovations.

Congratulations to the Queens Association for Supported Living and to the participants working at Riverbank General Store.

Congratulations to the Greenfield Community Resource Centre Society on the Official Opening of the Greenfield Public Library, a branch of the South Shore Regional Library, on April 10th, 10:00 am – 11:00 am.



Yoga For All

It doesn't matter how old or flexible you are, if you are big or small, if you are dealing with health issues, or if you are stressed—everyone can benefit from yoga.

Yoga, an ancient tradition from India, came to the west in the early 1900's and has since been adopted into our western lifestyle and also modified for people who are dealing with physical, mental and emotional challenges. Yoga embraces all beings; it doesn't judge and it allows every person to work within their own bodies and minds regardless of abilities and challenges.

Through stretching, strengthening exercises, breathing and relaxation techniques, yoga helps to regain and maintain

health and well-being. Some of the benefits are:

- increased mobility, flexibility and strength
- improved circulation
- reduced blood pressure
- increased respiratory strength
- increased energy levels
- less tensions and stress
- improved concentration and awareness
- a positive self-image

So if you haven't exercised in a while, feel stiff or face other physical or emotional challenges, you may want to try a chair yoga class. A very gentle approach, using a chair for sup-

port and to modify yoga poses, not only will it "limber you up", but also it is an opportunity to get out and meet other people who have similar life challenges.

Join us Monday mornings at 10:00 am at the Royal Canadian Legion in Caledonia for Chair Yoga. Wear comfortable clothing and bring an exercise mat (if you have one), a blanket and a pillow.

Regular yoga classes are being held Wednesday evenings at 6:30 pm at the Maitland Bridge Community Hall.

Beginners are always welcome at both classes. For further information, contact Andrea Wegerer, certified Yoga Teacher, at 532-0266, or check www.yoga4all.ca

Coyote Day at Mersey Tobeatic Research Institute (MTRI)

As per usual, lots is happening at MTRI this spring. We just hosted “Coyote Day” on March 13th, and over 75 people dropped by throughout the day to see community members, Mi’kmaw storytellers, DNR and Parks Canada biologists share their knowledge about this mysterious and increasingly infamous animal. We learned that all individual coyotes and packs are different, and those that show aggression towards humans should be removed from the population. However, the vast majority of coyotes are very afraid of humans, and play an important role in nature’s miraculous web. When you see a coyote, be big and intimidating; carry a stick when you walk; never run; yell and be aggressive if

they attack; and report any serious incidents to DNR (Department of Natural Resources).

The FSC Forest Certification project is up and running, and woodlot owners should soon know the specifics of the program. There will be “Growing Edible Mushroom Workshops” on April 9, 10 and 11 at Windhorse Farm, Pleasant Hill Farm, and the Harrison Lewis Centre respectively. There is also an Old Forest Workshop (March 27-28)—check out our website at www.merseytobeatic.ca to learn more about all these activities and many more!

Brennan Caverhill

(Note: MTRI is a charitable organization that operates a field station for research and education within the Southwest Nova Biosphere Reserve. MTRI’s mission is to promote sustainable use of natural resources in southwestern Nova Scotia through research and education. Learn more about MTRI at www.merseytobeatic.ca.)



When you come to a fork in the road, take it. – Yogi Berra

Kejimkujik Spring News

New to Keji this year are 63 electrically-serviced campsites located in the Meadow and Slapfoot Campgrounds. They will become available for use starting June 30th. Reservations for these and all other sites can be made now with the season running from May 21st to October 11th. Also, don’t forget that Early Bird passes are available for a 20% discount until May 24th. Just call 682-2772 to take

advantage of this savings. May 15th is the date that the water will be turned back on and that is also the date when the Park begins charging an entrance fee. The Gift Shop opens on the May 24th weekend and closes on Thanksgiving weekend.

The 2010 theme is the Mi’kmaw Cultural Landscape. Please drop by the Visitor Centre to take in the new display,

which includes a birchbark canoe as well as other items related to this year’s theme.

April and early May are great months to visit Kejimkujik National Park. The birds are return to nest, there are no bugs and you will find it less busy than summer. Take advantage of your proximity to this beautiful natural resource.

Shaking it Up at the Visitor Information Centre

The Caledonia Visitor Information Centre (VIC) has installed something called “T-Zone Vibration Technology”. It’s a machine that features a form of exercise called whole body vibration. Adopted by NASA, it was developed originally to enable astronauts to avoid losing bone and muscle mass in space. It’s described as a “gentle side to side rocking

motion of the platform” that is “a gentle, safe and easy way to get into or stay in shape”, and is safe for all populations.

The VIC Committee is hoping that this innovation will be a source of much-needed income for them with the added benefit of helping people to become more fit and feel better.

To find out more, drop in to the VIC in Caledonia!

Help For Caregivers

Right here in North Queens! by way of the Queens Adult Day Program.

If you are looking after someone at home this could be just the break you both need. Getting out and socializing is the best way to get rid of the winter blahs and jump into spring!

- This program is offered two days a week from 10:00 am to 3:00 pm for a small fee.

- A noon meal and snacks are provided.
- Morning and afternoon activities are offered based on each person’s interests.
- Transportation is available at no extra cost.
- Some of the activities are: music, crafts, baking, cards, bowling, board games, and the list goes on.

For more information call 682-2553, extension 231, ask for Sharon Saunders and she will be happy to answer any questions you may have.



ARE YOU A NEWCOMER TO NORTH QUEENS?

You probably have lots of questions about your new community.

If there is something you need to find out, don’t hesitate to call either of these numbers:

Caledonia Visitor Information Centre	682-2470
Caledonia Post Office	682-2465

And you can check the community’s website: www.discovercaledonia.ca



Volunteers Are the Heart of Our Community

Never has there been a truer statement to describe our North Queens community. Whenever there is a need for help at the North Queens Nursing Home you don't have to look very far. Volunteers help with a variety of duties from gardening, visiting, pastoral care, palliative care, baking, movie nights, pub nights, reading to residents, van

trips, friendly visits and walking outside with the residents. Needless to say, the list is as individual as the residents, but there are other areas where volunteers provide much-needed help. North Queens Nursing Home is operated by a Board of Directors made up of volunteers from right here in our very own community. These volunteers, like all others, play an important role in keeping our loved ones in our

community, for the type of care they can no longer receive at home. Hats off to all the great people who give their time and energy for our seniors. Thank you on behalf of the Residents and Staff of North Queens Nursing home for volunteering!

If you are interested in volunteering at the nursing home, call Sharon Saunders at 682-2553, extension 231.

The Breast Bus Is Coming

Attention ladies! The Mobile Breast Screening Unit will be in Caledonia from April 21st to 24th at the North Queens Health Centre.

It is recommended that women between the ages of 50 and 69 should have a mammogram which screens for breast can-

cer. The Mobile Breast Screening Unit allows women to undergo this simple process without a physician's referral. All you have to do is call 1-800-565-0548 for an appointment. The results of the mammogram are sent to both you and your doctor.

Do this for yourself and your family!



Congratulations North Queens Spartans!!



Congratulations to the North Queens Basketball Spartans, who won the Provincial Division 4 Title on March 6th in

Lockeport. Team members are: Joel Frail, Cory Ryan, Nathan Forrest, Brandon Forrest, Channing Carver, Lucas Smith, Devin Holdright, Ben

Holdright, Kyle Boyle, Anthony Waterman, MacKenzie Carver, Allan Carver, Kyle Weare; also Coach Ryan Merry and Manager Janie Ryan.

“Good News for North Queens” is published quarterly by the North Queens Medical Centre Association. It is distributed free of charge to every household in North Queens. Donations toward the cost of publication are gratefully received.

If you have events or information for the newsletter, contact Mary Keirstead (682-3216), Lesley Rogers (685-3894) or Connie Eaton (682-2813).

SPRING CALENDAR OF COMMUNITY EVENTS

- March 27** Breakfast at Westfield Hall (every 4th Saturday)
March 29-30 4-H Club Rally, Westfield Hall, 6:30 pm
- April 3** Penny Auction, Pleasant River Hall, 11:00 am—2:00 pm
(Early Bird Friday night 6:30 pm—7:30 pm)
- April 4** Easter Breakfast at North Brookfield Hall, 8:00 am followed by
Easter service at North Brookfield church, 9:30 am
- April 10** 4-H Country Rally, Westfield Hall
Penny Auction, Caledonia Legion, 6:00 pm—8:00 pm
Official Opening, Greenfield Public Library, 10:00 am—11:00 am
- April 11** Gospelights performing at the North Brookfield Church, 3:00 pm
- April 13** Seniors' Group meet at Westfield Hall, 1:00 pm—3:00 pm
- April 16** International Buffet Luncheon, Masonic Hall, 11:30 am—1:30 pm
(\$8.00 per person)
- April 17** Penny Auction at Kempt Hall, 11:00 am—2:00 pm
Greenfield Sewing Circle Noon Luncheon, Fire Hall
South Milford Maple Fest Dinner, 12 pm—2:00 pm and 4:00 pm—6:00
pm at the CAP site (call 532-5947 for more information)
- April 18** 5th Annual Spartan Walk/Run, 1:00 pm at NQRHS
Charlie Purcell & Newfie Country performing at the Westfield
Hall
- April 21-24** **Mobile Breast Screening Unit at North Queens Health Centre**
Call 1-800-565-0548 for appointment
- April 24** Baked ham supper, North Brookfield church hall, 4:30 pm—6:30 pm
Free will offering
Regional 4-H Rally at NQRHS
- May 11** Seniors' Group Banquet at Westfield Hall, 12:30 pm—4:30 pm
- May 22** Penny Auction, Caledonia Fire Hall, 11:00 am—2:00 pm
Early bird Friday night, 6:00 pm—8:30 pm
- May 23** First Queens County Farmers' Market, Exhibition Grounds,
9:00 am—11:00 am
- June 12** Chicken BBQ, North Brookfield Church Hall, 4:30 pm—6:30 pm
- June 26** Strawberry Supper, Pleasant River Hall, 4:30 pm—6:30 pm
- June 30** Strawberry Supper, Kempt Community Hall, 4:30 pm—6:00 pm

Farmers' Markets – Saturdays 9:00 am—11:00 am, Exhibition Grounds
Legion Breakfasts – 1st Saturday
Exhibition Breakfasts – 2nd Saturday (starting in May)
Firemen's Breakfasts – 3rd Saturday
Westfield Hall Breakfasts – 4th Saturday