

THE PIONEER

Fall 2014

Volume 1 • Issue 2



The Pioneer is published by the River John Community Action Society. It is a not-for-profit community-owned paper.

Five-year plan being unveiled

The Pictou County Health Authority (PCHA) is launching its five-year plan in River John on October 2 at 6:30 pm at St. George's Church. The plan is the result of extensive community consultations, which included 16 town hall meetings and a survey in which 700 residents provided feedback. Input was also received from cultural and community service organizations.

The fact that the PCHA is launching the plan in River John is not by chance. The health authority is trying to address concerns that when community input was sought for the previous five-year plan, no community follow up was held.

The Department of Health and Wellness is restructuring the manner in which health services are delivered in the province. Instead of nine district health authorities and the IWK Health Centre, Nova Scotians will be served by two, one for Capital District and one for the rest of the province.

Important Public Meeting
October 2 at 6:30 pm
St. George's Church
River John

The amalgamation of the health authorities is expected to place increased importance on the role of Community Health Boards (CHB) which used to be the channel through which information about health care services and needs would flow back and forth from the community to the health authority. CHBs comprise a small group of volunteers from the community who keep the board informed about community needs. Pictou County has two CHBs. One represents Pictou East and Central. The other represents Pictou West, which includes all residents from the Town of Pictou to the Colchester County line.

The meeting on October 2 will allow residents and community organizations to hear details of the five-year plan, which is based upon four pillars:

- Building community by fostering meaningful relationships;
- Supporting opportunities for physical activity;
- Improving access to healthy, affordable and local food; and
- Encouraging safe environments that promote mental wellbeing.

The meeting will also be an opportunity for community organizations to ask questions about the upcoming round of community wellness grants. The CHB for Pictou West has \$53,000 in grants to distribute to organizations that submit proposals that meet its funding criteria.

Summer summary from Toney River

The Toney River Community Hall continues to be a very busy place. The old time dance was held on Friday, July 4th, to allow for a wedding reception on the regular night. On the 5th, the wedding reception of Blaine Elliott (son of Bill and Carolyn) to Sara Pinto, of Rockyford, Alberta was held. Tropical storm Arthur played havoc with the power but with the aid of our generator everything turned out beautifully. July 7th a hall meeting was held to plan upcoming events. On the 14th, 4-H held their monthly meeting. Friday, July 25th, several members of the hall with the assistance of Earl Johnson and Ronnie Langille, cooked and served breakfast to 260 at the Lion's den in River John for Festival Days. Having given ourselves a day to recover, on Sunday,

July 27th we held our annual Chicken B.B.Q. The event opened at 11am and the first in line arrived at 9:40am. Great to see. We served 1,047 dinners and all comments were how delicious it was. Very impressive.

In August, a brunch was held on the 2nd by St. David's church and in the evening the old time dance was held.

I personally would like to thank everyone for jobs well done. The Chicken B.B.Q. would never be able to function the way it does without the help of the whole community and all our summertime friends at the cottages. Wishing everyone health, wealth and happiness.

Yours truly
Carolyn Elliott

Taking care of your own road

When they first paved Cape John Road back in 1958, most of us were not even here either by birth or geography. That first paved road served the fishermen, farmers, and cottagers of the Cape for 56 years. I think that's a pretty good return to the Government of the day (Conservatives under Robert Stanfield). No sour grapes.

We waited a long time for this road, but there was a time when the community of Cape John took care of its own road. Imagine that!

The road is here now and looks great, but as you speed down the smooth black ribbon of asphalt at 70 km/hr. do you ever imagine how life on the road was when it was just dirt back in '57?

I say dirt, not gravel, because the clay soils of the Cape make a nice surface when dry, but a curious buttery mixture when wet. That meant that often cars needed to be pulled by tractors or horses when it rained. If you weren't lucky enough to own a car, the eight kilometres to town on foot, or even by wagon, could take you an hour and a half on a good day. In winter, it would have been impossible. You and your neighbours would have to get out the shovels to clear a passage.

When the potholes got too big, gravel was laid



Heading down the Cape John Road from River John. This photo was taken in 1870. Courtesy of the McCord Museum.

down, not by 16 wheelers and bulldozers, but with shovels and horses and wagons with sand and stones off the beach. Keeping the road functional was indeed a community effort, for it was the only way to move your hay, milk, and cream into town, or get the Doctor out to deliver your baby, or help your kids find their way to one of the two Cape schools. So as you speed down this beautiful route, enjoying the scenery, give a nod of thanks to the industrious folks of the past, who took care of their own road.

Chris Giles



Cape John Road (Circa 1880). Courtesy of the McCord Museum.



Cape John Road, same location, 134 years later. Still no WalMart. Photo courtesy of Chris Giles.

Your Way to Wellness

Your Way to Wellness (YW2W) is a Chronic Disease Self-Management Program aimed at those who have a chronic health condition. YW2W promotes personal empowerment to individuals who are either living with a chronic condition or those taking care of someone with a chronic condition. Chronic conditions include arthritis, diabetes, heart disease, asthma, fibromyalgia, COPD, mental illness or chronic pain (just to name a few).

Participants will develop tools to manage the symptoms, fear, anger and frustration that accompany their condition. They'll also learn how to make daily tasks easier by setting goals, problem solving and action plans.

The program is free. Sessions are held each Friday. Each is 2.5 hours (9:30am - noon). The first session started on September 19. The last session will be held on October 24.

What makes it work is the fact that it is not led by health professionals, but by trained peers who often have a chronic illness themselves. There are no strict

lectures, rather information is presented and discussed, allowing participants to take what they need from the program. As a resource during and after the program participants receive a free book to keep for later reference.

There are lots of things you can do to manage your chronic illness. At Your Way to Wellness, you'll learn how to create a plan to deal with your physical and emotional challenges. You'll meet other people who understand what you're going through— because they are, too. Together, participants will take control of their chronic conditions and make new friends along the way.

YW2W is intended for both care givers and people living with a chronic illness.

Summer-Lee Burns, CAdEd is the Coordinator for Primary Health Care at the Pictou County Health Authority. Her main focus is to bring programming to communities, specifically the Your Way to Wellness Program.



MP Peter MacKay

Our federal Conservative Government is committed to providing real support for Canadian families, which is why our record includes: the Universal Child Care Benefit, creating the tax free saving account, introducing Pension Income-Splitting for senior couples, targeted support for Canadian students, investing in affordable housing and the Youth Employment Strategy. We cut taxes over 150 times, saving the average family \$3,400 a year. Moving forward, our Government remains committed to supporting families with our low-tax plan and measures to help sustain a higher quality of life for hard-working Canadians.

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Karla MacFarlane, MLA

The Rural Communities Foundation of Nova Scotia is offering the 2014 Leadership Initiative Grant Program. Applicants must be sponsored by a registered charity and the application must relate to rural leadership. Further information is available from the Rural Communities Foundation's website. In addition, the Seniors Safety Grant provides grants to non-profit, community based safety programs that provide information, support, and guidance to seniors. Call 1-800-670-0065 or visit their website.

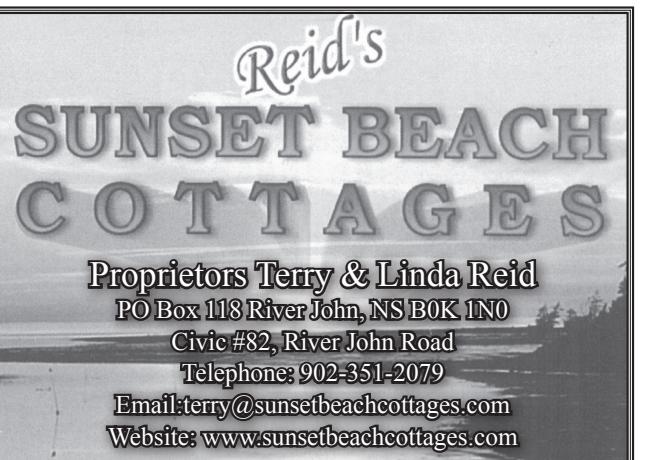
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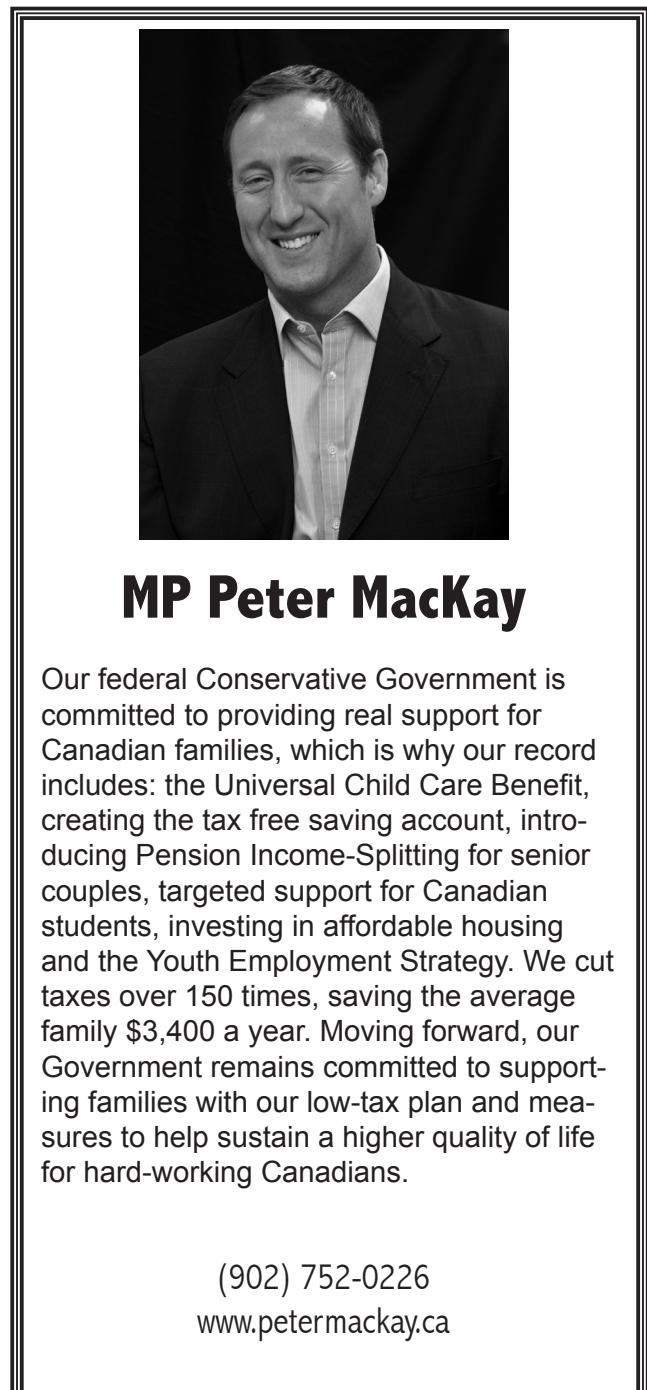
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Ronald Baillie, Warden County of Pictou

Regular council meeting 1st Monday of every month unless that Monday is a holiday than the meeting is held on 1st Tuesday of the month. Committee meeting is held on 3rd Monday of each month. All meeting are open to the public, all are welcome.

(902) 485-6475
ronald.baillie@munpict.ca
www.county.pictou.ns.ca

Safe Driving Program for Seniors

Residents who are 65 years of age or older can register for free for the Safe Driving Program for Seniors. There is a \$40 fee for those who have taken the course previously.

The course is being offered over two days: Wednesday, October 15 (1pm-4pm) and Thursday, October 16 (9:30am-12:30pm). The location is the Little Harbour Community Centre at 4892 Little Harbour Road. Refreshments will be served. For more information contact: Mary MacLellan - Seniors Outreach Programs at 752-8406.

VON foot clinics

*"I can't be funny if my feet don't feel right"
Comedian - Billy Crystal*

The first two VON foot clinics were held at the River John Legion on September 10th and 12th. Both were very well attended. Local seniors quickly filled up available spaces and are looking forward to follow up clinics. One client noted, "It is so nice to have these amenities available in our own community and so important to take care of our feet."

The VON is prepared to increase the number of visits to the community as the list of clients grows. If you would like to get on the list, call Bonnie Murray at 351-2836 and she will make arrangements. The first visit is \$35. Follow up visits are \$30.

Seniors Health and Wellness Fair

The Pictou New Horizons Club will be holding a seniors fair on Oct 3 from 10am-12pm and then 1-3pm on the Pictou waterfront. There will be door prizes and a lot of interesting activities for seniors. A cruise ship is also docking around the same time. Lots of fun with a senior's focus.

*You don't stop playing because you grow old ...
you grow old because you stop playing!
Benjamin Franklin*

Old Field Forests: A Natural Succession

The harrier swept slowly over the open field and clumps of young spruce trees. She quartered to the right and left, much as a tracking dog would, her eyes always shifting, looking for tell-tale shapes in the yellow grass. There – a tiny flicker of movement scarcely 20 feet below her – and she folded back her wingtips and dropped, talons outstretched. The meadow vole scarcely had time to glance upwards before the harrier hooked it with one foot and climbed skyward again.

She flew only a short distance before descending again, this time to a nest well hidden in the long grass. Her two chicks waited eagerly for the meal their mother was about to deliver. The old field nest site provided nearly perfect protection for the young raptors until they too learned to fly and hunt.

Old fields are common in northern Nova Scotia, but not as common as they were more than fifty years ago. Then, farms were being abandoned on a large



A Northern Harrier, also called a Marsh Hawk, hunts old fields for prey.

scale as entire families moved to urban centres for work and the old model of small-farm agriculture had all but collapsed. Nearly a million acres of farmland

were left to revert to forest as nature began to reclaim those fields cleared stone-by-stone a century before.

Both agriculture and forestry have shaped our rural countryside, but nature is relentless in its tendency to restore fields to a forested condition. Anyone who has left a field to grow for four or five years before mowing it realizes the readiness with which alders, tamarack and white spruce (often called pasture spruce) colonize the open spaces. Other plants grow in these spaces too, such as wild rose, red-twig dogwood and meadowsweet.

The complete reforestation of a field can take decades, as a progression of plant species marches inward from the edges. This process is called succession, and old fields – although in an artificial condition to begin with – are fairly predictable in their response to abandonment. Many old field sites in the River John area have already reverted to forest, and some have been harvested at least once.



Emily Sutherland of River John plants a white spruce seedling in an old field.

The Independent Order Of Odd Fellows (IOOF) is a global altruistic and benevolent fraternal organization derived from the British Odd Fellow service of the 17th century.

One of the explanations of the origin of the name is that it was odd to find in 17th century England, people organized for the purpose of giving aid to those in need and of pursuing projects for the benefit of mankind.

Those who belonged to such an organization were called "Odd Fellows".

The order is also known as the three link fraternity referring to the triple link logo containing the letters FLT which stands for friendship, love and truth.

The IOOF was founded in North America in Baltimore Maryland on April 26 1819 by Thomas W. Wilsey. The Odd Fellows was the first fraternity to include women when the Rebekah lodge was founded on September 20th 1851. The IOOF today is in 29 countries, with 12,000 lodges and 600,000 members.

The Helping Hand Lodge 34 of River John was founded in 1878. The Rebekah Lodge was founded in 1905.

In the early years the meetings were held in several locations in the village: MacKenzie Hall where the Janice Murray Gill Library is now, and the Temperance Hall up the hill before the Sutherland property.

Then the lodge found a permanent home by first renting and then purchasing the building that stood



The distinguished gentlemen of Helping Hand Lodge 34

The lodge has supported many worthwhile causes over the years, such as the Arthritis Society, Heart and Stroke, IWK, Meals On Wheels, students from the River John Consolidated School, people in the community who have been in need, and other places where help was required.

If you are interested in joining an organization that believes in making the world a better place to live, by aiding each other in times of need and organizing charitable projects that benefit the less fortunate, then call us today 351-2593 or check us out on Facebook. Helping Hand Lodge 34.

During the 1980s and -90s, thousands of acres of old fields in this area were planted in tree seedlings. Often the fields were first prepared with a single-furrow plow (breaking plow). Rows were spaced six to eight feet apart and served the purpose of turning over the heavy sod to expose the soil beneath, increasing the seedlings' access to moisture and soil nutrients.

A feature of nearly all old fields is the presence of a hardpan layer about a foot beneath the sod. This layer is compacted soil that has resulted from repeated tilling, and restricts the rooting depth of trees. In some cases this feature can result in trees blowing down.

While it may be a fact that most farmers don't like to see abandoned fields, the opposite is true for many species of wildlife. Whitetail deer, red fox, coyotes and several species of voles and mice all inhabit old fields. Birds include northern harriers (marsh hawks), American kestrels (sparrow hawks), blue jays and thrushes. If an old field also contains apple trees and alders, both ruffed grouse (partridge) and woodcock may be present.

The next time you drive past an old field in the River John area, look closer. You may be pleasantly surprised by what you see.

David Sutherland, R.P.F.

David Sutherland is a Registered Professional Forester who has been working with private woodland owners for 30 years. He is the manager of the Association for Sustainable Forestry.

River John Support Our School: UPDATE

Those who attended the open house held by the River John Support Our School committee on September 24th know the summer was busy. From painting buildings, circulating petitions, talking with media to the weekly meetings we held to clarify "strategy" for our way forward--- it was hardly a vacation. The months that follow will be even busier.

The reality? As Rev. Dickson and Linda Thompson-Reid found out when they met with Superintendent Gary Clarke and CCRSB staff in August, we have a lot of work to do. And we will need to show how we can come up with a lot of money.

The SOS has until March to create a business case for a re-imagined Community Hub School. This will be presented to the Chignecto Central Regional School Board for consideration in accordance with the Department of Education's parameters. (These criteria were finally established and released in July, two months earlier than anticipated.)

After receiving our detailed proposal, the Board can then vote to extend the deadline for closure of River John School, (give us more time to see if our proposal is viable), lift the threat of closure once and for all, or close the school in June. At this juncture, there are still a lot of unanswered questions around the finer points of parameters. We are all inventing the wheel together.

The good news is the CCRSB has reached out to River John, Maitland and Wentworth communities and will be working with us and checking in to see how we are progressing as we head towards that March date. The other encouraging factor is we have a strong working SOS Committee and many interested people with expertise who are supporting our effort to save, support and sustain River John School and grow a strong and vibrant community.

We've come up with an acronym to help us define and explain the components of our River John hub.

County stands by RJCS

Warden Ronnie Baillie provided the Support Our School committee with significant financial support in its efforts to keep River John Consolidated School open. Not only did he facilitate council's approval of a \$35,000 grant to offset the school's current \$173,000 operating deficit, he obtained council's authorization to provide \$25,000 toward hiring a co-ordinator's position.

The co-ordinator would be responsible for organizing the various activities that would take place in the school under the proposed HUB model. The HUB would see the school used for other social, community and commercial activities in order to generate revenue.

Petition

Local MLA, Karla MacFarlane, is spearheading a petition in support of Gordon Fraser's Turkey Processing Business, which was ordered by the Turkey Farmers of Nova Scotia to stop processing birds. Mr. Fraser has been processing turkeys for local residents for the past 30 years.

Ms. MacFarlane is presenting the petition to the government when the legislature resumes September 25.

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H-ealth and wellness

U-nity

B-uilding our future

The health and wellness component means space in our school for a community health clinic and an organized, recreation program to increase the use of our gym and generate revenue.

Under the unity umbrella, among other things, we are exploring a River John Continuing Education School/College. This would mean evening, weekend and summer use of the school with a curriculum that would evolve out of the community's needs and interests and provide outreach opportunity for other established educational institutions in the province. Again, this would generate revenue. A Traditional Crafts and Creative Arts Studio and a Repair and Recycle Workshop are other ideas being researched. Small membership fees to cover costs might be required from those interested in using that space. A few community organizations have expressed an interest in leasing space in the school as well. From starting a Saturday morning flea market to planning more community nights and feasts and festivals, we envision enhancing the wonderful school we have already so the heart of our community becomes the "hub" of our community whenever possible. All ideas are welcome!

The B-for Building our future is called (for now) "The Scholar Ship." This is best described as rural discovery /interpretive centre based on River John's shipbuilding past, fisheries, forestry and agricultural present. A small model of one of the River John's early ships would be designed and built in what is now the library. In effect, this is a hands on teaching lab where experiential, traditional and 21st century education is combined. This will provide a learning environment in the school that will meet curriculum outcomes for River John students. Although an ambitious undertaking, this centre will be exciting and beneficial for all children and families on the North Shore of Nova Scotia and beyond. This could make River John a tourist destination along the Sunrise

We have a good school now and a great plan and we know there are a lot of people interested in helping us make it even better. River John Students Soar!

Local Price Index

Usually when we hear about the consumer price index, it's in reference to set of products we don't use, bought by someone we don't know, in a place we don't live.

It would be nice if we could have a measure of the cost of living that reflects our own situation. Starting in the New Year, the Pioneer is going to develop several locally relevant price indices. For example, it will develop one for seniors who are on a fixed income and another for families with children.

We will publish a profile of each along with the types of products they would typically buy in a month. We will continue to track those prices so we can see what it costs to live here, not in Toronto or Halifax. As many of us are self-employed or working for a small business, we thought we would track the on-going costs for businesses. These would include costs such as:

- Interac rates
- Registration fees & licenses
- Website maintenance

2-1-1: It works ... if we do our part

We now have to dial 902 before every phone number. Apparently we were running out of numbers. There are a few short numbers that are permanently reserved and will never require you to dial 902. Some you know well, like 911 and 411, but some are recent additions and have not been widely promoted.

Here is a list of the 3-digit numbers reserved by the CRTC that we should all be aware of:

- 911 - Emergency services
- 811 - Non-emergency health information
- 511 - Road conditions
- 411 - Directory assistance
- 211 - Social services

Some communities offer additional numbers. For example, Halifax uses 311 to connect callers with information about HRM's government services.

While most of the 3-digit numbers provide all residents with the same service, 211 is an exception.

Trail. After hours, on weekends and in summer time The Scholar Ship will provide revenue and work opportunities. Already, we have some funding agencies and sources interested. This brings the conversation back to the bottom line. Money.

Is it do-able? Can we keep our school open by creating our HUB model, one the board will approve, encourage and work with us on? Well, we will try our very best. We will go after and exhaust every source of funding we can find. We will look for donors and partners. We know there are board members who support River John School and those who believe that some small rural schools must and can stay open.

Our vision is excellent and clear; our ideas are educationally sound and relevant and forward looking. Our team includes hard-working parents stretching themselves beyond their limits, but we need every parent and everyone in the community to care and engage whenever they can, however they can, to make this Hub a reality. To execute we will need fundraising strategy and proof of secured funding--business heads as well as passionate hearts. We will need volunteers. Yes, money, too. Where there's a bill, if there's a will, there's a way.

It feels a little like we are preparing to audition for the television show the Dragon's Den in March. Except there is one big difference—we are not entrepreneurs, we are concerned citizens who do not want our children evicted from our village school. We believe bigger is not always better. The other difference is we are not dealing with Dragons. We elected our school board officials and they get paid to do the best, the very best they can for our children. They are human beings who, like us, must do their best for our children. The Department of Education's parameters have made it clear that it is not just money that counts in evaluating any hub school proposal. There are qualitative factors to consider as well.

We have a good school now and a great plan and we know there are a lot of people interested in helping us make it even better. River John Students Soar!

Letters to the Editor

The views expressed in the Letters section are those of the letter writers and do not necessarily reflect the views of the Pioneer or the River John Community Action Society. We encourage constructive and courteous debate of issues. Letters should not exceed 200 words.

On September 3 Nova Scotia Energy Minister Andrew Younger announced a legislated ban on fracking or High Volume Hydraulic Fracturing (HVHF) in shale gas deposits. Opponents of fracking are pleased that education and organization have achieved this result and hope that talk of shale gas development is finished.

There is concern that coal bed methane (CBM) development is allowed to go ahead. East Coast Energy has drilled two exploratory wells near Stellarton and wants to go ahead. CBM usually requires processes similar to HVHF to extract the gas.

To celebrate the shale gas ban, a solid gain, but realize the struggle to protect Pictou county and beyond from industrialization is not over yet.

Joel Rogers
River John

Seafoam goes to Nunavut!

On a recent teaching expedition to Nunavut, River John resident and author Sheree Fitch brought a little piece of BOK1NO to share with students. Here is Maria Angnakuluk Friesen with her gift of lavender from Seafoam Lavender Farm.



There aren't many lavender farms in Nunavut, where the temperatures in July range from 4°C to a high of 12°C

Serendipity

There's still time to buy your clothes locally! Serendipity, a women's clothing store of new and previously loved fashions opened in the summer of 2013. Located on 2727 River John Station Road, Brenda Payne, owner and operator, indicated that she "always wanted to open a store that would provide high quality women's clothes at a reasonable price."

As a Cape John 'cottage' for 24 years, Brenda chose to set up shop in River John to support business development in this "wonderful community." She has been so impressed with meeting such interesting and talented women of River John and surrounding communities. Serendipity closes for the season in October, so hurry up and get those fall wardrobe additions. Serendipity is open from Thursday-Saturday (1-5).

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Westville... 396-5022

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Feedback from last issue

The editorial board of the Pioneer would like to thank readers for their feedback. What we heard from readers of our first issue was that:

- The pictures we used were too small; and
- Many readers, particularly those with family living outside BOK1NO, would like to access the paper online.

We just wanted to let you know your feedback did not fall on deaf ears. We have increased the size of the pictures and we are getting support from the Pictou-Antigonish Regional Library to have an online version of the paper.

Please continue providing us with constructive criticism and ideas for future editions.

Next issue

The Winter Issue of the Pioneer comes out December 3. Think Christmas. We need all submissions by November 16.

We will continue the work on the community asset map. We will be asking questions about the available supports for daycare, transit, literacy, early childhood education, mental health and nutrition. If you provide supports to the community or know of a gap that needs to be addressed, please let us know.

We are also organizing a beer and wine tasting fund raising event for the winter. Should be lots of fun. Raise your arm if you'd like to bend an elbow for a good cause! Details in the next issue.

Finally, we are always interested in book and movie reviews.

Crossword prize winners

The Pioneer's rules call for the prize to be awarded to the first correctly answered puzzle received in our post office box. In our last issue one of the clues was: "Original bridge over River John". We were looking for the answer: "Wooden". The first letter we opened was completely correct, except it answered that clue: "Bailey". We originally rejected it and opened other letters until we found our winner. However, "Bailey" is also correct. It is a type of truss bridge and it was the type used over the River John. It was also wooden. So we had two winners. Congratulations to Marie Langille and Sheilah Wilson. Both received copies of Linda Little's latest book, Grist. The prize for this issue is the CD "I am a lot like you" by Addison Locke, Nova Scotia singer, songwriter, resident of Marshville and the Pioneer's new music columnist.



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Win Friends and Influence People!

"How to Win Friends and Influence People" is one of the first best-selling self-help books ever published. Written by Dale Carnegie and first published in 1936, it has sold 15 million copies world-wide.

I never read the book, but I've always loved the title. When I was asked to do an article on Festival Days, and what it was like to be a part of the Committee for the last three years, "winning friends and influencing people" was the first thing I thought of.

When my wife and I came to River John to live full-time, the only person we knew was our real estate agent, Cathy Covey. Now three-and-a-half years later we truly feel like we are a part of this community. It was being a part of the River John Festival Days that helped us make this transition.

I just scrolled through this year's Festival Days Facebook site and, to see the smiling faces of all the



people I now know and the events that I helped to make happen, it almost brings tears to my eyes.

We did 50 events in six days. We fed people breakfasts, strawberry tea, lunch, hot dogs, snacks, cupcakes and lobster. We played guitars and sang, fiddled and jammed at the Sheep Farm and United Church.

We entertained hundreds at the Lobster Crate Run, Drive-in Theatre, Fireworks, Community Picnic, Washer Toss, Trivia Night.....50 events!

So...you want to know how to "win friends and influence people" without reading a book about it? Join the Committee that will organize the 30th Anniversary of the River John Festival Days.

Chris Giles

Everyone Welcome

For anyone who is new to the area, there are many options for getting to know the "locals." As well as attending one of the churches, or joining one of the service clubs, you might like to make new friends at one of the local social gatherings, a few of which are: Monday and Wednesday mornings at 9 am there is an exercise class at the school (when school is open); Wednesday morning 10-11 am there is the Coffee Club at St. George's Church hall; and if you like knitting or crocheting, there is a get-together of needle crafters at the Library Friday mornings 10-11 am. Everyone is welcome.

If you enjoyed the Summer of 2014 ...

smile!



Film festival on-track

Stuart Cresswell of Simple Films in River John provided an update to the Pioneer in late August. According to Stuart, plans for the festival are going well. He has obtained the backing of corporate sponsors and he has secured support from the Municipality of Pictou County as well as the River John Community Action Society. There are opportunities for local businesses who want to get involved. Because of the international nature of the festival, he is expecting that a good portion of the festival audience will be from outside the area, so everyone involved in the tourism and accommodation industry will probably want to make contact with Stuart.

The community can help in a number of ways: sponsorship, volunteering for events and billeting visitors. Getting the whole community dressed up to welcome international visitors will be exciting in its own right. Those responsible for community halls or venues (large or small) that could be used to show films should send an email to info@simple-films.com. You can add yourself to a list of supporters who want to be kept informed.

To start, Stuart is encouraging everyone to visit the festival's facebook page (www.facebook.com/SunriseFilmFestival) and "Like" it. This will help raise the profile of the page and attract more people to the North Shore for the festival. You can also visit the festival's website (www.sunrisefilmfestival.com).

Our hospitals

The latest data from Department of Health and Wellness (June 2014) shows that healthcare workers in Pictou County are among the leaders in the province in terms of their handwashing behaviour. 86% of our healthcare workers washed their hands prior to having contact with patients. The provincial average was 74%. In Colchester East Hants, the figure was 67%. The lowest rate of hand washing prior to patient contact was at the IWK Health Centre (57%). The only health authority with a higher rate than Pictou was the Guysborough Antigonish Strait (93%).

Handwashing is considered a key measure in preventing the spread of illness and in improving patient outcomes.

Come to River John on a Sunday.
Sundays are Market days.



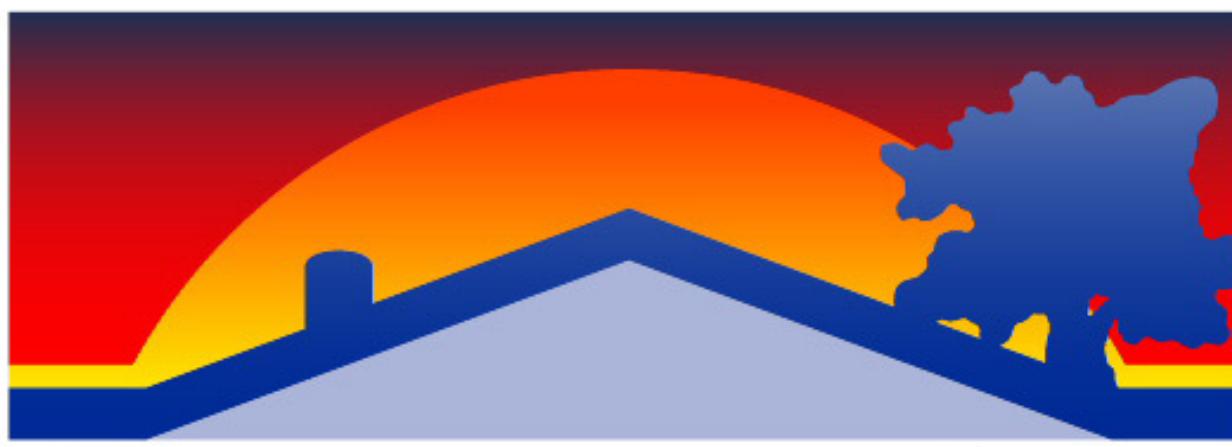
10 am - 2 pm Every Sunday
From June to September

Christmas Market
November 23

1389 Louisville Road River John, NS

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Our Farmer's Market

Come to River John on a Sunday.
Sundays are Market days.

River John
Sunday Market



10 am - 2 pm Every Sunday
From June to September

Christmas Market
November 23

1389 Louisville Road River John, NS

902.351.2889

www.lismoresheepfarmwoolshop.com



Over 50,000 years of experience ... that's COOL!

There are approximately 1,500 readers of the Pioneer. The average age of our readers is 45. That means that as a community we have 67,500 years of experience. Some of us have worked in the fisheries for over 30 years. Some of us are retired geologists, historians or soldiers. We are surrounded by experienced bakers, mechanics, stone masons, municipal planners, artists and nurses. There are members of the community who have lived in other areas of the world and have a different perspective to share. Why don't we have an opportunity to learn from each other?

The Nova Scotia Community College (NSCC) system does a very good job of training people for entrance into the work force. The NSCC provides di-

plomas in a wide variety of fields and helps graduate the qualified workers future industry needs. They also provide courses of interest. But unless those courses are offered locally, they can be an expense and can be a transportation challenge to attend.

The Pioneer would like to see if classes can be offered by the community, to the community, within the community. We need your help to do it. To offer classes, we need three things: classrooms, teachers and students. Schools, churches and community halls would be the locations of choice. We need to look inward to find teachers and students. To that end, and in collaboration with the Pictou-Antigonish Regional Library, we would like you to fill out a short 7-ques-

1. What courses would you be interested in taking?

- Art & Design
- Business
- Cooking/Baking
- DIY skills
- Gardening
- Genealogy
- Geography
- Health
- History
- Languages
- Machinery
- Music & Dance
- Nature/Environment
- Photography
- Sciences
- Social media
- Social sciences
- Sports/recreation
- Technology
- Woodlots
- Writing

Other (Please write in the subject):

2. What would you say is a reasonable price to pay for a class you were interested in?

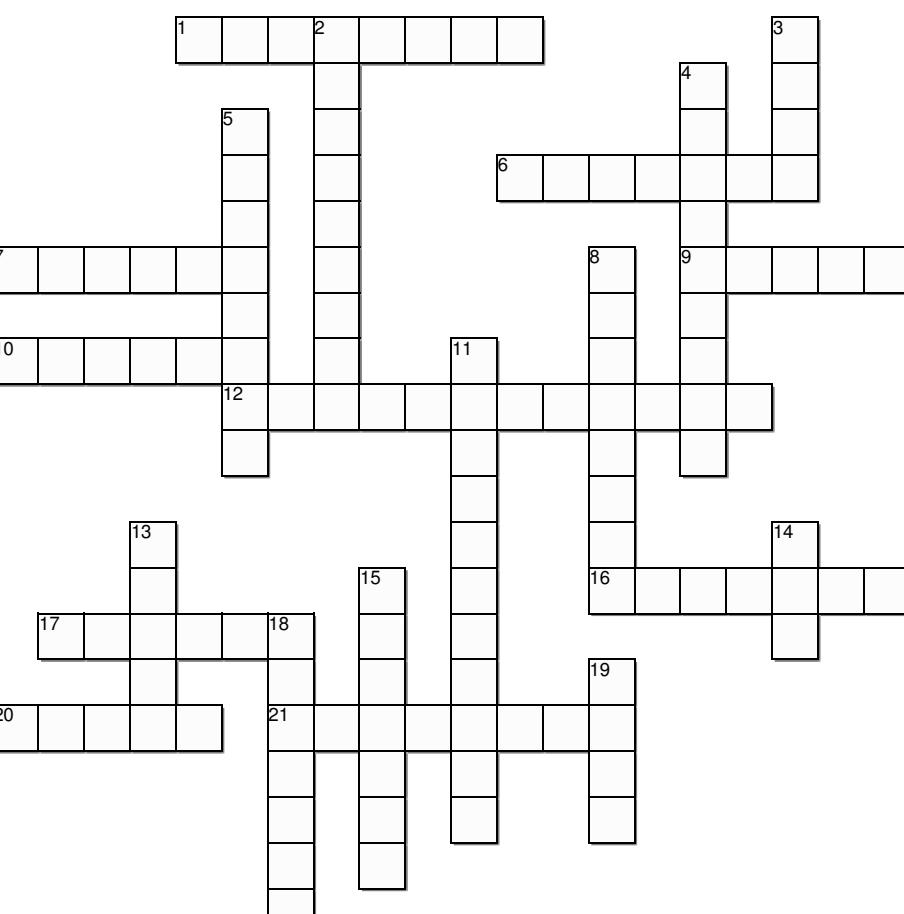
\$ _____

3. If the class you were interested in was offered for that price, would you register?

- Yes
- No

If there is sufficient interest, we will hold a meeting and invite input into how COOL courses should be offered. Locations would be arranged and a course schedule would then be developed and distributed. Please mail back this form to COOL P.O. Box 124 River John.

Fill out the crossword and mail it to The Pioneer, Box 124, River John, B0K 1N0. The first correctly answered puzzle will receive the CD "I am a Lot Like You" by Addison Locke.



Across

- 1. Common bow for hunting
- 6. County Warden
- 7. Memorable spring storm
- 9. Type of plumber's wrench
- 10. Veterans' centre
- 12. A group of alligators
- 16. Ship wreck at MacAulay's Cove
- 17. Largest island in the Northumberland Strait
- 20. Cape John Road (finally)
- 21. Type of lobster

Down

- 2. One of the 1st families to settle River John
- 3. Second moon in a month
- 4. Nearby First Nation
- 5. The Book of Negroes' author: _____ Hill
- 8. Known as New Lights in 1793
- 11. River John clothing store
- 13. Local musician: Addison _____
- 14. Female elk
- 15. Author of recent report on fracking
- 18. Red sandy beach in Toney River
- 19. NS country music legend Hank _____

Pioneer to start music column



Dear musician friends and friends of musicians. I am thrilled to be part of The Pioneer and the contact person for your musical events. I will be happy to place your music event in your paper.

We have such a wonderful and talented group of music lovers in our community and I can hardly wait to spread the word.

To get your event in the relevant issue of the paper I will need your information three weeks prior to your event and three weeks prior to the release of the next issue of The Pioneer.

Should you have a regularly scheduled musical event such as publicly attended musician 'jams' or a regularly scheduled variety show, spiritual/ church concert or the like I would be happy to place it in The Pioneer closest to the dates of your event and the appropriate Pioneer circulation periods. Please send the following (emails only please and thank you)

- Date and time of event
- Type of event
- Contact person name and contact information
- Ticket availability, price, seating or limitations
- Alternate date if event is postponed

Addison Locke
Silvercal@ns.sympatico.ca

River John Historical Society

We organized in 1987 to preserve and share our local history and are getting active again after a slow-down of a few years, although we have always had a summer student hired to look after our display and answer queries from visitors. This spring we reorganized and held several quite informative meetings, including a teaching session on internet use for genealogical research and a visit to the truly amazing Historical Centre display at Creamery Square in Tatamagouche.

On July 24 we had the well-known genealogist Terry Punch come here and give a talk on the background of the Montbeliard Immigrants who came to Nova Scotia in 1749-52, some of whom were the founders of the community of River John.

Dr. Punch was "blown away" by the large crowd, with over 70 people present, and was also pleased to have sold all the copies that he brought with him of his recent book on the Montbeliard Immigrants. As organizers of the event we were pleased also.

The River John and Area Historical Society welcomes new members and new ideas as we want only to get bigger and better. Our next meet is on October 21.

If anyone wishes a copy of Montbeliard Immigrants contact this writer by October 15th and I will request them directly from Dr. Punch.

If the person who left a blue jacket at the school July 24 will contact me (902-351-2076), I will arrange its return.

Submitted by
Doug White

Nova Scotia wines: Tidal Bay

Tidal Bay is Nova Scotia's new appellation style wine. What's an appellation you ask? It's not a mountainous region in eastern North America...as in "Appalachian". No, an appellation is defined as a geographical name (as of a region, village, or vineyard) under which a winegrower is authorized to identify and market wine. This is how most European wines are labeled. Chianti, Chateauneuf-du-papes, Chablis, Beaujolais, Valpolicella, even Champagne are all appellations. These wines are defined by regions (not grapes) and are recognized as the representation of the wines of those areas. In most cases they are made from blends of several grapes, and Tidal Bay is no different.

The purpose of creating Tidal Bay was to have a wine on the market that could best say to the rest of the world, "This is representative of the style of white wine to be found in Nova Scotia. Crisp, dry-ish,

with bright minerality and wonderful acidity, excellent when matched with seafood and as fresh as the breezes blowing off our shores."

There have been three vintages released thus far and the future of Tidal Bay looks good indeed, as can be said for the whole of our local wine industry.

Craig Campbell is a certified sommelier and is Retail Manager at Gaspereau Winery. He has agreed to help us shake off the winter blahs in February when he comes to River John to put on a wine and beer tasting event. Almost makes you look forward to February!

Although most of the wineries in NS make a Tidal Bay, there are slight variances in each. Rules and standards governing the making of Tidal Bay do allow for winemakers to express themselves through their own blends as long as they are made within the framework of the standards and have been given a passing grade by a panel of professional tasters.

There are ten Tidal Bays on the market and I would encourage you to try them out, not least of which is the Gaspereau Vineyards Tidal Bay which has won the Atlantic Canadian Wine Awards Gold Medal for the Tidal Bay category each of the last two years.

You'll be amazed at how well it pairs with a variety of local seafood and cheese. Until next time, Cheers or if you prefer Slainte!



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HOURS OF OPERATION Monday - Friday 8 a.m. - 9 p.m. Saturday 8 a.m. - 6 p.m.; Sunday 10 a.m. - 4 p.m.

Free writing workshops



Chris Benjamin is a freelance journalist and the author of several award winning books. Thanks to the Pictou-Antigonish Regional Library, Chris is also this year's Writer-in-Residence. That means he is available to help the aspiring writers among us.

If you are a writer, and have a manuscript that you'd like to have him review, contact Holly at Regional Library HQ to arrange a mentoring appointment at 902-755-6031, or toll-free 866-779-7761.

Chris is also offering free writing workshops across the regional library's locations. The following workshops will be offered:

Historical research – where and how to begin
Tuesday, October 14, 6:00pm – 7:30pm

Pitch the Publisher
Tuesday, October 28, 6:00pm – 7:30pm

River John Library: The Business of Freelance Journalism
Tuesday, November 4, 6:15pm – 7:30pm

The Art of Short Story Writing
Tuesday, November 18, 6:15pm – 7:30pm

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TERRY PUNCH

We need drivers to help with Meals on Wheels. Doesn't take long and would mean the world of difference to a neighbour. Contact Joanne at 902-351-2143 or email: bellwilk@hotmail.ca

Terry Punch was a big hit at Festival Days and his book, "Montbeliard Immigration to Nova Scotia" sold out. The River John Historical Society is placing an additional order. You have until October 15 to get your order in. Call Doug at 902-351-2076

To our advertisers ... Thank you for your support.

Because we are a non-profit publication with a volunteer board, we can provide an affordable and effective way to reach all residents and businesses in BOK 1N0. We work with smaller businesses to help them grow.

Let us know how we can help and we will.

Sadie Craig, Grandmother of River John

*Having some place to go is home.
Having someone to love is family.
To have both is a blessing.*



Grammie Rolls

(Sadie Craig's White Rolls)

- 3 cups water
- 1/2 cup white sugar
- 1/3 cup vegetable oil
- 1-1/2 tsp salt
- 2 pkg or 2 Tbsp. quick rising dry yeast
- 8 cups all-purpose flour
- 2 eggs

Method:

In saucepan, heat water, sugar, oil and salt until 125F or until hand can remain on the side of saucepan for no longer than five seconds.

In a large bowl, mix yeast with 1/2 the flour, stir in hot liquid.

Beat in eggs, one at a time. Add enough of the remaining flour to make soft dough. Turn out on floured board and knead five minutes. Place in a greased bowl, turning to grease all over; cover with plastic wrap and a towel.

Let rise in a warm place for 15 minutes. Punch down.

With greased hands, shape dough into 2-inch balls to make 48, divide between 2 greased 13 x 9 pans (I have one 13x9 and one 9x9, fit in all 48 just fine.) Cover with plastic wrap and towel again. Let rise for one hour.

Bake in 350 degree oven for 15-20 minutes or until golden brown.

Rotate pans 1/2 way through baking. Let cool in pans for five minutes.

Then turn out onto a rack to finish cooling.

**"If they get a chance to cool ...
My family starts as soon as they
come out of the oven."**

Sadie

These words are beautifully cross-stitched in a frame that hangs on Sadie Craig's dining room wall. "To have both IS a blessing," she reiterates. You can hear gratitude in her voice. "I have it all," she says modestly. Indeed. Sadie has seven children, fourteen grandchildren, eighteen great-grandchildren and one great-great-grandson and still lives in the home she raised her children in. Her eyes are as blue as the sweater she's wearing and when asked for a River John memory she says she still remembers well "the days before cars."

"When I was a child we came to River John by horse and wagon or horse and sleigh in the winter. That was what we'd do. We crossed the ice to the wharf and tied the horses. There were stores on both sides of the streets back then and a hat shop too. Besie Henderson's hat shop."

Born in Cape John on March 28th, 1923, Sara Elliott MacGregor was one of seven children and attended the Cape's one-room schoolhouse. She married in 1939 and along with raising her family, she was a bookkeeper for her husband. She was the first female elder in Salem United Church but said her reaction when she was first asked to the position was, "Oh, I'm not elder material." Her reservations may have been

due to her modesty because she served as an elder for forty years! Sadie also knows the exact date she joined the Rebekah Lodge the tenth of March, 1944. In 1995, she received the Decoration of Chivalry for her years of service in the sisterhood and her community.

For Sadie, no matter what's going on in the community, whatever church supper or function is happening, you go--- to support the community. Sadie's always been on the go doing just that. Loyal to River John, she says the possibility of River John school closing gets her riled up. "No school, no community," she says. "It's that simple. The school is the heart of the community."

When asked for some elderly wisdom, and reflections on River John, she grows thoughtful. "Life's not roses all the time," she says, "but River John is a village of friends. We are friendly and we help each other. And River John is beautiful, too. Even in winter. The moon over the river is really beautiful."

She enjoys a good cup of tea; loves to knit and her rolls are pretty famous. For those of us lucky enough to find out, she gives the best kind of hug—the kind a loving grandmother gives. She's well known for those hugs, too.

Welcoming the new Rector

The congregation at St John the Baptist Anglican Church welcomed their new Rector on August 17 with a celebration of Holy Communion.

Originally from Muskoka in Ontario and now living in Denmark, Rev. Nicole Uzans recently served as a curate in Wolfville. She is a 2013 graduate of the Atlantic School of Theology in Halifax, with previous degrees in fine arts and theology. Rev. Uzans has lived in Ottawa and England, and has spent the past six years in Nova Scotia.

As priest in the Anglican Parish of Northumberland, of which St John's is one of five churches, Rev. Uzans holds a three-quarter time position.

The other churches in the parish are Holy Trinity at Middleton Corner, St. Andrews in Wallace, St. George's in Pugwash and All Souls in Oxford.

On July 26 Rev. Uzans married Rev. Penny Nelson, the minister of the Tatamagouche United Church charge, which includes points in Brule, Tatamagouche and Bayhead.

St. John the Baptist Anglican church services are usually – but not always – at 11 a.m. on Sundays. Times are posted weekly on the sign outside the church and on the Anglican Parish of Northumberland Facebook page.

Anyone with pastoral needs may reach Rev. Uzans at 657-2037 or nicole.uzans@gmail.com.



Rev. Nicole Uzans, left, is welcomed to her new position as Rector at St. John the Baptist Anglican Church by parishioners including Aggie MacLellan.

Another Pioneer Contest



Hate crossword puzzles, but still like prizes? Then this contest is for you. Be the first to name all three of these "characters" who raised a whack of cash for the Fire Department and win a copy of Terry Punch's book, "Montbeliard Immigration to Nova Scotia"

Send your answers to Crazy People, Box 124, River John. You know the postal code.

Old fashioned hymn sing!

Reserve October 5th at 7:00pm for an old fashioned community hymn sing at St. George's. Hymn requests from the congregation, as well as some special music, will be enjoyed. Freewill offering will be taken for mission projects of St. George's A.M.S. Refreshments will follow in the church hall. Come and bring your friends and your singing voices.