



# Good News For North Queens

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Fall 2009

## The North Queens Health Centre: How Does it Work?

Hello to everyone. Fall is here and it is a truly beautiful one. I would like to take a moment of your time as Coordinator of North Queens Health Centre to reflect on exactly how the Centre is meant to operate and how it best serves Caledonia and its surrounding communities. I do this because I have noticed that the Centre often gets “walk in” (or phone-in) requests for service asking for an appointment that same day or for a “quick” appointment. I have also noted that some seem frustrated or upset if they find they cannot get in that day or are directed away to other services in Bridgewater or elsewhere.

The Centre actually does not operate a community “walk-in clinic”. These types of clinics are meant to provide service on only an occasional or brief short-term basis—they are NOT meant to substitute for regular care with your own doctor or nurse practitioner who knows you well and has your full family and medical history. The Centre operates as a full practice with specific registered patients.

I know you will probably ask: “Well, then, why can’t I just drop in at the Centre for a simple occasional problem? Do I have to go all the way to Bridgewater to get seen for something simple when I live right here? Do you mean I cannot

use the Centre unless I am a patient there? What if my own doctor is not available?”

The answer to this is that if you are a patient here, we will always try to accommodate what we can and you will be booked with the doctor or nurse practitioner who looks after you according to what the daily schedule allows. Slots are kept open every day for possible last-minute appointments for sickness. It is true, however, that sometimes even those slots may become full, and then you will be booked with the next available appointment we can give you.

If you are not a patient here, it would be usual for us to direct you to book with your own family doctor. This is in the interest of best quality care, even if it does not seem very convenient. Your doctor has your record and is the best person to serve you. What you may think is a simple problem may or may not be; however, it is still a problem that should be seen and diagnosed (in discussion with you) by your own doctor who knows you. If you cannot see your own doctor, then the other services available to help you include the Bridgewater Walk-in Clinic, Emergency, or the NEW province-wide 811 phone-in service.

You can be assured that any decisions made here about whether a pa-

tient, citizen or visitor needs to be seen or can be seen at the Centre (when it comes to sickness, disease or health) are always made by the doctors and nurse practitioner and not by anybody else. Our front desk staff, although they respond to your questions as best they can, are not the decision-makers about your care—they follow the guidelines and direction of the clinicians.

I hope this helps to explain how the North Queens Health Centre is meant to work and how we are different from a “walk-in” service. If you are a citizen of Caledonia and the nearby area, and you wish to come to the Centre for regular care, you are welcome to apply to us to become a new patient of the Centre. You must phone us (682-2533) and request an application form. At the time, the Doctor(s) Benne are taking new patients.

I probably have not answered all your questions, but if you wish to ask anything further, please feel free to contact me at the Centre (682-2592). I am in on Tuesdays and Fridays.

Marianne Beaton

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## Empower! Youth Outreach and Engagement Program

Are you interested in helping the environment?  
Are you looking for ways to improve your resume?  
Are you curious about employment opportunities in your region?

At the Mersey Tobetic Research Institute we have been working to develop a program to help you do just that. 'EMPOWER' is a network of environmental opportunities to southwestern Nova Scotia that has been created to give local students and other youth a commanding voice with ongoing projects in their communities. We want you to know what's going on in your area and give you the resources you need to help out and make a difference. Whether it be volunteering at a local beach sweet or working to monitor species at risk in your area, there are tons of opportunities out there waiting for people to get more involved in!

With help from local students such as Lucas Mader from New Germany and Jessica Lohnes from Caledonia, the program has quickly come together. Their work and insight has allowed us to angle the program so that it works to complement the needs of youth living in rural Nova Scotia. This has been a great opportunity for them to gain work experience and develop leadership skills by playing a big role in the program creation.

The 'EMPOWER' youth retreat is taking place at Kejimkujik National Park this October 1<sup>st</sup>, 2<sup>nd</sup> and 3<sup>rd</sup>. The retreat is acting as a place where youth from all over southwestern Nova Scotia can come together and learn about environmental issues and gain important skills. There will be workshops, talks, and an information



fair which will provide them with the knowhow, information, and resources to get active and make a change in their communities. They will also have the opportunity to talk to their peers and learn about cool projects that are going on in other areas.

If you'd like to learn more about 'EMPOWER' or would like to help out in any way we would love to hear from you. You can call Shaun at 682-2371 or e-mail him at [shaun.allain@merseytobetic.ca](mailto:shaun.allain@merseytobetic.ca). Or simply stop on by the research institute located in Kempt.

Shaun Allain, M.T.R.I.

## It's Never Too Late!

Queens Learning Network: We are a non-profit organization offering tuition-free upgrading opportunities for adults who are 19 years of age and older and out of school for over one year. We offer Level 1 and 2 in Caledonia and classes are held in the Community Room of the Health Centre two days per week. Classes run from September to June and may be

started at any time. Programs follow the curriculum developed by the Department of Education and also include computer-based training.

For information call Lauren Seaton at 682-2795 or 531-2076.



## Excellent Businesses in North Queens!

Congratulations to two of our local businesses on being finalists in the Business Excellence Awards Program hosted by the Bridgewater and Area Chamber of Commerce.

Our own van Dyk Health Juice Products Ltd. is a finalist in the Exporter category, and Clover Farm of Caledonia is a finalist in the Small Business category.

The Awards dinner is to be held September 24<sup>th</sup> at the Days Inn in Bridgewater. Tickets are \$50.00 per person or \$350 for a table of eight. For tickets contact [bacc@eastlink.ca](mailto:bacc@eastlink.ca) or call 543-4263.

The Business Excellence Awards have been in existence since 2002 and this year has expanded to the Lunenburg Queens Business Excellence Awards. Businesses are nominated by community members, business

owners, and customers. The organizing committee is comprised of representatives of the participating Chambers of Commerce and Boards of Trade. Our North Queens Board of Trade representative on the committee is Sharon Peripoli, who put a great deal of time and thought into this effort.

Best of luck to our local finalists!

## Not to Mention Excellent Organizations Too!

The Westfield Community Hall Committee is a finalist too. They were nominated for an award in the Community Development Excellence category of the Celebrating Communities Annual Conference to be held in Truro, NS September 23, 24 and 25<sup>th</sup>.

“Once a one-room school house, built in the 1950’s, the Westfield Community Centre was in the midst of renovations when a devastating fire consumed the building in April 2007. The community immediately made the decision to rebuild and they never looked back. The result was akin to an

old-fashioned ‘barn raising’. Businesses were captivated by the extraordinary resilience of this little community and donations soon followed. For a community of only about 100 residents, more than 5,500 volunteer on-site hours were logged and the building was replaced within a year. Today, many community groups use the facility to host weekly meetings, concerts, wedding receptions, fundraisers, Christmas parties and Valentine’s Day dances. The dedication, imagination and resourcefulness of the community resulted in a beautiful new hall, which is not only a huge asset,

but also a source of great pride for all the people of North Queens.”

You can see a video of the Westfield Committee on the Celebrating Communities website, [www.celebratingcommunities.ca!](http://www.celebratingcommunities.ca!)

Congratulations, Westfield! Rural communities have long been leaders in “doing for ourselves”. Your industry and vision have demonstrated this in spades.

## Thanksgiving at Kejimkujik

Welcome to Thanksgiving weekend at Keji! Just like last year, let's make our events safer for all by viewing the pumpkin displays on foot. Enjoy the spooky weekend programs, all within walking distance of your campsite or visitor parking and let the pumpkins light your way! The air will be cleaner, the evening will be quieter, and in the darkness the PUMPKINS WILL GLOW . . .

You can sign up for Saturday evening (October 10) **Haunted Events** at the visitor centre during the day (hot ap-

ple cider will be served). The Haunted Events and pumpkin viewing walk-about in the campground begin at 6:30 pm. Night judging for the **Pumpkin Carving Contest** will also take place on Saturday evening.

At 11:00 am on Sunday, October 11 at Kedge Beach is the **2<sup>nd</sup> Annual Cold Turkey Swim!**

Brrrr! But loads of fun for participants and spectators alike! From 2:00

pm to 4:00 pm at Jeremys Bay Campground the Daytime Pumpkin Judging will take place. The **Award Show**

(featuring Pumpkin Carving Contest prizewinners) will be held at the Outdoor Theatre at 7:00 pm.

Special thanks to Susan Mahoney at New Grafton Vari-

ety for donating prizes for the Pumpkin Carving Contest.



## The More Things Change, The More They Stay the Same...

With many people moving into our community from "away", it's interesting to revisit our earlier days. For some of us it's familiar, but for our new neighbours, it's often something they didn't know before about their adopted community.

Here is an excerpt from James Morrison's "[We Have Held Our Own](#)": [The Western Interior of Nova Scotia, 1800-1940.](#)

"We're Too Organized"

By the last half of the 19<sup>th</sup> century, entertainment and other activities were not all church-related, although many were church-oriented. The Sunday "outing" was very popular and this would usually take the form of a Sunday School picnic. Maurice Har-

low writes of such a picnic in September 1877 near the Caledonia-Liverpool road. Over 150 people were there and as with any event such as this at harvest time "a sumptuous repast was partaken." Occasionally entertainment would arrive from outside the community. Maurice Scott remembers as a boy watching the rainmaker and his steam boiler trying to "make" rain clouds but only producing clouds of steam. Harlow in 1886 encountered an old man with a show on the road to Caledonia, no doubt traveling to the gold mines. Harlow stopped and "looked through the glass". Generally, these were rather exotic occurrences and few had time during the day to be entertained. The evenings, however, were another matter. Aside from meetings of various organizations . . . home parties, sew-

ing circles, and dances were frequent affairs. The sewing circle often met at the Harlow home with up to 30 people in attendance. Mrs. Christenson remembers the gay house parties with the village fiddler trying to keep up with the "high steppin' dancers". Marriages, births, and deaths would give cause for other social gatherings. Some, like the charivari given for Maurice Harlow on his wedding night, were not welcomed but on the whole there was always "something doing" in what to any outsider was simply a scattering of sleepy villages. Harlow's "social" diary for 1878 included 130 social gatherings for the year including plowing frolics, skating frolics, and three funerals. Mr. Harlow was a busy man.

## Log-A-Load For Kids a Big Success

Last month the 5<sup>th</sup> Annual Log-a-Load for Kids Softball Tournament was held at Harmony Park with eight teams participating: R&C Weare Logging (two teams), N.F. Douglas Lumber, North Queens Fire Association, Bowater Woodlands, Freeman Lumber, and Deal Logging. Winners were the North Queens Fire Association.

The real winners are the kids of the IWK Hospital. This tournament raised

\$10,500 for them. The money came from pledges and activities during the tournament such as pony rides, raffle draws, sale of hats and t-shirts, cake-walks, and a silent auction which raised \$2,500 itself.

Congratulations to the committee of Rod Badcock and Peter Jones of Bowater Mersey, Wendy Look, and our own Joanne Weare and Cindy Ross for all their hard work.

Well done!



## Keeping Fit

The fall session of **Fitness Classes** has already started, but it's not too late to join.

The classes are held at the High School on Tuesdays and Thursdays from 7:00 pm to 8:00 pm and the cost is \$25 per month, payable at the first of each month. These exercises are suitable for all fitness levels, and participants must be 16 years of age or

older. For more information call Lisa Gallant at 682-2909.

**Yoga** classes at the Maitland Bridge Hall will be starting September 30<sup>th</sup> with instructor Andrea Wegerer. Cost is \$8.00 per night and classes start at 6:30 pm and go until 8:00 pm. Participants should bring a mat, blanket or throw, and a small cushion or pillow, and should wear comfortable clothes.

Also, new participants can start at any time.

Andrea is working on a "chair yoga" program for people with physical challenges, but no location has been set for this. Watch for notices! If you have questions about yoga, please call Andrea at 682-2443.

## Ladies, Take Note!

November 1<sup>st</sup> to 7<sup>th</sup> is Pap Test Awareness Week, and **Tuesday, November 3<sup>rd</sup>** is the Well Women's Clinic at the North Queens Health Centre. This clinic will be for pap smears only and women are encouraged to come out for this important preventive test.

Pap tests are a simple procedure that screens for cervical cancers and abnormalities, and should normally be conducted on an annual basis. The earlier these conditions are detected through this test, the better!

Please call 682-2533 to book an appointment.

*Growing old isn't so bad when you consider the alternative.*

- Maurice Chevalier

## Farmers Market Update

It's been a busy summer for the hard-working vendors at the Queens County Farmers' Market. Saturday mornings are not always fair-weather days, but the growers, bakers and craftspeople who make the market happen every week are always there with fresh organic veggies and fruit, home baking, and handmade masterpieces—and, of course, much more. The market is a place to greet old friends and make new ones.

More important than that, it is also a way for us to shop locally and support a weekly event that demonstrates what communities are all about.

The Queens County Farmers' Market is held every Saturday morning from 8:30 am to 11:30 am at the Queens County Fair Grounds.

**(Note: on Exhibition Saturday, it will be held across the street!)** Plans are to continue the Market right up to Thanksgiving weekend.



## Upcoming Flu Clinics at the Health Centre

Watch for notices outlining the dates and times for flu clinics at North Queens Health Centre.

There will be clinics for “regular” flu shots in October. As well, when the H1N1 vaccine becomes available later in the year, there will be clinics for that and notices in advance.

No matter what the type of flu, it is the recommendation of the Nova Scotia Department of Health that everyone should take these simple precautions to help prevent the spread of the flu virus:

**Wash your hands regularly with soap and water or use hand sanitizers.**

**Sneeze or cough into your sleeve.**

**If you become ill, STAY HOME until you feel better.**

## Coming Up This Fall

The Visitor Information Centre committee is busy planning two fundraising activities for this fall.

A dinner theatre is being planned for November 14<sup>th</sup> at the Caledonia Le-

gion. Watch for more information about this on the website, [www.discovercaledonia.ca](http://www.discovercaledonia.ca) and on posters. Last year's dinner theatre was a memorable event so keep November 14<sup>th</sup> open!

Another Country Christmas House Tour will be held on December 5<sup>th</sup>. Anyone interested in showing their house for this event can contact Suzanne Frail at 682-2663 or 682-2470.

## Chito-ryu Karate-do

Caledonia, Queens County is known for its camping at Kejimikujik National Park, its historic buildings, its “do it yourself” attitude, and its hospitality—not to mention the infamous frying pan toss competitions whose 2009 Champion is none other than our Miho Leger. Mrs. Leger is no stranger to competition whether it’s flinging the pan or tossing her opponents. This lady can be a force to be reckoned with.

Members of the Caledonia Shisa no kai Karate Club stayed dry inside the Caledonia Legion where some of the local participating members had the opportunity to practice an introductory class to the style of martial art known as Chito-ryu. Chito-ryu Karate was developed by Dr. Tsuyoshi Chitose, Okinawa, Japan (1898-1984), whose art has spread world-wide. Today, thanks to the leadership of Mr. Shane Higashi, the Canadian Chito-

ryu Association has some 60 member clubs across Canada. In Nova Scotia Chito-ryu Karate has been practiced since 1969.

On Saturday morning, July 18<sup>th</sup>, the Caledonia Karate Club had the opportunity to train with Black Belt Instructor(s) from the Municipality of Clare (Clare Karate Club), Town of Shelburne (Shelburne Karate Club), Mahone Bay (Blue Crane Karate Club) and Nine Mile River East Hants County (East Hants Karate Club).

The Nova Scotia Chito-ryu Association’s Chief Instructor Mr. Chris Golz, 5 Dan Renshi, states on behalf of the Nova Scotia Chito-ryu Association (NSCRA) we are pleased to be a part of the Caledonia community in Queens County, Nova Scotia. Chito-ryu Karate is a form of martial art



discipline which engages both young and old alike. With the leadership and guidance of Mrs. Miho Leger, I believe you will have a strong future in your new martial art.

The President of the Nova Scotia Chito-ryu Association, Mr. Andrew Swiber,

3 Dan, Jun-Shidojin was pleased to see members attending this historical event in Caledonia. He wished the members well in their practice of Chito-ryu Karate.

Chris Golz, Technical Director  
N.S.C.R.A.

For class information, call 682-2013  
or e-mail [mihoshisa@live.ca](mailto:mihoshisa@live.ca)

## North Queens Board of Trade

It’s not too late to send in your membership dues to the North Queens Board of Trade.

The Board depends upon this money to conduct its programs, initiatives and activities, to maintain the sports fields at Harmony Park as well as the

Visitor Information Centre, and to cover ongoing costs such as insurance, fees and community beautification.

One of the benefits of membership in the Board of Trade is eligibility for affordable group health benefits

through the Atlantic Chamber of Commerce.

Membership dues are very reasonable and you don’t have to be a business or organization to join. Please call Don Kimball if you would like to become a member (682-2891).




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## FALL CALENDAR OF COMMUNITY EVENTS

September 15 – 19 September 26	Queens County Fair, Caledonia Vincent Cunningham Memorial Softball Tournament, Harmony Park Baked Ham Variety Supper, North Brookfield, 4:30 pm—6:30 pm Greenfield Recreation Planked Salmon Supper, Fire Hall (125 tickets only)
September 27	Volunteer Recognition Day, Queens County Fair Grounds
October 3	Penny Auction, Pleasant River Turkey Supper, UCW Vestry, Caledonia, 4:30 pm
October 4-10	Fire Prevention Week (various activities throughout week)
October 10-12	Thanksgiving Weekend at Kejimkujik
October 17	Truck Pull, Legion
October 24	Turkey Supper, North Brookfield Hall, 4:30 pm Ladies' Auxiliary Baked Bean, Ham and Pie Supper, 5:00 pm, Greenfield Fire Hall
October 31	Hallowe'en Dance, Legion
November 3	Well Women's Clinic, Health Centre (call 682-2533)
November 7	Turkey Supper, Kempt Hall, 4:30 pm
November 14	Dinner Theatre (VIC fundraiser); details to follow Greenfield Sewing Circle Christmas sale and luncheon, Greenfield Fire Hall, 12:00 noon—2:00 pm
November 21	Craft Sale, Pleasant River, 10:00 am—2:00 pm
November 28	UCW Christmas Bazaar, United Church Vestry, Caledonia
November 29	Caledonia Memory Tree Lighting, United Church
December 3	Tree Lighting and Festival of Lights, Caledonia
December 4	Eastern Star Luncheon, Masonic Hall North Queens Nursing Home Tree Lighting
December 5	Keji Craft Sale, Fire Hall, Caledonia Country Christmas House Tour, North Queens Area
December 6	Christmas Bazaar, Fire Hall, Caledonia
December 12	Winter Carnival and Christmas at Queens County Fair
December 13	Christmas Bazaar, Fire Hall, Caledonia

Queens County Farmers' Market: Saturdays from 8:30 am—11:30 am at Fair Grounds  
(September 19 across the street) to Oct. 10

Breakfasts:	Oct. 3, Nov. 7, Dec. 5	Legion Hall
	Sept. 19, Oct. 17, Nov. 21	Fire Hall
	Sept. 26, Oct. 10	Queens County Fair