



## GOOD NEWS FOR NORTH QUEENS

December 2009

### O Christmas Tree ...

Nothing is more traditional at the Christmas season than the tree! So we asked some North Queens residents about THEIR Christmas tree.

**Elizabeth McMurray** of Maitland Bridge insists that there will be no fake trees at her house! She and her husband John always cut their own tree. Favorite ornaments are the ones made by their own children and grandchildren.

**Stacey Uhman** of Caledonia usually has a fir tree (but she is starting to think “artificial”!) and her ornaments are almost all gifts from friends and from the many children she cared for over the years at her day care.

An artificial tree is what **Candy Fancy** of North Brookfield likes, trimmed with white lights. She misses the trees she enjoyed as a child, with home-strung popcorn and homemade ornaments. Right now her favorite ornament is a “gremlin” that bears a striking resemblance to her old pet dog, Gizzie.

**Janet McGinty** of Caledonia isn't always home at Christmas, so she doesn't always have a tree. But when she does, it's always a fir. She remembers the tall firs she and her brother Clarence enjoyed at Christmas.

An asthmatic Christmas Eve spent at the hospital one year has meant that ever since, **Sandra Carver** of Hibernia has had an artificial tree. Sandra has no special favorite ornament—she loves all of them, because every one of her ornaments is a Santa Claus.

The star at the top of **Linda Frail's** tree in Westfield is her favorite or-



nement because it was given to her 35 years ago on her marriage by her mother. Linda and Floyd always have a pine tree.

**Bertie Rowter** of Maitland Bridge has a fir tree each year with two special ornaments—very large glass balls that her son Dan gave her 25 years ago when he entered the

RCMP.

**Shannon Nowe** of Harmony doesn't keep her tree up for long but insists on a real fir tree and multi-coloured lights. One of her favorite ornaments is the one from her own very first Christmas as a tiny baby.

**Jane Barker's** tree is always a “homegrown unshaped wild tree from the woods” (to quote husband Richard Lane). Most of her ornaments are old or handmade, and her favorites are some unique old metal “baubles” from Germany. And, of course, the cardboard and tinsel star on top of the tree.

The fir tree that **Viola Lohnes** of Maitland Bridge puts up each year is festooned with ornaments made by her grandchildren. Viola decorates her tree with multi-coloured lights one year and white ones the next.

The “Mrs. Santa” of North Queens Christmas trees is **Myra Holdright** of Maitland Bridge who, when asked when she picked out her own tree, said, “I take the last one smokin'!” And, of course, she and Max cut their own!



## Don't Fall For Christmas!

Here are some thoughtful gift ideas for seniors that can help prevent a fall this winter season.

### Gifts for the home:

- Battery-operated emergency lights that will activate during a power outage
- Plug-in night lights for bathrooms and hallways around the home
- Fluorescent tape to mark the edges of steps, thresholds, and other potential trip areas both inside and out
- Rubber-backed non-slip mats to replace those dangerous scatter rugs
- Grab bars for the bathtub, shower, by the toilet, and beside steps
- Sturdy railing by all stairways inside and out
- Bath chair to make getting into and out of the tub safer
- Non-slip mats for inside and outside the tub and shower area

- Cordless phone to be kept on or near user
- Ice-melting compound, or sand for outside walks and steps
- Sensor lights for outside entry areas
- Laundry cart with wheels
- Garage door opener

### Gifts for your loved one:

- Small flashlights for pockets, bedside, beside TV—for power outages
- Key chain flashlight to help find the keyhole on their car or home on dark days
- Long-handled shoehorn to reduce the chance of bending over and losing balance
- Long-handled reachers for reaching things in high places, instead of climbing
- A sturdy step stool with hand-rail
- New sneakers for all-day indoor use
- "Icers" to fit over outside boots for winter days

- An interesting cane to encourage use around the home
- A metal-tipped cane for outside use on icy days
- Gift certificate for snow removal, home repair, or yard work services
- A set of pre-paid taxi vouchers or coupons for use on snowy or icy days
- A personal emergency response system (e.g. "Lifeline" or "In Touch")
- Certificate for exercise program suited to individual's fitness level and age

"Don't Fall for Christmas" was originally developed by the Colchester-East Hants Preventing Falls Together Coalition

Nova Scotia Health  
Promotion and Protection

## North Queens Community Health Centre

News from your Health Center, firstly we would like to thank all who have supported the Poinsettia sale. The board members have been hard at work getting new members updated and looking at what is needed in the community for services and programs. The first meeting has taken place with the staff of the NQCHC and board members to review what is currently in place and what

additional services and programs will benefit the needs of the community. This cannot be accomplished without the support of the community at large, which are the residents of North Queens. Our next steps will be to reach out to the various organizations, groups in the Community as well as the residents to re-

ceive input and source out ideas of programs and additional services that may be available to enhance our Community Health Centre.



North Queens Community  
Health Center Board



## Healthlink 811

With HealthLink 811, Nova Scotians have trusted health information at their fingertips.

Just three numbers—8-1-1—and you will have access to non-emergency health information and services. If you are hearing-impaired and would like to access this service, call 7-1-1 (TTY).

When you call 811, our registered nurses will give you the advice and information you need and provide reassurance concerning all kinds of general health issues and questions. Advice and information may include a recommendation to see your doctor or visit your local emergency department. You can also obtain information about health issues and services

available in your community.

If you or a family member does not speak English, HealthLink 811 can provide services in French and many other languages. Services in other languages are offered through a third party interpretation service and include, but are not limited to, Arabic, Farsi, and Cantonese.

Reliable information about health topics that interest you is also available on line at [www.NSHealthLink811.ca](http://www.NSHealthLink811.ca). This information will help you understand health issues that matter to you, your family and your community. This website will also highlight and provide information on “hot topics” which include health issues affecting Nova

Scotians. These may include seasonal health issues (e.g. allergies, sun protection etc.) or information surrounding an outbreak affecting communities across the province.

Any time of the day or night, every day of the year, HealthLink 811 is as close as your phone or the internet.

NS Department of Health

## Making the Most of Winter at Kejimkujik

This year, why not make a pledge to dust off your cross-country skis or snowshoes and enjoy some of the great activities that winter can provide? In Kejimkujik, beginning in January, we will be conditioning 24 km of trail for skiing and snowshoeing every weekend (weather permitting). It is amazing how quickly one warms up while enjoying excellent exercise in a winter wonderland. Four warm-up

shelters are available throughout the park to rest and enjoy a winter picnic.

You might even try winter camping! One section of Jeremys Bay will be open for winter camping, or if you prefer, we have 11 backcountry sites that you can ski or snowshoe to. Perhaps you are interested in tracking wildlife—fresh snowfall provides the best tracking opportunities of all of

the seasons.

So stop in at the Visitor Centre, open from 9 to 4 daily, and pick up the winter activities map. Enjoy a hot cup of apple cider offered on weekends. For information on winter trails, call 682-2772. Keji—a national treasure in your own back yard!





## Learning and Fun at MTRI

The Mersey Tobeatic Research Institute (MTRI) is a not for profit organization operating just down the road, in Kempt. We have employed dozens of summer students over the years, bringing youth to the area and helping invigorate our culture and economy. We have also supported full time staff since 2004, who work to learn about nature, the environment, and sustainable resource management. There is a lot happening at MTRI this winter, and you're welcome to drop by for these special events, or any time at all to say hello and see what's happening.

We have already started a small private woodland forest certification project to promote sustainable forestry in southwestern Nova Scotia. We invite interested foresters and private woodlot owners in the region to get involved by contacting Lesley

Farrow at MTRI for more information on this project. (lesley.farrow@merseytobeatic.ca)

We will be hosting a photography workshop in January, where you can learn how to use your digital camera to take beautiful pictures, and your computer to store, edit, and print them. Winter workshops will continue into the spring, with topics ranging from trapping fur-bearing mammals to fish and hydro power in Nova Scotia. In March we'll have our annual "day"—in 2008 it was "Moose Day" and in 2009 it was "Bear Day"—where dozens of community members come to MTRI to learn and share their knowledge about wildlife in our province. This year, we'd like to hear from you to help decide which animal to

choose—would you rather learn about bats or coyotes? Both are mysterious and misunderstood creatures who have been in the news of late, and we'd like to share what we know, and



learn more from our community! To keep posted on dates and times for events at MTRI, keep your eyes on community calendars and bulletin boards in North Queens, and check out

our website—[www.merseytobeatic.ca](http://www.merseytobeatic.ca).

## Giggling Granny's Used Books!

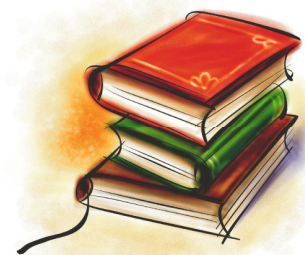
No doubt you have noticed lots of activity around the building that has housed the "Imagine That . . . Hair Design" salon in Caledonia. There is a new garage, Troy Westhaver Automotive, behind the salon. And upstairs, there is a giggling granny named Marie Conway who has transformed the former apartment into a welcoming used bookshop and internet café for the whole community to enjoy: Giggling Granny's Used Books.

The shop features lots of books of every genre, chairs for browsing, and computers that can be used for a

small fee. As well, a room has been set aside that can be used for community group meetings and even for students to work on school projects together. Marie's plans also include providing coffee and snacks for her customers.

Marie has put a lot of thought and imagination into this, her "dream" project, and the colours are bright and attractive. Her hope is that "Giggling Granny's" becomes a gathering place for people to share their love of books and to make use of a year-round internet service.

Opening Day is scheduled for December 10<sup>th</sup>. Congratulations! Giggling Granny's Used Books is a bright addition to our community.





## Something for Everyone in Westfield

A busy group of volunteers have organized activities for young and the “formerly young” at the Westfield Hall.

A seniors’ group called “A Day Out Club” meets the second Tuesday of the month at the hall from 1 to 3 pm. Each get-together features musical entertainment or seasonal activities, a lunch (of course) and conversation

between old friends and new ones, too. Plans for upcoming meetings include a Valentine’s Day skit, a Frenchy’s fashion show, a jam session, and games afternoons with cards and Scrabble. It’s a great opportunity for seniors to meet, socialize and have some fun.

Another group, this one for young people ages 6 to 12, meets on the

first and third Saturdays at the hall. They play games, create crafts and baking, and generally have a good time. Coming up in the next few months are an art show and sale and fun with karaoke!

For more information, to participate or to help, please call Linda Frail at 682-2593.

## A Big Thank You From an Old Friend

I would like to take this opportunity to express our sincere appreciation and thanks for the support we received during the 19 years we owned and operated the Medicine Cabinet Pharmacy in Caledonia. (Yes, it really was that many years!) It was only through your community support that we were able to maintain important pharmacy services as part of the Health Care Team in North Queens. The ongoing relationship enjoyed with the management and staff of North Queens

Health Centre, North Queens Nursing Home, and Hillview Acres also contributed to the continuity of pharmacy in Caledonia. Staff dedication plays an important role in the success of any business and our staff, both past and present, were always exceptional and must be acknowledged. After spending 19 years at the Medicine Cabinet I certainly will miss the more frequent contact with everyone. I am continuing to work as a pharmacist and plan to spend some of that time

working at the Medicine Cabinet for the new pharmacist-owner Andrew Johnson. Working as a pharmacist without the responsibilities of being a business owner will finally allow Marilyn and I to spend more time on hobbies and other interests. We wish Andrew and staff much success as they continue to provide important pharmacy services to the residents of Caledonia and area.

Dan, Marilyn and Ben Ramey

## ... And Welcome to Our New Pharmacist

There is a new face behind the window at the Medicine Cabinet Pharmacy. Andrew Johnson, our new pharmacist, has purchased the business from Dan and Marilyn Ramey.

Andrew is a Glace Bay native who received his Pharmacy degree from Dalhousie University. He and his partner, also a pharmacist, are living in

Bridgewater; she is working in Chester.

He is a real basketball nut, so we are quite sure you will see him at some of our Spartan games this season!

The decision to take over the Medicine Cabinet was an easy one for Andrew. He firmly believes that the inde-

pendent pharmacy provides a more comprehensive, more personal service to its customers and clients. He is really looking forward to meeting and getting to know more of the people in our community.



## Another Hometown Christmas

Don't forget to get your entry card stamped at one of the 24 participating businesses in this year's Hometown Christmas!

Here they are, in geographical order from Maitland Bridge to Pleasant River and Greenfield! Mersey River Chalets, M&W Restaurant, Gold Star Accounting, Canada Post (Maitland Bridge), Whitman Inn, New Grafton Variety, Elaine Kempton Hairstyling, Lakeview Dairy Bar, Medicine Cabinet Pharmacy, Clover Farm, Imagine That . . . Hair Design, Troy Westhaver

Automotive, Giggling Granny's Used Books, N.F. Douglas & Co. Home Hardware and Building Supplies, Canada Post (Caledonia), Donair World and Pizza, Toddy's Top Touch, RSR Machining & Fabrication, Noah's Convenience & Gas Bar, Kelly's Convenience, Rose's Hair Styling, Canada Post (South Brookfield), LW Automotive, Dave Heim



Automotive, Greenfield General Store, and Medway River Convenience. Phew!

Early Bird draw was on December 5<sup>th</sup> with the prize being a Christmas Dinner Basket. The Grand Prize (with over \$1,000 in gift certificates) will be drawn December 19<sup>th</sup>.

Support our local businesses by shopping in your own community!

## A Christmas Labour of Love

Have you noticed the beautiful Nativity Scene in the bandshell at Mariam Hunt Park in Caledonia? This was created by several members of the North Queens Board of Trade: Ron and Suzanne Frail, Anne-Marie Crouse, and Don Kimball, with help

from Judi Wamboldt and Scott Wamboldt and donations by Douglas Lumber, Kelly Sloan, Peter van Dyk and Bobbi-Jo Westhaver.

The Region of Queens granted per-

mission for the Nativity Scene to be arranged inside the bandshell and for the spotlight to be installed. The whole effect is lovely, and it adds so much to our festive Caledonia Corner at Christmas.



## If and When the Snow Flies ...

Plans are in the works to get the rink near the Exhibition Grounds up and running. So far, the weather is not cooperating!

Help is always needed for projects like this one, but the hard work involved is worth it when so many people enjoy the result.

If you would like to help, please contact Peter van Dyk at 682-3116.



The North Queens Community Health Association Board of Directors would like to sincerely thank Carla and Barry Durling from Clover Farm for their most generous support of the poinsettia sale recently held. It is people like Carla and Barry working together with others who make our small communities so successful.



## The Future of Our Farmers' Market

After two summers, the Farmers' Market Committee is in the process of evaluating the success of our weekly Farmers' Market at the Exhibition Grounds in Caledonia.

It has been a lot of work for the dedicated vendors who have come out every summer weekend with their produce, home baking and crafts. They all are very appreciative of the loyal community members who make

a point of shopping locally at the market and supporting the Farmers' Market concept.

The public is invited to a meeting to discuss the direction of our Farmers' Market and the age-old "chicken and egg" problem: you have to have vendors to attract the customers, and you have to have customers to attract the vendors! So this meeting is being held to get YOUR input into the mar-

ket, your suggestions, your "wish list". It's being held on **January 12<sup>th</sup>** at the North Queens Rural High cafeteria at 7 pm.



## Calendar of Community Winter Events

December 11	Youth Christmas Ball, Westfield Hall, 7:00—9:00 pm
December 12	Greenfield Coffee House, 4:00 pm Outdoor games, pony rides, sleigh rides, 11:00 am, Exhibition Grounds Legion Children’s Christmas Party, 2:00 pm
December 13	Music and Readings, Christ Anglican Church, Caledonia, 2:00 pm Greenfield Sunday School Concert, 3:00 pm
December 15	North Queens Elementary/Junior High Concert, 7:00 pm (snow date December 16)
December 20	Greenfield Christmas Caroling, 10:45 pm North Brookfield Sunday School Christmas Program, North Brookfield Baptist Church, 11:00 am Westfield Christmas Children’s Party, 2:00—4:00 pm, Westfield Hall
December 31	New Years’ Dance, Caledonia Legion, 9:00 pm Featuring Gary Young & Easy Listening
January 4	First day back at school
January 9	Annual Meeting, Queens County Fair Association, Masonic Hall, 2:00 pm
January 17	Variety Show, Westfield Community Centre, 2:00 pm
January 23	“Frenchy’s Day”, Fire Hall, 12 noon—3:00 pm
February 14	Sweetheart Dinner, Masonic Hall, 4:00—6:00 pm
February 27	Rockathon Fundraiser for Westfield Cemetery, C.E. Centre, Caledonia, 6:00 pm
March 21	Variety Show, Westfield Community Centre, 2:00 pm

### Christmas Services

All services are being held December 24<sup>th</sup>

Christ Anglican Church, Caledonia	11:00 am
Caledonia United Christmas Service with Children’s Program	6:30 pm
Greenfield Baptist Church	7:00 pm
Kempt Baptist Church	7:00 pm
South Brookfield Baptist Church	7:00 pm
St. Jerome’s Roman Catholic Church	7:30 pm

### Health Centre Holiday Schedule

December 24	Closed at noon
December 25	Closed (Christmas Day)
December 28	Closed (Boxing Day)
December 31	Closed at 2:00 pm
January 1	Closed (New Years Day)

“Good News for North Queens” is published every March, June, September and December by the North Queens Community Health Association and is delivered free of charge to households in the North Queens area. Donations toward the cost of publication are gratefully received. If you have items you would like to have included in the newsletter please contact Mary Keirstead at 682-3216 or Connie Eaton at 682-2813.