

Community Pride is Alive and Well Throughout Queens County! The Region of Queens Municipality's Department of Recreation and Community Facilities sent out its annual challenge to communities...gather together and decorate an outdoor Christmas tree in your community.

"The Annual Community Christmas Tree has been a tradition in Queens for many, many years," said Norm Amirault, Director of Recreation and Community Facilities. "Over the years, the participation from communities, both geographic and groups of like-minded people, has been great."

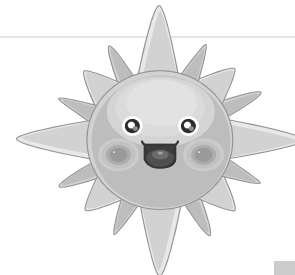
This year, the response was very positive, with 15 communities taking part from all over the county. "The decorations on many trees are handmade, and a number of the trees follow a theme in their decorating, either with homemade decorations or manufactured ones", said Heather Cook, Community Development Coordinator. "The creativity and artistic talent of these groups is really incredible, and must be seen to be believed! The level of community spirit that it takes to come

together as a group and plan a tree is high, and really says a lot about the power of community here in Queens," she continued.

On December 13th, a team of judges visited each tree, took pictures and determined the top three trees in the Annual Community Christmas Tree. Those selected as first, second and third place communities receive a plaque with a picture of their tree on it that they display in a prominent place in their community. "A number of groups have been involved throughout the history of the competition, and it is interesting to see that some community halls have more than one winning plaque to display," said Cook. "Of course, the competition isn't about winning, it is about bringing communities together and making connections. To see 15 communities showing their community pride, that is the real prize." Information about the winning trees will be published on the discovercaledonia.ca website, as well as on the Region of Queens Municipality's website, and in the Advance.

SUMMER CALENDAR OF COMMUNITY EVENTS

June 17	4-H Achievement Day, Westfield Hall, Public Viewing 3:30 p.m. Visit with Vicki Conrad MLA, 9 a.m. to 1 p.m., N.Q. Fire Hall
June 18	Ox Pull, Exhibition Grounds; Light Horse Barrel Racing Tea Cup Luncheon, 2 - 4 p.m., United Church Vestry (Bring your teacup and tell its story.) Pork Roast Supper, Greenfield Fire Hall, followed by dance Strawberry Supper, Pleasant River Hall, 4:30 - 6:30 p.m.
June 25	Mi'kmaw Guiding Camp Celebration, Kejimkujik
June 27	Senior Prom, North Queens Rural High
June 28-29	Registration for Red Cross Swimming Lessons, N.Q. Aquatic Centre
June 29	Graduation Day, North Queens Rural High Strawberry Supper, Kempt Hall, 4:30 - 6:30 p.m.
July 1	CANADA DAY in Caledonia, Hunt Park, opening at 2 p.m. Strawberry and Pancake Tea, Masonic Hall, 11 a.m. - 2 p.m. Rubber Duck Race, Medway River in Greenfield, morning Free Entry at Kejimkujik
July 2	Breakfast, Greenfield Fire Hall Free Concert at Kejimkujik Amphitheatre, Tanya Davis
July 9 - 10	Horse and Pony Club Clinic, 9 a.m. - 4 p.m., spectators welcome
July 16	Road Kill Romp, Motorcycle Rally Show & Shine, 10 a.m., Fair Grounds Strawberry Supper, Maitland Bridge Hall, 4:30 p.m. Parks Day, Kejimkujik, free entry; Old Man Leudeke concert (free)
July 26-27	Registration for Red Cross Swimming Lessons, NQ Aquatic Centre
July 30	Planked Salmon Supper, Greenfield Fire Hall Kejimkujik's Birthday, 100 Years of Parks
July 30-31	Yard Sale, Maitland Bridge Hall
August 6	30 Mile Yard Sale, 9 a.m. - 3 p.m., all day BBQ at VIC in Caledonia Roast Pork Supper, Masonic Hall, 4:30 - 6:30
August 8-12	Vacation Bible School, CE Centre, Caledonia Baptist Church, 9:30 - 11:30, for children aged 4 and up
August 12-14	Tent Dwellers Canoe Festival, Kejimkujik, Free David Myles concert
August 14-15	National Acadian Day, Kejimkujik
August 19-21	Dark Sky Weekend, Kejimkujik
August 20	Blueberry Supper, St. Jerome's Hall, 4:30 - 7:00 p.m.



Good News For North Queens

COMMUNITY NEWSLETTER

Printed by Veinof's Print Limited 354-5939

THE RETURN OF SCOUTS!



Did you know that next year will make 95 years since the first Scouts Canada organization was formed in Caledonia?

Scouts Canada is once again operating in Caledonia. After a hiatus of several years, Scouts Canada began in May, offering Beaver, Cub and Scout programs at the school on Tuesday evenings. The programs, open to both girls and boys, offer many opportunities to learn new skills, make new friends and meet new challenges.

Beaver Scouts are for children aged 5-7 years old. Cub Scouts are for children aged 8-10 years old, and Scouts is for 11-15 year olds.

Examples of activities are canoeing, kayaking,

camping, wildlife appreciation, crafts and community service, just to name a few. There are also opportunities to attend activity-packed camps with other Scouts Canada groups from the South Shore.

The programs have just wrapped up for the season but will restart in the fall. Watch for posters and information in September.

For more information, please contact Michelle Shupe at 682-2247.

NORTH QUEENS AQUATIC CENTRE OPENS JUNE 28

The Caledonia Pool opens for public and family swims on June 28th. Here is the schedule;

- Public Swims:
Monday to Saturday, 2 to 4 p.m. (\$3/person, \$8/family)
- Family Swims:
Monday to Friday, 5 to 6 p.m. (\$2/person, \$6/family of 3+)
- Lane Swims:
Tuesdays & Thursdays, July 5 - August 23, 6 to 7 p.m. (\$2/person)
- Pool Rentals:
Saturdays, 12 noon - 1 p.m. and 1 to 2 p.m. (\$30/hr or \$35/hr with BBQ)

Please note: there are seasonal rates available; for more information contact the Pool.

"Poolapalooza" will be held Tuesday, July 12 and Tuesday, August 9 from 7:30 to 9 p.m. for young people aged 12 to 18. Cost is \$3 per person. The fun heats up when the sun goes down! Prizes, snacks, music, and more!

Red Cross Swimming Lessons Registration:
(at the North Queens Aquatic Centre)

Sessions 1 & 2
June 28 and 29, 10 a.m. to 6 p.m.
Sessions 3 & 4
July 26 and 27, 10 a.m. to 6 p.m.
PLEASE Note:
All programs are to be pre-paid & pre-registered by the deadlines noted. Registration is on a first-come, first-served basis. Waivers must include health card numbers and be signed by a parent or legal guardian. If participants have a medical condition that requires an epi-pen, please ensure the pen accompanies the participant. Remember to bring water and wear sunscreen!

BOARD OF TRADE UPDATE

Canada Day!
Again, the VIC Committee and the Board of Trade will be hosting a variety of activities on Canada Day. Events will take place at Miriam Hunt Park and will include a barbecue, games for children (Fish Pond, Bean Bag Toss), cake walks, music (including the Annapolis Basin Community Band) and, of course, such favorites as the Fry Pan Toss and the Pie in the Face challenge (this year featuring Sue Mahoney versus Councilor Peter Waterman). The Heritage Society will be hosting a pancake brunch at the Masonic Hall as well. As always, there will be a Canada Day cake, and the day will be topped off by fireworks over Mary Lake, put on by the North Queens Fire Association.

30 Mile Yard Sale.
This now-annual event will take place on August 6th. Participants can be listed in the brochure for \$5 (contact Suzanne at the VIC at 682-2470). The 30-Mile Yard Sale attracts people from all over western Nova Scotia and is a great excuse to clean out your garage.

....And speaking of Sunscreen



Our depleting ozone layer means that lots more harmful UV rays are reaching our uncovered skin. Skin cancer statistics have soared over the past few years.

Protect yourself and your children by regularly applying SPF 30 (or more) sunscreen, wearing a hat and sunglasses, and limiting time spent in the direct sunlight during the middle of the day. Tanning beds have been shown to be harmful, too. A tan is not worth dying for! Be careful!

KEJIMKUJIK CELEBRATES 100 YEARS OF NATIONAL PARKS

It's an action-packed summer at Kejimikujik this year as Parks Canada celebrates 100 years.

On June 25 there will be a Keji Mi'kmaw Guiding Camp Celebration starting at 10 a.m. at Merrymakedge. And, of course, on Canada Day, July 1st, entry to the park is free and there will be a Canada Day cake at the Visitor Centre.

The next day, July 2nd, there will be a free concert at the amphitheatre featuring Tanya Davis. On Parks Day, July 16th, entry to the park is free and the park is hosting the Second Annual Campground Barbecue Competition. To wind up the day, Old

Man Leudeke will be the performer at a free concert at the amphitheatre starting at 9:00 p.m.

July 30th is Keji's birthday, with cake and refreshments, games and prizes, and a theme of 100 years of Parks Canada.

August 12 to 14 is the Third Annual Tent Dwellers Canoe Festival featuring, among other activities, a free concert with David Myles on Friday, August 12th at the Amphitheatre.

That same weekend, August 14 and 15, the park will be celebrating National Acadian Day with a concert by Le Trio Carillon on August 14th.

And finally, August 19-21 is Dark Sky Weekend at Keji, featuring special interpretation programs with the Royal Astronomical Society of Nova Scotia and introducing Kejimikujik's new Sky Circle Viewing Platform and Telescope--and another free concert, performer to be announced.

For more information about all of these events and more, log onto www.friendsofkeji.ns.ca.



HEALTH CENTER FUNDRAISERS

Many thanks to everyone who contributed to another successful plant sale this spring--both the people who came to the sale, and the businesses and greenhouses that supplied

plants and items for the gift basket that was raffled off.

We are planning another Preserve Sale to be held Saturday, October 8th at the Fair Grounds. When you're making

your jams, jellies and pickles this summer, save a few jars to donate to our preserve sale. The funds we raise go toward community health programs and building upkeep.

North Queens Farmers' Market - Saturdays, 10 a.m. to 1 p.m., Fair Grounds, Caledonia

Breakfasts

First Saturday	Legion Breakfast, Caledonia Legion
Second Saturday	Exhibition Breakfast, Fair Grounds
Third Saturday	Firemen's Breakfast, Caledonia Fire Hall
Fourth Saturday	Westfield Breakfast, Westfield Hall

R & C WEARE LOGGING

Roger Weare has been in the forestry business for 38 years, but it was in 2001 that his son, Chris, joined him to form R & C Weare Logging. Joanne Weare, Roger's wife, doesn't do much woods work but is a strong presence behind the scenes. The company has around 22 employees and several trucking contractors so they are a major community employer. Recently they acquired the property previously owned by Holdright Lumber and that will serve as their repair shop for trucks and machinery. They have also purchased the former Medicine Cabinet Pharmacy but, as Joanne says, "the plans for that change every day"! R & C Weare Logging are instrumental in organizing the annual Log a Load for Kids softball tournament held each August at Harmony Park and last year this event raised nearly \$17,000 for the IWK Hospital for Children. R & C Weare is also a Friend of Good News and we thank them for their community support.

REGION OF QUEENS SUMMER PROGRAMS

Here are some planned summer programs that may be of interest, sponsored by Region of Queens Municipality.

A Balance Basketball Clinic will be held Monday, July 4th through Thursday, July 7th. Join Coach Augy Jones who has most recently been Head Coach for the Nova Scotia Boys' Canada Games Team, and Assistant Coach for the Saint Mary's Huskies and St. Francis X-Men. There will be four days of drills, skills development and tips. It will take place

in the South Queens Junior High School gym in Liverpool:

Grades 2 - 3: 9:00 to 10:30 a.m.
Cost \$ 30
Grades 4 - 6: 10:30 to 12 pm
Cost \$ 30
Grades 7 - 9: 1:00 to 4:00 p.m.
Cost \$ 60

Times are subject to change based on registration numbers. Pre-register by Friday, June 24th.

Bring a water bottle!

North Queens Baseball Camp. Hit, run and throw your way to a great time with instructor John Armstrong. Participate in drills and develop and practice your skills. Make sure to bring your water, a hat and glove and wear your sunscreen and proper clothing and footwear.

Ages 5 to 18 years; at Harmony Ball Field. Dates to be announced. Cost to be announced.

Call 354-5741 for more information.

Greenfield Summer Soccer Program Instructor, John MacKinnon will led you in five weeks of soccer fun. Learn and develop your soccer skills, participate in drills and play soccer. Come whenever you can. Held at Greenfield Soccer/Baseball Field (rain location Greenfield Recreation Centre; \$2 cost for non-members).

Mondays, 9 to 10 a.m. and Thursdays, 11 a.m. to 12 noon. Cost: FREE. Bring water, wear sneakers and bring a soccer ball if possible.

Summertime Social Walks will be held July 20th in Caledonia (meet at North Queens School at 10 a.m.) and Greenfield Recreation Centre (meet at Greenfield Recreation Centre at 9 a.m). Get moving

with the Recreation Department and enjoy a relaxing walk with others in the community. Everyone welcome! In the event of rain, the walk will be cancelled.

For more information about any of these programs call the Region of Queens Recreation Department at 354-5741.

MANY THANKS TO THESE BUSINESSES AND ORGANIZATIONS WHO ARE FRIENDS OF GOOD NEWS IN 2011:

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|-----------------------------|-------------------------------------|
| Caledonia Clover Farm | RSR Machining and Fabrication |
| North Queens Board of Trade | Mary Lake Home Hardware |
| Caledonia Pharmasave | Van Dyke Blueberries |
| North Queens Nursing Home | N.F. Douglas & Co. Ltd. |
| Greenfield General Store | Van Dyke Excavation and Truckin' |
| R&C Weare Logging | New Grafton Variety |
| Kejimikujik National Park | Van Dyke Health Juice Products Ltd. |

"Good News for North Queens" is published quarterly by the North Queens Medical Centre Association and is distributed free of charge to all households in the North Queens /Greenfield communities. If you have events or information for the newsletter, please contact Mary Keirstead at 682-3216 or Peggy Hopper at 682-2539.

THE NORTH QUEENS HERITAGE SOCIETY AND HERITAGE HOUSE

In the late 1970s, Mr. Ellis Douglas wished to donate his family homestead to the community. The house had been built in 1854 by Milton Foster Douglas, the son of John Douglas, one of Caledonia's founding fathers. Ellis Douglas approached the then-active Kejimikujik Area Promotion Committee and it was thought that the house would make an ideal heritage museum for North Queens. As a result, the North Queens Heritage Society was formed. There was one big project facing them: a new foundation had to be poured and the house moved from its original location to the adjacent lot, across the lawn.

The Heritage Society worked for a number of years, acquiring artifacts and "spiffing up" the old house, and the museum was opened to the public in the mid-1980's. It consists of nine display rooms (pantry, entry, kitchen, parlor, photo gallery, boudoir, children's room, library, and Duke's Barbershop) as well as a completely finished basement containing displays on industry. There is also a room dedicated to our extensive genealogy materials (publications, files, and computer database). We also have an extensive photo collection which is growing every year.

This season we are featuring a new display of items and artifacts from the N.F. Douglas Store in Caledonia. The Museum opens for the season during the last week in June.

The Museum has produced several publications over the years: Freeman Families of Nova Scotia (also available in CD version); Brookfield in the Wilderness; Gold in Queens County; Cemetery Inscriptions; St. Jerome's - From Past to Present; and Granny Picked Blueberries While the House Burned (cookbook).

The museum is funded by a combination of federal, provincial and municipal grants, donations, and fundraising efforts by members of the society and community. We have been seeing a drop in funding over the past few years, so our local fundraising activities have been stepped up.

We held a successful Penny Auction in May (a big "thank you" to all who supported our efforts), and are currently selling tickets on a handmade wooden "bird house" bench donated by Murray Frank of North Brookfield. Tickets are available from any society member and the draw will be held in July. Also, we will be holding our annual Strawberry Pancake Tea on Canada Day at the Masonic Hall in Caledonia.

We are currently looking for new members and anyone interested in our community's history and in helping to preserve it is welcome to join us. Our meetings are held the second Monday of every month at 7:00 p.m. at the museum. Come out and learn more about our area's fascinating past.

"Libraries enable the past to talk to the future."



- Edward Cornish

THE GREENFIELD LIBRARY

Just over a year since opening its door to the public, the Alean Freeman Library is a vital part of the Greenfield community. Library staff member

Georges de Rome is the person many borrowers have come to recognize at the Library during its open hours on Wednesday evenings and Saturday mornings. Georges is pleased with the progress the Library has made. "There is a core group of regular users", he says, "but this increases during the summer months quite a bit." Georges enjoys his work in Greenfield. "Almost everyone knows each other and there is always friendly chit-chat back and forth. The atmosphere is very pleasant and relaxed. People seem to really appreciate being able to request books and have them brought here."

The Library holds approximately 4,200 items, including books, magazines, books on CD, DVDs, etc. Two computers are available for public access to the internet. Library users can access many services from home, including electronic databases and account information.

"The people using the Library are very appreciative and complimentary", says Georges. "Greenfield is definitely very community minded, and there seems to always be something going that people share in. I very much enjoy my work there, and also the volunteers are a great group. Most people aren't in a great rush and enjoy having a little talk while here."

The Library is named in honour of Alean Freeman, who taught in the Greenfield area for more than 30 years. She has donated countless hours and given substantial financial support to the library and many other community projects. The Alean Freeman Library is a satellite branch of South Shore Public Libraries. It operates through a unique partnership agreement between South Shore Regional Library Board, Greenfield Community Resource Centre Society, South Shore Regional School Board, the Department of Education and the Region of Queens.

CARROTS FOR SALE AT THE NORTH QUEENS FARMERS' MARKET!

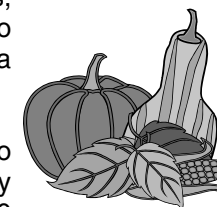
Well . . . not quite yet. It's early for carrots! But folks must have noticed the smiling carrots at either end of the Queens County Fair Ground advertising the Farmers' Market. These cheerful signs were designed, constructed and donated by our own Allan Mansfield of Mary Lake Home Hardware and Building Supplies.

The Market opened on May 21st and continues every Saturday from 10 a.m. to 1 p.m. at the Fair Grounds in Caledonia. Vendors have been assigned permanent booths inside the

historic Main Exhibit Building. Again this year, there is no charge to vendors for tables or booths.

Because the variety of produce grown right in North Queens is sometimes limited, this year there will be produce from other areas of western Nova Scotia, including the Annapolis Valley, available in season at the market and will be identified by its area of origin. As always there are lots of other items at the Market including crafts, home baking and other treats.

Local organizations are welcome to set up stalls in order to raise funds for charitable projects, but please, no rummage or flea market items.



Come on out to the Market every Saturday from 10 a.m. to 1 p.m., enjoy a cup of coffee and meet friends and neighbours while picking up the freshest produce and the tastiest baking around.

OUTREACH CONNECTING

The North Queens Health Centre and the United Church of Caledonia Outreach Committee are working in partnership to form OUTREACH CONNECTING, a group to explore the need for a calling service to connect people in the community who might not otherwise have daily contact with other people.

If you are isolated or do not have daily contact with other people, if you are lonely, or if you would like to have a friendly call, this might benefit you. We are targeting adults of all ages. No one will visit you, and there is absolutely no charge for this service. Our volunteers will be carefully screened by community professionals and all contacts will be kept confidential.

- Our volunteers are: someone who cares
- someone who listens
- someone just to say hello, how are you today?

We welcome volunteers and benefactors of all ages. If you could benefit from this program, or would like to volunteer, please contact Laura-Lee Johnson (682-2518) or Linda Frail (682-2593).

This program is endorsed by the North Queens Community Health Centre, Caledonia United Church, North Queens Fire Association, Caledonia Pharmasave, and North Queens Meals on Wheels.



Lots of Activity at Mersey Tobeatic Research Institute

The Mersey Tobeatic Research Institute (MTRI) is in the process of improving its field station facility and demonstrating a carbon neutral building in rural Queens County, within the Southwest Nova Biosphere Reserve. The building expansion will consist of a two-storey 16 x 28 foot addition to the southeast side of the main building. The upper level will house MTRI's new Community Room, which will provide a dedicated space for public presentations, training workshops, and meetings. The lower level of the new addition will consist of a laboratory, animal care room, and an additional bathroom, improving MTRI as a research facility. The \$200,000 project is funded primarily through the Atlantic Coastal Opportunities Agency (ACOA) and the Eco-Nova Environmental Technology program, but also through private donations.

Maximum energy efficiency through the building will be achieved through the use of several green technologies and efforts to reduce heat loss and electricity wastage. While the current carbon footprint of the field station is relatively small, the opportunity to show people and private enterprises living /operating in rural communities how to renovate and reduce greenhouse gases is great. Few, if any, other public buildings in Nova Scotia have demonstrated how to be carbon neutral at the scale of a private home. Geothermal energy, wind power, and solar panels for both electricity and hot water have been combined with basement insulation, appliance upgrades, and draft-proofing to efficiently heat and power the field station. The station will be inter-tied to the power grid, through an agreement with Nova Scotia Power which will allow us to feed back excess electricity to the grid when

demand at the station is low. The excess energy produced through this net-metering agreement will be taken off of future electricity bills, and can be carried over month to month.

This project will bring many benefits to the local non-profit and business community. The Community Room will be available for use by community members. Lab space and updated equipment will increase MTRI's capacity for collaboration with local landowners and businesses on research initiatives. The additional space will increase MTRI's capacity for hosting training workshops, university and school groups, and other public events, thus bringing people and dollars into the community. The carbon neutral green technology demonstration site will also attract additional visitors to the area. Work done during the expansion has and will continue to employ local contractors and suppliers. The green technology demonstration site is expected to create interest from local homeowners and businesses, ultimately generating additional jobs for local contractors and green technology suppliers.

MTRI will use its well-established model of community involvement to demonstrate innovative and underutilized technologies and to inform local residents and visitors about the benefits of energy conservation. MTRI will inform the public and businesses about green technologies through public presentations, materials and displays at community events, newsletters and website materials. The public is welcome to come by the facility to get more information on green technology or any of the other projects at MTRI at any time.

SIXTY YEARS OF SERVICE IN NORTH QUEENS

It was sixty years ago this year--February 15, 1951, in fact--that North Queens Credit Union was incorporated. The office at that time was in the back of Harris Martin's drug store (known recently as Medicine Cabinet Pharmacy). The account numbers started at number 1! Donald DeLong is the only remaining original member and is the oldest surviving member at this time. Florence Telfer was the first Manager until her retirement in 1979. A lunch was held in her honour at the Kedge Diner. Jeanette Turner succeeded Florence as Manager.

In 1973 the credit union was transferred to the old Band Hall building (which was located on the site where the Visitor Information Centre now sits), sharing the building with the Caledonia Brownie Pack who met upstairs.

In 1993 the Credit Union moved into its new building (now the Visitor Information Centre), and in 2000 Jeanette Turner retired after 22 years of service. In January 2001 the North Queens Credit Union officially amalgamated with Valley Credit Union which has allowed them to keep pace with today's technology. In May of that year, the Valley Credit Union took possession of the old Bank of Nova Scotia Building.

A Special Volunteer

One seat on the Board of the North Queens Health Centre is reserved for a student from North Queens Rural High School. That position has been held for the last three years by Katelyn Mansfield. Katelyn is graduating this spring and going on to Acadia University for a Bachelor of Arts (major in Psychology) after which she plans to study at the School of Human Communications Disorders at Dalhousie University. Katelyn is the daughter of Steven and Cheryl Mansfield and the granddaughter of Maxine and Leroy Mansfield, and Beryl and Robert Selig.

Katelyn has been on the board since she was in Grade 10. During her time on the board she has worked with her school guidance counselor to implement a series of workshops and presentations targeting youth health issues (sexuality--gay, straight, lesbian and trans-gendered youth--cyber-bullying, individual counseling and Health Awareness Days). Katelyn was also the local youth leader for the Nova Scotia Heart and Stroke Foundation's "Youth Walk-about Pilot Project". At weekly meetings grade seven girls learn about the benefits of daily physical activity, social skills and self esteem. Katelyn has been one of the student leaders for "Girls on the Move" which encourages a healthy and active lifestyle for girls in grades 4 to 6. She has volunteered for the breakfast program. She also has been involved with a group called KAYAN to discuss needed health programs for Queens County. She was a student organizer for the Teen Health Lounge. Katelyn was also involved in many other high school activities from Lions Club Public Speaking to Student Council Treasurer to the yearbook committee.

She has had a full career as a high school volunteer, but outside of school Katelyn is also a busy community volunteer, sitting on the Westfield Community Hall committee, the Caledonia Visitor Information Centre fundraising committee, and volunteering at the North Queens Nursing Home and with the North Queens Santa Claus Parade. Katelyn says, "Becoming actively involved in the community makes the community stronger, and you learn a variety of skills and create a network of long-lasting friendships. I believe that the long-term impact of my actions will benefit my community and help create solutions for local issues. Implementing health programs at my school will allow youth to make smarter and more informed decisions in their daily lives. I have realized that it only takes one person to assemble, demonstrate and motivate others to prove it can indeed be done. I hope that youth in my community will take a stand on issues that they are passionate about and know that they too can make a difference."

The members of the North Queens Medical Centre Board wish Katelyn well as she sets off for her future!

Editor's Note.

Congratulations to Katelyn. She has demonstrated the power of one person to make a difference to many people. It is hoped that her example will inspire other young people in our community to "step up to the plate". Too often we hear people say, "Why don't they do something about that?" or "I wish they would start this or that program in our community." So, who are "they", anyway? The answer is: "they" are YOU.

If it weren't for volunteers, our community would likely implode. And the sad fact is, many of our volunteers are getting older and getting tired, but they keep plugging along, supporting the organizations in North Queens, because they know the importance of those organizations and the work they do.

If you want more for your community and you want to keep those things you value most about it, it is up to YOU to step up to the plate. Get involved. Make a difference.

"My short-term memory is not as sharp as it used to be. Also, my short-term memory is not as sharp as it used to be. " -- Anonymous

In Memoriam.

With all the sadness and trauma going on in the world at the moment, it is worth reflecting on the death of a very important person which almost went unnoticed last week. Larry LaPrise, the man who wrote "The Hokey Pokey", died peacefully at 93. The most traumatic part for his family was getting him into the coffin. They put his left leg in. And then the trouble started.