

Good News For North Queens



The Place to be on Saturday Mornings

The Queens County Farmers' Market started off with a bang on May 22nd with the North Queens Health Centre's huge plant sale and lots of vendors with everything from baked goods to woolen socks. The markets run every Saturday at the Caledonia Exhibition Grounds from 9:00 am to 11:00 am until September 18th, with a special Thanksgiving market on October 9th. We can be found either outside in the sunshine or inside the pavilion. There is no charge for tables, although we do ask vendors to make a small donation towards advertising costs for the market. Vendors may bring their own awning and table, if required, but there are some tables for use. The grounds are open at 8:30 am for vendor setup. Shopping begins at 9:00 am!

A new vendor this year is Miho Leger, more known for her karate instruction. At this summer's market

Miho is offering chinese dumplings (although she is actually Japanese) and her unique Wooden Spoon Kits. These feature a piece of local wood and the sandpaper needed to shape it into a one-of-a-kind wooden spoon for your home kitchen.

Also this year we are inviting our local nonprofit organizations to participate in the market, and are looking for one group each week to sell their baked goods, crafts and flea market items. Please call Suzanne at 682-2470 to book your day, or email welcome@queenscountyfarmersmarket.com for more information and to register.

We would like to have demonstrations by those who do a craft, some form of art, music, or storytelling at this year's markets. Do you have something to offer? A story, a talent, a special pet; or something you would like

to teach or share? Please call us so that we may offer a more "hands on" experience for visitors to the area.

There will be coffee available at the market this year, and there is a breakfast every Saturday in Caledonia:

1st Saturday
Caledonia Legion Hall,
8:00 am—11:00 am

2nd Saturday
Farmers' Market, Fair
Grounds Dining Hall,
7:00 am—11:00 am

3rd Saturday
Caledonia Fire Hall,
7:00 am—11:00 am

4th Saturday
Westfield Community
Hall, 8:00 am—11:00 am

5th Saturday
Farmers' market, Fair
Grounds Dining Hall,
7:00 am—11:00 am

The Queens County Farmers' Market is sponsored by the North Queens Board of Trade.

Mersey Tobeatic's Busy Summer

The folks at MTRI (Mersey Tobeatic Research Institute) are busy again getting ready for a summer filled with research and education! If you drive by the field station in Kempt you'll see the butterfly gardens growing nicely out front and some new food gardens that have been put in the back. Six new summer students will be working at MTRI this summer along

with the ten employees that have been working all through the winter. Researchers and volunteers will be studying loons, red oak trees, culverts, turtles, snakes, rare plants, water quality, and best forest management practices over the summer.

Every Thursday at 4:00 pm you can join in on the weekly summer seminar to

learn about interesting research that's happening in our own back yard. Lemonade and popcorn are always served and the topics will be advertised around town, on MTRI's website, (merseytobeatic.ca), and at the MTRI booth at the Caledonia Farmers' Market.

Hope to see you!



This Summer at Kejimikujik

Here in North Queens we have the good fortune to have Kejimikujik National Park and National Historic Site right in our back yard.

Your park entry pass is your ticket to beautiful beaches, playgrounds, and kilometres of well-maintained trails for walking and biking. There are opportunities for canoeing and kayaking. At night, away from the lights of town, the skies are dark, making this an excellent place for sky watching. As well, most days of the summer there is a variety of interpretive events such as guided walks, talks and paddles for which there is no extra charge. At Merrymakedge Beach there are lifeguards on duty daily in July and August, and there is a canteen, changing rooms, and a playground.

For even more fun all summer, special events take place in the park.

On Canada Day we serve birthday cake in the Visitor Centre. Artist Don Pentz will be here to present his newly-released book of poetry, *Glimmer Glass*. Entry to the park that day is free of charge.

Parks Day is July 17th and the Friends of Keji Co-operating Association are launching the First Annual Atlantic Provinces Campground BBQ Competition. Entry to the park that day is free of charge.

Kejimikujik's 41st birthday is July 31st, so we'll have cake and refreshments, games and prizes and a campfire.

The annual Tent Dwellers Canoe Festival, filled with Canoe Nova Scotia events, displays, vendors and opportunities to practise your

paddling skills, takes place from August 13-15th.

On Saturday night, August 7th, the Halifax band "Heavy Meadows" will play a concert in the park. Then on August 28th Ryan McGrath and the Maritime Marionettes will present a concert and puppet show! Watch for even more concerts as the summer progresses.

Daily entry to the park is just \$5.80 per adult, \$4.90 for folks 65 and older, and \$14.70 for a family of two adults with kids under 16. Family season passes are just \$73.60 allowing you to use the park all summer long for concerts and events, swimming, interpretive programs, hiking, stargazing, canoeing and other outdoor activities.

And remember, entry is free on Canada Day and on Parks Day, July 17th. For more information about

This Year's 30-Mile Yard Sale

The 6th Annual 30-Mile Yard Sale for the Caledonia and North Queens area will be held Saturday, August 7th—rain or shine!

The Caledonia Visitor Information Centre is accepting registrations until Saturday, July 24th. You may call (682-2470) or drop in (10:00 a.m. - 5:00 p.m.) to register. For a small fee of \$5.00, your name and civic number will be published in our brochure and on our

website (caledoniaVIC.piczo.com).

Remember, this event will take place rain or shine. If you don't have a covered area, contact one of the many community halls in North Queens and they will gladly rent you a table for a small fee and for an additional fee we can list all who are at these locations. The more listings we have, the more people will be encouraged to come to the

area knowing ahead of time how many sales will be taking place.

Don't miss this opportunity to turn someone else's unwanted stuff into your very much wanted treasure!

The 30-Mile Yard Sale is sponsored by the Caledonia Visitor Information Centre and the North Queens Board of Trade.

Canada Day in North Queens

Here is what's happening on July 1st as part of the "Celebrate Canada" Program.

11:00 am—2:00 pm
Pancake Brunch at the Masonic Hall

1:00 pm
Opening ceremonies at Miriam Hunt Park (presentations, speeches and cake cutting)

Draw for "Springo" shop local program prizes

Pie in the Face Corporate Challenge

All afternoon BBQ and Games

Bean Bag Toss, Fish Pond, Cake Walks, Scavenger Hunts

For the grownups: Ladies Fry Pan Toss Contest

"Carry Your Wife or Partner" Contest

Donut Eating Contest

Variety of musical entertainment

Evening Music by Charlie Purcell and the Newfie Country Band

At Dusk: Fireworks over Mary Lake

Everyone Welcome—Be sure to bring your lawn chairs!

Sponsored by North Queens Board of Trade, Region of Queens Municipality, Heritage Canada and our local businesses and organizations; organized by North Queens Board of Trade.



At the Pool

Summer is just around the corner, and what better way to cool off and have some fun than to go swimming at the North Queens Aquatic Centre? Public Swim will be held Monday through Saturday from 2:00 pm to 4:00 pm and costs \$3.00 per person or \$8.00 per family of three or more. Or, you can buy a season pass for only \$75.00 per person or \$160.00 per family of 3 or more.

Family Swim is another great way to have some summertime fun at the North Queens Aquatic Centre. Family Swim is offered daily from 5:00 pm to 6:00 pm and an adult family member must be present. The cost is \$2 per person or \$6 for a family of 3 or more.

Of course there will be swimming lessons offered at the pool. Registration for Session 1 (July 5th to 16th, Monday to Friday) and Session 2 (July 19th to 30th,

Monday to Friday) will be held June 22 and 23 from 12 noon to 6:00 pm. The fee is \$40.00 per person per session, or \$94.00 per family of 3 or more per session. Registration for Session 3 (August 2nd to 13th, Monday to Friday) and Session 4 (August 16th to 27th, Monday to Friday) will be July 27th and 28th from 12 noon to 6:00 pm. A waiver signed by a parent or guardian, along with payment in full, is required at the time of registration. For further information call the Region of Queens Recreation Department at 354-5741.

Lessons will also be offered in Greenfield with registration on June 24th (Greenfield Elementary School) for the July session (July 5th to 16th) and the August session (August 2nd to 23rd). Call 354-5741 for more information.

The North Queens Aquatic Centre will be available of-

fering "All Free, All the Time" public swims from June 28th to July 3rd. Enjoy a refreshing swim from 2:00 pm to 4:00 pm as our opening special for you! For more information contact the North Queens Aquatic Centre staff starting June 22nd at 682-2009.



Looking for something fun to do for a birthday, family event or with a group of friends? The North Queens Aquatic Centre will be open for rentals on Saturdays from June 26th until August 21st. Choose your time: 12 noon to 1:00 pm or 1:00 pm to 2:00 pm. Rental fee is \$30.00 per hour or \$35.00 per hour with use of the barbecue.

Pool rentals are also available Monday to Friday from June 28th to July 2nd at the same hourly rate as the Saturday rentals. For more information contact the Aquatic Centre after June

Let's Zumba!!

There's a new kind of movement in North Queens—it's called "Zumba" and anyone who wants to get fit and have fun at the same time is invited to join in.

"Zumba" is a dance workout program that features Latin music and rhythms. It's a good aerobic workout, led by certified instructor Holly Walker.

There is no specific physical requirement for participation; the emphasis is on doing what you feel you can, respecting the limits of your body—and having a really good time.

At this writing sessions are scheduled Tuesday and Thursday evenings at the Caledonia Legion.

There was an information "open house" on June 19th. The sessions are geared mainly to adults.

For more information, look for posters around the community or call Holly Walker at 902-584-7177.





Caledonia's Pine Grove School

You know the building: right across from Lake Mary, gray siding. This was Pine Grove School, built in 1905. (Prior to this, the Caledonia school was in the "Band Hall", located on the present-day V.I.C. site.) When I arrived in Caledonia in January of 1975, the building was owned by the school board and had been converted to apartments for teachers. It was pretty grim: ugly wood panelling, high ceilings, astronomical oil bills . . . but behind the building were the same piney woods that generations of children had played in. Up in the attic were remnants of school days--two-seater desks with inkwells and initials and hinged front seats, huge wall maps with pictures of Neilson Dairy Milk chocolate bars in the corners. It was nice to live in a place with so many memories.

Recently, Betty (Douglas) Ross and Muriel (Carver) Canning sat down to reminisce about their days as students at Pine Grove School.

In those days, the outside of the school was painted yellow. Inside, the building was divided into two rooms. The side closest to Caledonia Corner was the elementary side; the other was for high school students. Girls entered by the front door, and boys from the back (there was no mixing in the hallway!) Betty remembers one year when

there was nowhere for the Grade 6's to go; both rooms were too crowded. (At one point there were 60 students in the elementary!) They ended up being shuffled between the two rooms. The "attic" was a sort of gym room with rings, but not much else. Physical exercise inside the school was limited to a few bends and stretches after "God Save the King" and the Lord's Prayer.

There was no running water (just a bucket and ladle with water from the house next door; each child had his own drinking cup) and the building was heated by a wood furnace and registers. Sometimes the boys would put sulphur in the registers so the children would be sent home!

Of course there was an outhouse for the children. Once, the outhouse was defaced by some of the boys. The students had to provide the paint to cover it up; so it was painted dozens of different colours and featured a bright red stripe around the middle.

The three sins for students were: no gum, no throwing paper, and no whispering. Thus Charlie Douglas was probably not doing anything wrong when he put a snake down a teacher's neck. Betty remembers him saying, "But I had it in my pocket . . ."

One teacher began a track and field program in the yard next to the school. The girls were told they couldn't run the mile, but they practiced anyway and beat the boys. There was a lot of softball playing too.

Winters were different. The children could often skate to school. Betty remembers skiing over the hill. Winter recesses were longer to allow the children to skate on Lake Mary.

There was a large bell at the top of the school but it wasn't used. Instead the teachers would ring a hand bell to bring the children in from play. Muriel remembers the girls playing house in the pines, with the boys tormenting them.

The names of two teachers came up repeatedly in our conversation: Katharine Hebb (elementary) and Grace Scott (high school). Both Betty and Muriel remember these two teachers as firm, fair, and able to recognize each student's potential.

The school was finally closed in June of 1967 when the new amalgamated Elementary School was able to accommodate all of the children. At that time the School Board took it over, and it became then--and continues to be--a family home.

Mary Keirstead

Legion Being Spruced Up

The Royal Canadian Legion, Branch # 87 is getting a bit of a facelift. A new deck on the side of the building is being constructed and a ramp for the handicapped and elderly will be included. As well, patrons will be pleased to know that the washrooms inside the Le-

gion are being renovated to provide larger stalls and handicapped facilities. More renovations are planned for the future.

President Pat Armstrong is looking for names of anyone who is a veteran, or has a family member who is a

veteran, for inclusion in the latest (6th) edition of the Veterans' Recognition Booklet. This would mean anyone whose name has not appeared in the earlier editions.

Please call Pat at 682-2711 for more information.

A Successful Fundraiser for the Health Centre Association

On May 22nd the Board of the North Queens Community Health Centre held its second annual Plant Sale to raise funds for the day-to-day running of the Centre. The event was a huge success.

The organizers would like to thank the following nurseries for their contributions: Indian Garden Farm, Den Haan's Plant World, Thexton's Greenhouses, Pine View Farm, Apple Berry Farm, Cosby's Nursery, Wile's Lake Farm Market, and Maple Grove Nursery.

We would also like to thank the many businesses and individuals who contributed items for the gift basket, won by Elaine Frail:

Caledonia Post Office, Maitland Bridge Post Office, N.F. Douglas & Co. Ltd., Clover Farm, Giggling Granny's, Caledonia Visitor Information Centre, Patricia Wamboldt, Mersey River Chalets, Dawn and Elliott Payzant, Jean Douglas, Toddy's Top Touch, Nova Scotia Liquor Commission, Friends of Keji Cooperating Association, Gilbert Johnson, Valley Credit Union, Janet Martin, Bonnie Ramey Massage Therapist, Imagine That Hair Design, Jennifer Hopper, Caledonia Pharmasave, MTRI, Marg Fancy, Judy Fleming, Katelyn Mansfield, the van Dyk family.

If you missed the sale, don't worry! We'll do it again next year!

The Health Centre is approaching its tenth anniversary in the new building. Watch for our upcoming "Ten For Ten" campaign as we raise money for some big maintenance projects. As well, we will be holding a sale of jams, pickles and other preserves this fall, so keep us in mind when you start putting away the summer's bounty and make a few extras. We'll be calling on your for your donations. Thanks to everyone for their support. It means a lot.

Carla Malay, Chair

Patient: "This hospital is no good. They treat us like dogs."
 Doctor: "Mr. Jones, you know that's not true."
 Now roll over."

A Business Directory For North Queens

The North Queens Board of Trade is in the process of developing a complete business directory for the community of North Queens. It will include businesses, services, facilities and organizations. If you have not yet been contacted by a

Board of Trade member about inclusion in the directory, and would like to be listed, please call the Visitor Information Centre in Caledonia at 682-2470. There is no charge for inclusion in the directory.

It is hoped that the directory will be completed by the end of this summer and will be available by fall. It will also be included in the discovercaledonia.ca website.





Sunny Days Ahead

With summer here, it's time to give some serious thought to our skin.

One of the main causes of skin cancer is exposure to ultraviolet radiation, or UV rays. UV rays are invisible and are produced by the sun and tanning lamps. Most often, skin cancer is the result of overexposure to the sun. UV rays cause skin cancer by creating changes in the cells of the skin. In some cases, the UV rays cause direct damage to the cells. Tans and sunburns, for example, are both signs that UV rays have damaged the skin. In other cases, UV rays cause skin cancer indirectly, by weakening the immune mechanisms in skin and the rest of the body.

Many studies of skin cancer show links between malignant melanomas and an individual's tolerance to sun exposure. The studies indicate that people who have suffered severe and frequent sunburns during childhood are at greater risk of developing skin cancer. The features most closely associated with intolerance to sun exposure include fair or freckled skin, blue eyes, and light-coloured or reddish hair.

Most people can prevent skin cancer by avoiding overexposure to the sun and other sources of ultraviolet light, such as tanning lamps. To avoid the harmful effects of UV rays, you should:

- Select areas for outdoor activities.

- Wear a broad-brimmed hat and clothing with a tight weave, including a long-sleeved shirt, long pants and gloves, if you have to spend long period in the sun.
- If you cannot cover up, use a sunscreen lotion with a Sun Protection Factor (SPF) of at least 15. Make sure it has both UVA and UVB protection. Apply liberally to exposed skin 15 to 30 minutes before going out in the sun, and re-apply 15 to 30 minutes after sun exposure begins. You should also re-apply sunscreen after vigorous activity that could remove the product, such as swimming, toweling or excessive sweating and rubbing.
- Avoid overexposing yourself to the sun without protection, especially between 11:00 am and 4:00 pm during the summer months.
- Avoid the use of tanning lamps.
- Be aware that certain medications can make your skin more sensitive to UV rays. Consult your doctor if you have questions about your medication.

The precautions listed above are especially important for babies and children, who are at a greater risk than adults because of their

more sensitive skin. In addition:

- Never let infants or young children play or sleep in the sun in a playpen, stroller, or carriage.
- Never let young children stay in the sun for long periods, even when wearing sunscreen.
- Get your children used to wearing sunscreen lotion. Pay particular attention to the areas that are most exposed, such as the face, lips, ears, neck, shoulders, back, knees and the tops of their feet.
- Provide teenagers with sunscreen lotion if they are going to be outdoors for extended periods during the summer. Make sure they understand the importance of using it.
- Advise teenagers to avoid using tanning lamps.

The best way to detect skin cancer in its early stages is to examine your skin often. See your doctor right away if you notice any of the following:

- abnormally dark or discoloured patches or spots; or
- bleeding, crusting or change in the colour, size, or shape of a mole.

Source: Health Canada

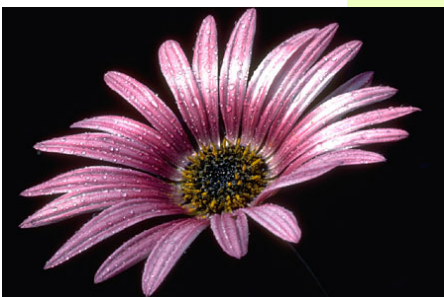
Summer Calendar of Community Events

June 26	Strawberry Supper, Pleasant River Hall, 4:30 pm—6:30 pm
June 16	Firemen's Breakfast, Greenfield Fire Hall, 7:30 am—10:30 am
June 30	Strawberry Supper, Kempt Community Hall, 4:30 pm—6:00 pm
July 1	Canada Day Events, Miriam Hunt Park (see article for details) Canada Day at Kejimkujik National Park (free admission)
July 3	Baked Bean and Ham Supper, Greenfield Fire Hall, 4:30 pm
July 17	Strawberry Supper, Maitland Bridge Hall, 4:00 pm—6:30 pm Parks Day, Kejimkujik National Park (free admission)
July 24	Truck Pull, Caledonia Legion
July 31	Penny Auction at Fire Hall, Caledonia (early bird tickets Friday 6:00 pm—8:00 pm) Planked Salmon Supper, Greenfield Fire Hall, 4:30 pm Kejimkujik National Park's 41st birthday celebrations
August 7	30-Mile Yard Sale (see article for details)
August 7	Greenfield Sewing Circle, Strawberry Shortcake Luncheon & Tea, Greenfield Fire Hall, 12:00 noon—2:00 pm (\$7/adult, \$3/child)
August 13-15	Tent Dwellers Canoe Festival, Kejimkujik National Park
August 21	Blueberry Supper, St. Jerome's Hall, 4:30 pm—7:00 pm
August 29	Gospel Concert, Caledonia United Church, 6:30 pm—8:30 pm (light lunch following; free will offering)
September 4	North Brookfield Pastorate Yard Sale, North Brookfield Hall, 10:00 am—2:00 pm
September 11	Truck Pull, Caledonia Legion
September 18	North Brookfield Church Variety Supper, North Brookfield Hall, 4:30 pm—6:30 pm

Breakfasts:

1st Saturday	Legion
2nd Saturday	Exhibition Grounds
3rd Saturday	Fire Hall, Caledonia
4th Saturday	Westfield Hall

Celebrating Our History



The North Queens Heritage House Museum is once again open for the season. With a representation of life over the past two hundred years in North Queens and surrounding areas, our seven display rooms and photo gallery provide a trip down memory lane.

Extensive archives, including published and unpublished histories, genealogies and photographs of families, places, and events

of the North Queens area are available for public access during museum hours or by appointment. Several of these publications are also sold at the museum.

Throughout the coming summer months, numerous fundraising events will be taking place, including a Canada Day Pancake Brunch on July 1st at the Masonic Hall, and bi-weekly shortcake teas at the museum, beginning June 23rd.

North Queens has a rich and varied history and a visit to the Heritage House is a really enjoyable way to revisit our fascinating past.

The museum hours are 10:00 am until 5:00 pm Tuesday through Saturday.

For more information call 682-2989, e-mail nqheritagesociety@aliantzinc.ca, or drop by for a visit. We are located at 25 West Caledonia Road.