



Summer 2016

Sunny days ahead for Nature's Nook & Kranny

There's a new gardening centre in the area. Well, it's not technically new. Nature's Nook & Kranny opened last spring in West Branch, just a short way East on Hwy 256 toward Scotsburn, but it took a full gardening season for the good word to make it to River John.

The Nook & Kranny is run by Patsy Chapman and her husband Randy. The Pioneer caught up with them on June 25, a beautiful sunny day, a busy day for a nursery.

Patsy gave us a tour of the greenhouses as she discussed her background in horticulture. She started her education at Kingstec Community College in Kentville with Ornamental Horticulture in 1988. She went to West River Greenhouses for her work program and continued to stay for a total of 19 years.

While at West River she decided to further her education and enrolled in a two-year Plant Science diploma program. She worked on the grounds where she enrolled as well at Plant Science Greenhouses.

Mammy's Pizza celebrates 30 years

30 years ago Marilyn Heighton decided to open a pizza shop in River John. When everything was in place the building was put up by her husband Keith, Gene Cowling and Wayne Patriquin. The oven that is still used today had to be put in and the walls built around it. She had a lot of input from her good friend Velvet Langille, who helped with the recipes and menu items. Her mother Kay Munro left her job at the ice cream hut in the village to come work with her and her sister Sandra was enlisted as bookkeeper and in later years took on baking the delicious sub buns. On June 27, 1986, Mammy's opened its doors. At the time, Marilyn's daughter Erica was 2 years old. Her terms of endearment for her two grandmothers were Mammy Kay and Mammy Jean, thus the name Mammy's Pizza. Two years later, Marilyn's sister-in-law, Linda Munro began her pizza-making career. In 1990, after the passing of her husband Ralph, Mammy Jean joined the pizza-making team, where she stayed helping out until she was 93 years old! Over the years there were other part-time workers and contributors, which included sister-in-law Faye Jefferson, Sharon Wilson, Tanya Moser and nieces Jill and Randi Munro. At the end of the 29th year Marilyn and Linda decided to hang up their aprons, passing them on to Erica, and Linda's niece Donna Cormier, with Jill helping out again this year as needed. Marilyn is both pleased and proud to have Erica at the helm this year. She would like to thank the community for their support over the last 29 years, and hopes they continue to support the next generation.

From 2009 to 2014, Patsy ran the garden centre for Central Building Supplies. With almost 30 years of education and work experience, she and her husband Randy were ready to take the roses by the thorns. They started looking for a second hand cheap greenhouse and stumbled upon a 50' section of hoops and the building started.

Last year they opened as Nature's Nook & Kranny. They have received tremendous support from local

gardeners in the area and have added a new greenhouse to help fill a contract to grow hanging baskets for the town of New Glasgow.

They have a range of perennials, annuals, herbs and vegetable transplants. They also have a wealth of knowledge that they're only too happy to share.

When asked about their future plans, Patsy hinted that she and Randy were planning a major expansion this fall.



Clothes and battery recycling

If you have old clothes that you're planning on getting rid of, consider recycling them. Simpson's in River John has two drop boxes for recycling clothes. The drop boxes are located on Simpson's lot right next to the bridge in the village. To recycle batteries, you have to go inside during Simpson's store hours.

Birth

Announcements

Sam & Margaret Cripps are pleased to announce the arrival of their twin boys William Ernest 3lbs 1oz and George Roderick 3lbs 11oz on June 10 at the IWK in Halifax. Proud grandparents are David & Mary Beth Sutherland of River John and Matthew & Naomi Cripps of Middleton. They would also like to thank everyone for their prayers, well wishes and gifts.

Mental health support

People with mental health concerns can call Mental Health and Addictions in Pictou County at 902-755-1288. A referral from a family doctor is not needed to access these services.

- If people have a mental health issue, they can call the provincial 24/7 mental health crisis line at 1-888-429-8167. This line sends caller information to the Pictou County Mental Health crisis response team for local follow up. Language interpretation services are available through this line.
- People can call 211 or go to www.ns.211.ca for access to a network of over 4000 community and social services provided by government and the not for profit sector. 211 is available 24/7, in English and French, for the hearing impaired with interpretation services available in over 100 languages. 211 will help navigate but not deal with crisis calls.
- People can call 811 to speak with a registered nurse for health care advice.
- If people need emergency health services, they should call 911 or go to the nearest emergency department.

The seven beaches of River John

“The three great elemental sounds in nature are the sound of rain, the sound of wind in a primeval wood, and the sound of outer ocean on a beach.

Henry Beston.

I realize that the locals probably know about these beaches, but for the benefit of summer residents and visitors, I thought it might be useful to give a little information here about each.

First, a few little do’s and don’ts. Please remember that there are no washroom facilities on any of these beaches, so time your visits with that in mind. There is also no garbage pickup, so be sure to pack it out with you. Speaking as a local, I certainly don’t mind sharing these beaches, but I do appreciate help from visitors in keeping them nice. With that in mind, please pick up, not only your own garbage, but a little more that someone else forgot. Please stay off the banks. They are very fragile, and we need to protect them from erosion. There are no lifeguards on any of the beaches so use at your own risk. Do not cross private property to gain access. Do not remove any living organisms. Remember, this is their home. Have a look, or take a picture and return them there. Dogs love beaches, but remember that when you are sharing the beach with others, keep Fido on the leash. If puppy poops, please clean it up, not bury it! Finally, please remember to park well off the road. Enjoy! The beaches are listed below in order of their locations down the Cape John Road from Meh’s Esso, first the beaches on the West then those on the East.

Murphy Beach: access is down Murphy Road. Parking at the end of the road is limited. The beach is for everyone’s use, but please respect the privacy of campers at Reid’s Cottages and RV Park on the left. There are great sand flats to walk on at low tide, although avoid swimming at the edge, due to the deep and rapidly moving river channel.

Pretty’s Beach (We call it Jilly’s) Access is at times difficult. Quite shallow, nice sand flats at low tide.

Mitton’s Beach (Salisbury Bight) Limited parking. Sandy gravelly bottom. It may look like you can launch from here but be aware that many people get stuck in the soft sand. Better to go to the end of the Cape and launch there.

Cape Beach at the end of the Cape Road. Please do not block fishermen or boaters from the ramp. There are picnic tables and a nice set of stairs to the beach. Many people collect beach glass here. Do not attempt to go around the end of the Cape on the beach unless you are well informed about tides. A high tide can cut you off and a night on the beach is not always what’s it’s cracked up to be.

Meg’s Beach, take Cove Road on the left as you return from the end of the Cape. It is a rough road and after a rain may require four-wheel drive. There is a parking area provided. Please do not park on the beach access road or on the beach. Great place for a long walk.

Skinner’s Beach (West Skinner’s) Take New Road on the left and follow this dirt road until it meets the blacktop. Turn left and follow the road to the water. There is plenty of parking. Please do not block fishermen from access. Probably the most popular of the Cape Beaches. Please do not walk directly under the high cliffs, as there are constant falls.

East Skinner’s Beach can be reached by continuing a little further down the paved road, before turning left.

- Chris Giles



Karla MacFarlane, MLA

A free electronic culture pass is now available to anyone with a Nova Scotia library card. The pass can be downloaded onto a smartphone or tablet and allows the borrower free entry to any of Nova Scotia’s museums. The pass can be used as many times as the borrower wishes during the lending period. For more information, please visit:

<http://museum.novascotia.ca/culturepass>

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Ronald Baillie, Warden

County of Pictou

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

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SEAN FRASER, MP
CENTRAL NOVA

HERE TO HELP

RIVER JOHN

(902) 752-0226
Sean.Fraser@parl.gc.ca

Amalgamation follow up

After a spirited debate of the pros and cons of amalgamation, the plebiscite showed that the majority of the residents of the Municipality of Pictou County (66%) opposed the idea of merging with the Towns of New Glasgow, Pictou and Stellarton. The vote was not binding on the County’s councillors, but recognizing the clarity of the plebiscite result, the councillors voted 14-0 to withdraw from the Memorandum of Understanding. The Pioneer thanks both sides in the debate for helping to inform the residents.

Community Health Boards

The Pictou West and the North Shore Community Health boards both require representation from the River John area. River John is one of the few communities in the province to be served by two health boards. Community health boards help communicate local needs to the larger health authority. They also help keep local communities aware of health authority plans and initiatives. If you would like to get involved please contact:

North Shore CHB (Lorinda Brinkhurst: 902-957-1088)
Pictou West CHB (Martin Fisher: 902-752-7600 ext 3875)

#HERETOHELP



This summer, we're bringing the constituency office to you!

Our team will be hosting a series of traveling constituency clinics throughout the riding. Appointments are on a first-come, first-served basis and each clinic will be followed by a Town Hall Community Conversation in the evening.

For more information, to request translation or sign language services, or to submit a question to be asked in your absence, please contact our office:

(902) 752-0226 / sean.fraser@parl.gc.ca **SEANFRASER, MP**

SCHEDULE

Clinics - 11:00am - 6:00pm **Town Hall** - 6:00pm - 7:30pm

JULY

- 7** **SCOTSBURN** - Scotsburn Fire Hall
- 14** **RIVER JOHN** - HUB
- 21** **SHEET HARBOUR** - Eastern Shore Wildlife Association
- 28** **MUSQUODOBOIT HARBOUR** - Eastern Shore Community Centre

AUG

- 3** **PICTOU LANDING FIRST NATION** - Band Office
- 4** **SHERBROOKE** - District of St. Mary's Lions Club
- 10** **LISMORE** - Lismore Community Centre
- 11** **MOSER RIVER** - Moser River Community Hall
- 18** **MURPHY'S COVE/SHIP HARBOUR** - Ship Harbour Community Centre
- 24** **PICTOU COUNTY** - Pictou County Wellness Centre - **TOWN HALL ONLY**
- 25** **MIDDLE MUSQUODOBOIT** - Bicentennial Theatre
- 31** **ANTIGONISH** - St. James United Church - **TOWN HALL ONLY**

SEPT

- 13** **NSCC** - NSCC Cafeteria, Stellarton
- 16** **StFX** - Gerald Schwartz Auditorium

seanfrasermp.ca

Town Hall Meeting July 14 in River John

The Town Hall Community meetings will run from 6:00-7:30pm in each location and will begin with opening remarks from Fraser, followed by an open Q&A forum. A summary of the questions, answers and discussions will be captured at each meeting, and posted on Sean's website www.seanfrasermp.ca within one week of the event taking place.

Fraser says that those unable to attend the clinics or sessions are welcome to contact the office as they normally would.

"These clinics and town halls are really intended to ensure that we're providing direct access in outlying communities throughout the riding. For the town halls specifically, we're looking forward to inviting participation in an open dialogue about what matters most to the people of Central Nova."

For those unable to attend but who wish to submit questions to be asked at meetings, or those requiring translation or sign language services are encouraged to contact the office at sean.fraser@parl.gc.ca or by calling 1-844-641-5886.

The travelling clinics and Town Hall Community Sessions will be in addition to the three Town Hall meetings that Fraser will be hosting on the topics of Climate Change and Electoral Reform. Plans are currently being finalized, and will be shared by the office once completed.

During the travelling clinic days, the New Glasgow office will remain open and the team will be more than happy to continue to serve constituents from that location in-person, by phone or by email.

The Canadian Foodgrains Bank

The Canadian Foodgrains Bank was founded in 1983 and now has 15 churches and church agencies in partnership representing 30 denominations working together to end world hunger. All the donations that are raised support programs to meet the



immediate food needs by improving nutrition through improved agriculture and the livelihoods of small scale farmers and also achieving sustainable food security. Since its founding, the Foodgrains Bank has raised over \$700 million in assistance in 78 countries, this includes over 1.1 million tonnes of food and seeds.

River John and Area decided to do our part to help contribute to ending food hunger and malnutrition, so on the evening of June 5th, Salem United Church acted as host for a special song service to raise awareness and financial aid for the Canadian Foodgrains Bank. The theme was "Spring into Song – Singing to End Hunger" and "The Village Sings" choir under the leadership of Cathe MacLean and Faye Jefferson led the service of song with each of the clergy from the River John churches participating. The money raised at this service will be matched threefold by the Canadian Government. We raised \$677.00 at the service and with the Federal Government contribution it was a very successful evening. Only two areas in Nova Scotia took up the challenge to raise funds for the Foodgrains Bank and they were both in Pictou County; River John and Scotsburn, well done. If you would like to know more about the Canadian Foodgrains Bank, you can go to the website foodgrainsbank.ca.

The Canadian Foodgrains Bank will hold another fundraising event, the Harvest 4 Hunger NS Picnic at the Masstown Market on Aug. 28th at the Masstown Corn Maze. On this date there will be an Ecumenical worship service at 10am., you can buy tickets to join the Select NS Picnic which runs from 11am to 3pm, the regular admission to the maze activities will be waived and individuals can give a monetary donation to the Canadian Foodgrains Bank instead. Plans are underway for this event now, so watch and listen in the media for more information.

River John Community Co-coordinator

Joanne Wilkins

Joanne Wilkins’s eyes light up when she talks about her family and her community.

Wife to Daniel, mother of three, grandmother of five, she’s called River John home for 37 years. For the past eleven years, she’s been River John’s Community Co-ordinator. This means a lot of work, a lot of paper and a lot of people. Her duties are many and varied with much behind-the-scenes work. She co-ordinates activities, oversees a newsletter of events, goes looking for new sources of money to help keep our small rural community healthy and strong.

It’s not always easy. She applies for grants for five different organizations: River John Recreation, River John Legion Branch 108, River John Lyons Club, Friends of the River John Library and River John Community Action Society. In other words, she’s often the go-to-gal to help get a lot of things done. Joanne says both Bonnie Murray and Ronnie Bailie have been invaluable helping guide her through mountains of red tape and she’s grateful for that guidance and support.

Joanne assisted the River John SOS committee as they created their place-based and play-based educational H.U.B. proposal that came so close to keeping the school open. She supervised the successful winter workshop series and participated in every flea market and dance and more. Like almost everyone in River John, Joanne felt the tie vote at the school board office was a heart-breaking outcome. As she points out in her straight forward way, however, as long as the School Board was “only looking at numbers and asking for dollars,” she was not surprised. “They’d been planning on closing River John school for a long time.”

Although River John is a community with many eager volunteers, Joanne still wishes more young people would get involved in activities—“we need the energy of youth” and she’s always glad to see their participation.

Every summer she gets a chance to encourage this kind of community engagement in River John’s youth when her responsibilities and duties are hands on. Part boss and part mentor, she supervises the students who are often coming to a workplace experience for the first time.

With Joanne they learn punctuality, manners, how appearance and attitude matter when in the public eye -- as well as how to take pride in whatever task is at hand -- from park and garden maintenance to the safety measures and responsibility of running Day



Camp which now operates four days a week.

“The students take CPR, first aid and leadership training and learn on the job,” she says, then laughs a little. “I expect a smile on their face and to see them standing up straight when they show up for work.”

This year there are fourteen lucky students in her charge and she’ll have an assistant -- a former summer student. They’ll have beach days, attend PARL reading club, crafts and who knows what else?

Last year’s highlight? “Taking 39 children spanning in age from 3-12 for a day trip to Shining Waters in PEI!” This kind of opportunity for children of River John or those just visiting is what summer memories are made of.

Joanne’s work with Meals on Wheels is something she’s especially passionate about. “I love my seniors,” she says, the tenderness in her voice makes this obvious. She oversees the delivery of 25 meals every Monday from March to October. This work makes her realize there are people in our community who just need someone to talk to sometimes. “I’d love to see some sort of community visitation program with people who might be willing to just pop in and have a cup of tea with some of our elderly.”

When asked about River John’s future, Joanne notes that there are many newcomers and she hopes that some sort of H.U.B. will continue in River John because “we need our exercise space and preschool and after school and yes some kind of community resource centre, but whatever happens to the building-- it has to make economic sense.”

A building does not make community -- people do. Joanne Wilkins is one of the many people that help make this village and its community members River John Strong and Pictou County Proud.

- Sheree Fitch



The theme for Read by the Sea 2016 - “Past and Perilous” reflects historical and risk-taking aspects of the literary works by the 2016 featured authors: novelist Jennifer Robson, historian James Laxer, poet Susan Paddon and 2010 Governor-General’s Award winner Kim Thuy. However, this theme does not predict the relaxed atmosphere of the July 9 literary festival in River John. Read by the Sea is characterized by sunhats, lawn chairs, good music and a bevy of Canada’s finest authors reading from their books, sharing their ideas, and signing copies for their fans. Nothing perilous there! And the only thing past may be the tense used by the authors. Just like the past 16 events, Read by the Sea 2016 charges no admission and is held at the River John Legion’s memorial garden. The rain venue is River John Fire Hall. Signage will help audience find the sites, as will questioning friendly residents.

What IS new this year is Pitch the Publisher, hosted by Read by the Sea inside the Legion building, and organized by members of the Atlantic Publishers Marketing Association. Authors of every experience level and every imaginable genre are invited to submit their book proposals to a panel of publishers. (Think of television’s Dragons’ Den.) This is a verbal “pitch” that should take about 60 seconds, and no more than 90 seconds, to present, followed by a response from the panel. Interested authors, please send your proposal in writing, prior to June 18 if possible, to Read by the Sea, c/o Monica Graham, 3387 River John Rd, RR#2 Scotsburn, NS, B0K 1R0 or via the ‘contact us’ feature on our website www.readbythesea.ca. In the event of a great number of entrants, a panel will curate the submissions and choose the most likely candidates to make their “pitches.” Your submission should include your name and contact information along with the synopsis of your writing project. Pitch the Publisher will be open to spectators. It will wrap up in time for the author readings, which begin at 11 a.m. with historian James Laxer.

Laxer will read from his newest book, Staking the Continent, a study of three men whose energy and vision shaped North America in the 1800s – Sir John A. Macdonald, Abraham Lincoln and Jefferson Davis. Jennifer Robson follows Laxer to read from her historical novel, Moonlight Over Paris, the third in a series about the effects of the First World War on a set of individual characters. Author and reporter Joan Baxter will then interview both writers.

Pictou musician John Spyder Macdonald will perform during the lunch break, when patrons can visit the concession stands for food or open their picnic baskets, buy books from the onsite Coles Books (and ask your favorite author to autograph them), and help out with festival expenses by purchasing tees, totes, pens and more, as well as raffle tickets.

After the break, Vietnamese-Quebecoise author Kim Thuy shares excerpts from her latest novel, Man, a poetic account of the risks taken by a refugee to find safety and love. Cape Breton poet Susan Paddon comes next to read from Two Tragedies in 429 Breaths, a set of poems about the perils faced by the author’s mom and by Russian author Anton Chekov. Pictou County’s own Johanna Skibsrud will interview both authors. Then all four authors gather on stage to be interviewed together, with an opportunity for the audience to ask them questions.

The festival wraps up about 3:30 with the prize draw and announcements. For further details, please see www.readbythesea.ca

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Celebrating 30 years!

MAMMY'S PIZZA

Sunrise Trail River John

HOURS OF OPERATION
Thursday and Sunday 4-11
Friday and Saturday 4-12

351-2744

What’s locked up in the Job Bank?

There are three reasons to go to the federal government’s Job Bank site:

- To search the job listings;
- To get information about the job market; or
- To explore various careers.

Job Listings:

The Pioneer visited the Job Bank website this past May to see what was available for River Johnners. We began by looking at what the Job Bank had specifically in River John. There was nothing. So we widened our search. Job Bank divides Nova Scotia into regions, so next we looked up jobs listed in the “North Shore”. There were 225 jobs listed; however, included in the North Shore results were jobs in Antigonish, Brookfield, Guysborough and Stewiacke. Antigonish is on the North Shore and Brookfield is probably on the outer regions of what could be considered the North Shore, but Guysborough and Stewiacke? Someone’s search algorithm needs some tweaking.

It was interesting to see that 33 of those jobs (15%) were posted in the previous 48 hours, which means if you’re looking for a job, you need to check regularly; there are always new ones being posted.

Just over half (52%) of the jobs were permanent positions. There was a mix of skill and knowledge required: 7% Management; 9% requiring a university degree; 29% college/apprenticeships; 30% high school; and 23% on the job training.

When we restricted our search to jobs within an hour’s drive (i.e., Pugwash to Truro to New Glasgow), we found 127 jobs, most of which were in Truro or New Glasgow. While many of the jobs were entry-level and paid minimum wage or a few dollars more, there were some decent opportunities: mechanics, carpenters, accountants, healthcare professionals (all of which paid over \$20/hour). There were two jobs in Tatamagouche. One paid minimum wage, the other paid \$12/hour. The minimum wage in Nova Scotia is \$10.70.

Job seekers can actually set up an account and get job alerts so they don’t miss any opportunities. With an account you can also use the site’s Job Matching tool, which allows you to build a profile and be matched with appropriate employers.

Job Market Trends:

In addition to job listings the Job Bank website also provides information on a region’s average weekly earnings, employment figures and economic news that

could affect employment. We looked at news stories for the North Shore Region of Nova Scotia in May and found three. One news story pertained to a metal fabrication workshop in Halifax to prepare candidates for work in Irving’s Shipyard. Two other stories related to a construction contract for a school board and a Tim Horton’s location hiring 18 staff in July; however both of these were in Baie Comeau, Quebec. Again, this calls in to question the accuracy of the Job Bank database searches.

Careers:

Job Bank also provides two resources for people who are making career decisions. “Explore Careers” allows you to use check boxes to indicate your skills and knowledge areas. Once you have checked all your work related aptitudes, Job Bank searches for careers that match them. It also points out other skills those careers typically require. In addition, Job Bank provides details on wages associated with each career, although employers in Atlantic Canada have questioned how representative Job Bank wages are. The Pioneer was unable to determine whether the wages were based solely on Atlantic Canadian wages; whether they included public and private sector wages; or whether they included unionized wages or not.

Using the “Career Tool” you can also look at specific careers and see what proportion of people who complete educational programs in that field end up with jobs; what the career’s earning potential is; and what proportion of those who have been working in the field would choose the same career again.

The information is extremely valuable for high school students trying to decide what programs to take upon graduation. It is also the type of information that laid-off workers need in order to make a more informed decision.

Overall Assessment of Job Bank:

Job Bank obviously has some problems at a local level. The information it provides is not always relevant and it will never be the only source for job seekers; however, it is one of the best sources of information for people interested in career planning. It can help parents advise their children not only in choosing the most appropriate careers but in how to navigate the educational options that will help them succeed at it.

You can explore Job Bank yourself at:

www.jobbank.gc.ca

Local food for thought

When you’re tired at the end of a long day and wish you didn’t have to make dinner, it’s nice to have options. In River John, Jo Dearing’s, Mammy’s Pizza and Yap’s Place are our options and we are truly fortunate. Many rural communities have pretty poor fare. When it comes to barbeque, Jo Dearing’s literally has no competition, but that doesn’t stop them from setting the bar high. Take the lowly cheeseburger. You simply can’t get a better one. Other places try and fail and generally come in at double the price. Mammy’s makes the best pizza on the north shore. It may have changed hands, but the new hands have a good handle on quality and taste. Want Chinese food? Again, treat yourself to the very best whether it’s for a sit down meal or take out.

When you go to larger communities, good locally owned restaurants struggle against chains. It used to be a community with fewer than 10,000 residents wouldn’t attract fast food chains like McDonald’s and A&W, but smaller chains like Subway have moved in to the Town of Pictou and are now opening in Tatamagouche. Some people view this as adding to their options. That may be true, but it also destabilizes the market for local family restaurants. There is a limited number of people on the north shore with a limited amount of money to spend on a limited number of meals. Those restaurants close to the Subway in Tatamagouche are going to find it more difficult to survive. If you’re a tourist passing through and you’re reading a copy of the Pioneer, know this. On the north shore, you won’t find better food or get better value for money than eating in River John.

- Jo Dearing’s: 902-351-2922
- Mammy’s Pizza: 902-351-2744
- Yap’s Place: 902-351-2515

Unless of course it’s Sunday morning, in which case Lismore Sheep Farm’s Sunday Market is open and serving their own lamb sausages along with Ceilidh coffee from east Earltown and of course fresh local baking.

Hey, just try and start something with me!

My name is Chris Giles. I live on a farm on Cape John year round. I have loved plants my whole life and I would like to encourage you to plant a small vegetable garden this summer.

My very first gardening experience was a pumpkin patch that I tended to at the age of six. I sold my pumpkins door-to-door from my wagon. This early endeavour has evolved over the years into now growing and selling organic veggies at a self-serve stand beside my house. I still consider this as a hobby, although it takes up a good portion of my day in the summer, but I enjoy it!

The big issue, as I see it, is having the time to care for a garden. True, you will need to be present for at least fifteen minutes at least every second day, to ensure that the plants are watered, weeded, staked, protected from insects, and of course, harvested. Now, if you think of your plants as pets, an hour a week is a lot less time than you would spend with “Kitty” or “Rover,” and besides, you get to eat the veggies as a reward for your labour, not so with pets.

What kind of a garden would take 15 minutes every 2 days to take care of...a small one! The number-one mistake that most well-meaning gardeners make is to have a garden too big to handle. Everyone has done it; tilled up a patch of lawn, planted rows of seeds, then watched as MILLIONS of weeds surrounded and choked the life out of your tiny carrots. So, without drawing this out any further, I am going to suggest that you consider gardening this summer in either containers, or mixed along with your flowers, or preparing a square of earth two feet by two feet. That’s four square feet of gardening space, and if you want to know just how much you can grow on something that small, just drop by for a look at my garden this summer. It’s called “square foot gardening” and there’s tons of info on it.

Once planted, something this small is easy to take care of, gives you the (primal?) satisfaction of growing something and rewards you with a taste that is exquisite! For the greatest return on your efforts, may I suggest going with transplants like tomatoes, peppers and herbs. If you want pumpkin or squash or

cucumbers, be prepared to chase them. Beans would be about the easiest seeds to grow. Lettuce, spinach and kale from seed tend to get lost in a small garden.

I hope that I have been a little helpful and encouraging. Please join our Facebook group called River John Gardeners and if you have any questions please feel free to phone me at 902-351-3080, or drop by. Look for follow-up articles in this paper in both the summer and fall editions, where I will hope to share some gardening issues, and remember.....have fun!

Your free public library!

Wireless Hotspots & free public internet access, meeting rooms, local history information & much more!


...Books, eBooks, audiobooks, newspapers, magazines...

Antigonish ... 863-8233
River John ... 351-2599

New Glasgow ... 752-8233
Stellarton ... 755-1638

Pictou ... 485-5021
Trenton ... 752-5181
Westville ... 396-5022

www.parl.ns.ca
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Local dinner theatre a huge success

River John is a community with many talented characters. Earlier in the spring a number of these characters worked hard and tirelessly rehearsing for this year's Annual Dinner Theatre in support of the River John Fire Department. A dedicated Ladies Auxiliary rose to the occasion with a food committee whose members blended their secret spice to create the tastiest lobster salad on the North Shore. The sold out show ran for two nights at the River John Fire Hall



on May 16th and May 19th. The evening was filled with lots of fun and laughter, a perfect choice for a well deserved ladies night out.

The ladies auxiliary to the RJFD have been doing fundraisers like this for the past 37 years; raising \$185,000.00 for the Fire Department not including items purchased for the Fire Hall. The organization started in September 1979 and currently has 15 members and many helpers. The funds are presented to the



Fire Department at their annual banquet in the fall. The Auxiliary has hosted a dinner theatre each year for the past 11 years. Previous to that it held an annual fashion show that was always well attended by the community and surrounding areas. It is a huge commitment that requires dedication from both local talents as well as auxiliary members.. The success experienced by the Dinner Theatres has encouraged the Ladies Auxiliary to continue to entertain each year.



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A well deserved retirement

On Sunday, May 29th, the former staff of River John Consolidated School hosted an Open House to celebrate the retirement of Lewis Wright. Many friends, family members, co-workers and community members came out to celebrate this special man. Speeches were given by former principal, Bill Chisholm, his sister Beulah Wright and his daughter Elizabeth Wright. Lewis was a well-respected employee of the Chignecto Central Regional School Board as bus driver and custodian with the majority of his years spent at former River John Consolidated School. We want to wish him well in his retirement!



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Festival Days 20

FRIDAY, JULY 22

6 pm Ball Tournament at the Ball Field, contact Jay Reid for more details

SATURDAY, JULY 23

9 am – dark Ball Tournament at the Ball Field cont'd

12 pm Lobster Dinner at the Fire Hall

SUNDAY, JULY 24

9 am Ball Tournament at the Ball Field cont'd

10 am – 3 pm Lismore Sheep Farm Festival Day, Farmer's Market, Wagon Rides, BBQ, Wool Demonstration

11 am Church Service at Salem United Church

12 pm Festival Lunch at the Firehall (\$5)

2 pm Tug of War Weigh-in at the Ball Field

4 pm Al Tuck & Thomas McCallum in concert at St. John's Anglican Church. Admission \$10

6 pm Children's Parade & Family BBQ at the Lion's Club Playground; Categories: Storybook Characters, Cartoon Characters & the Festival Theme: Winding Roads and Waterways Sponsored by T&E Heighton Construction

7pm Gospel Sing on the Lion's Club Veranda



Join the River John Festival Days Facebook group for updates!

MONDAY, JULY 25

6:45 am – 10:30 am Breakfast by the Sunrise Trail 4-H Club at the Lion's Club – French Toast & Sausage (\$6/\$4)

7:30 am – 10 am Fish Derby, register at Bissell Park

1 pm – 4:30 pm Sunrise Trail 4-H Achievement Day at the Melville-Seafoam Community Hall – Hot-dogs, Cake & Ice Cream

1 pm Strawberry Tea by the RJ's at the Presbyterian Church Hall

6 pm Scrabble Walk, Register at the Lion's Club Veranda (\$2)

6 pm – 7 pm Fish Derby Weigh-in at Bissell Park

7 pm Entertainment on the Veranda ft. Addison Locke

7 pm Cribbage Night at the Fire Hall, Ages 19+, \$5 per Player, Teams of 2, Winners Take All

TUESDAY, JULY 26

6:45 am – 10:30 am Breakfast by the River John 4-H Club at the Lion's Club – Bacon, Eggs & Beans (\$6/\$4)

11:30 am UCW Soup Luncheon at Salem United Church Hall

1 pm – 4 pm Petting Farm & Puppet Show at the Legion

6 pm – 7pm Fish Derby Weigh-in at Bissell Park

6:30 pm Adult Scavenger Hunt, register at Bissell Park

7 pm Entertainment on the Veranda TBA

7 pm River John Model Air Demonstration on the Mountain Rd. Contact Leroy Boese for more info at riverjohnmodelair@gmail.com or 902-305-0375. Bad weather date on Wednesday, same location.

PHOTO CONTEST:

River John Sunset (any season)

Photos should be 5x7 matted. Submit your entry to Simpson's Appliances by July 15th. Cash prizes will be awarded at Bingo.

Prizes: 1st - \$50.00; 2nd - \$25.00; and 3rd - \$15.00.

Only one entry per person.

There will be a piper present at Breakfast Thursday to Saturday.

Souvenir T-shirts will be available again this year.

Contact dylan@brokenstarproductions.ca for more information.

16

July 22 - 30

WEDNESDAY, JULY 27

- 6:45 am – Breakfast by the River John Action Society at the
10:30 am Lion's Cub – Ham & Eggs (\$6/\$4)
- 1 pm – 4 pm Washer Toss at the RJ Legion
- 1 pm – 4 pm Community Picnic at Skinner's Cove (East)
- 6 pm – 7 pm Fish Derby Weigh-in at Bissell Park
- 6 pm – 8 pm Entertainment on the Veranda ft. TMW Trio
- 7 pm Fiddling Contest at the RJ Fire Hall
- 7:30 pm Trivia Night at the Legion, Ages 19+, \$20 per Team, Teams of 4, Winners Take All

THURSDAY, JULY 28

- 6:45 am – Breakfast by the Oddfellows & Rebekahs at the
10:30 am Lion's Club – Ham & Eggs (\$6/\$4)
- 9 am – 11 am Children's Cupcake Decorating at Simpson's
- 9 am – 11 am "Run by the Sea" Start time 10am Walk/Run (5km/10km) Pre-register at Library (free), or register at 86 River Road (\$5) at 9am
- 11 am – 6 pm Arts & Crafts Sale at the Anglican Church Hall
- 2 pm – 4 pm Warden's Tea & Birthday Cake, Fire Hall
- 2 pm – 4 pm Artisans Show & Sale at the Fire Hall
- 6 pm – 7 pm Children's Scavenger Hunt, register at Bissell Park. Sponsored by LF Constructions.
- 7 pm Bingo at the Legion
- 7 pm Entertainment on the Veranda TBA

FRIDAY, JULY 29

- 6:45 am – Breakfast by the Toney River Community Group at
10:30 am the Lion's Club – Bacon, Eggs & Beans (\$6/\$4)
- 1 pm West Branch UCW Pie Sale on the Lion's Club Veranda
- 1 pm – 3 pm Art in the Park with the two Margs, All Ages in Bissell Park. Enjoy painting an artwork in acrylic paint with Marg Earle and other crafty activities with Marg Jones. All ages are welcome. Materials supplied, no experience needed.
- 2 pm – 4 pm Heritage Circle
- 6 pm Bed Races, Starting at St. George's Presbyterian Church Parking Lot. Teams must pre-register by calling Joanne at (902) 351-2143. Cash Prizes!
- 7 pm Entertainment on the Veranda ft. River Run with TNT
- 9 pm - 1 am Dance (Band) at the Fire Hall (\$10)

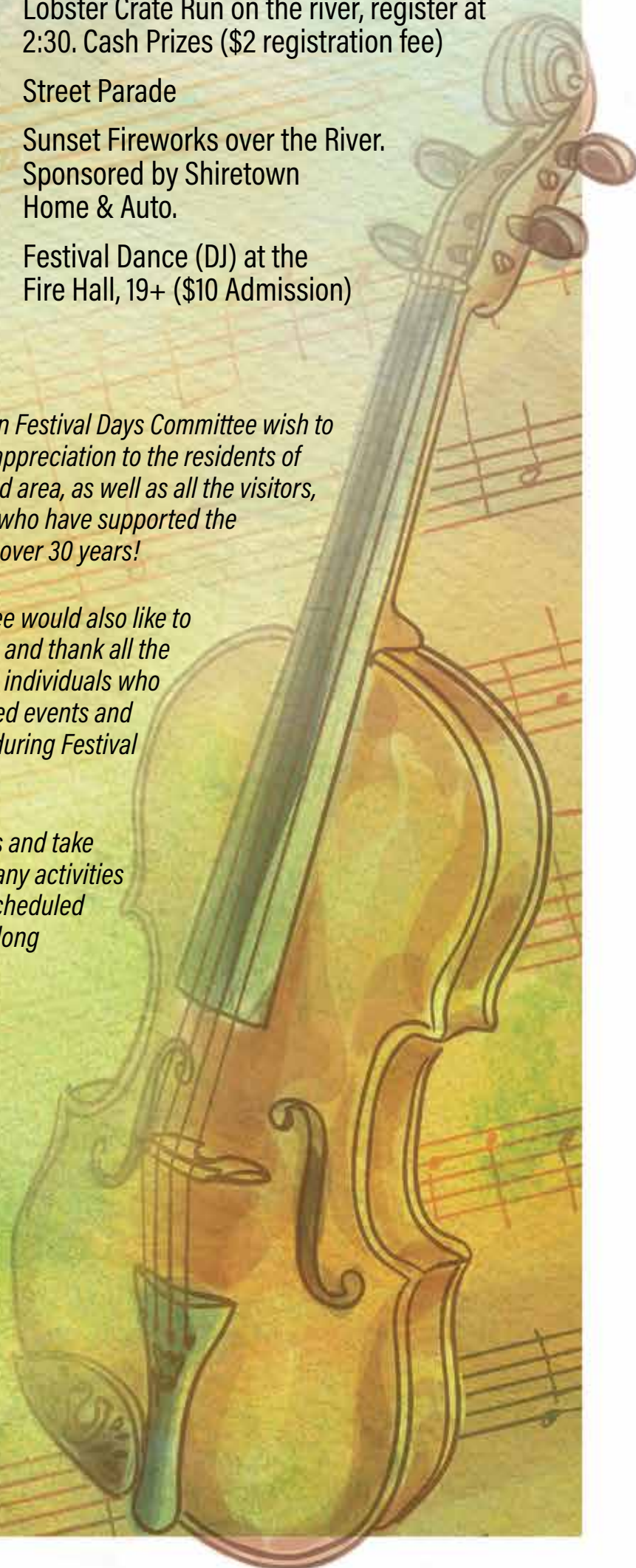
SATURDAY, JULY 30

- 6:45 am – Breakfast by the Lion's Club at the Lion's Club –
10:30 am Pancakes & Sausages (\$6/\$4)
- 11 am – 2 pm Antique Car Show. Sponsored by Tatamagouche Home Hardware.
- 11:30 am Lobster Dinner at the Salem United Church Hall
- TBA Lucky Duck Race on the River
- 2:30 pm Meat Roll at the Legion
- 3 pm Lobster Crate Run on the river, register at 2:30. Cash Prizes (\$2 registration fee)
- 6:30 pm Street Parade
- 9:45 pm / Sunset Fireworks over the River. Sponsored by Shiretown Home & Auto.
- 10:15 pm – Festival Dance (DJ) at the
2 am Fire Hall, 19+ (\$10 Admission)

The River John Festival Days Committee wish to extend their appreciation to the residents of River John and area, as well as all the visitors, near and far, who have supported the festivities for over 30 years!

The Committee would also like to acknowledge and thank all the hard working individuals who have organized events and volunteered during Festival Days.

Please join us and take part in the many activities and events scheduled for our week long celebration!



Chase the Ace jackpot continues to grow



At the time the Pioneer went to press, the Chase the Ace jackpot was over \$12,000. The funds raised help support the River John Legion and the River John Community Action Society.

These type of fund raising contests are not guaranteed to be successful. A lot depends on how early the ace is drawn. If the ace is one of the first few cards drawn, the prize is small and the organizers can actually lose money. Like the game itself, it's a bit of a gamble.

In a similar contest in Tatamagouche recently the winning card was drawn very early with little in the way of winnings for either the organizers or the winning ticket holder.

Then there was the Inverness Chase the Ace which went down to the last few cards and resulted in a \$1.7 million prize.

Community organizations across Nova Scotia are holding Chase the Ace or similar card draws. Initially, the contest in River John experienced bad winter weather and a number of events had to be cancelled, but it rebounded and has reached a sufficient size that it is attracting people from outside the community. Organizers have had to put up a sign on the Trail to direct them to the Legion.

A total of 23 cards have been drawn from the deck of 52, so there is still a chance that the prize can grow much larger (or be won at any moment). But for organizers the Chase the Ace contest is already a success.

Draws take place each Friday at the Legion. Tickets are sold from 6:30-8:30 pm with the draw taking place at 9:00 pm, but you have to be there to win.

RIVER JOHN H.U.B. COMMUNITY CENTRE



**Gently used books at
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in the former School
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Open during scheduled events. Check the River John H.U.B. Community Centre Facebook page for further information. All proceeds go toward maintenance and building upkeep. Book donations always welcomed.



Happy Reading!

St. Johns Anglican Church

St John the Baptist Anglican Church, on Highway Six in River John, is one of five congregations that make up the Parish of Northumberland.

Rev. Nicole Uzans is the parish Rector. The parish also has a cadre of lay readers, including four based at River John. This summer the parish enjoys the services of a student minister, Cate Ratcliffe.

The parish encompasses three counties. Besides St. John's it includes Holy Trinity at Middleton Corner, St. Andrew's at Wallace, St. George's at Pugwash and All Souls at Oxford.

Sunday services at St. John's are usually at 11 a.m., either Holy Communion or Morning Prayer, as posted on the sign outside the picturesque and historic little church. The schedule is circulated at the beginning of each month, along with Scripture readings for each Sunday, the roster for readers, liturgical colours, and notices of other events at the church.

For part of the year, Sunday school takes place in a room at the church during the morning service.

The Ladies Guild meets regularly, and is responsible for putting on the church's popular breakfasts, dinners, and musical events at the hall, situated directly behind the church.

On the last Wednesday of each month, parish associate priest Rev Bill Cook celebrates 10:30 a.m. hymn sing and communion at Willow Lodge in Tatamagouche, assisted by members of St. John's congregation and others from the parish.

During the past winter and spring, Rev. Nicole led a book study of Henri Nouwen's Return of the Prodigal Son. The church hosted The Village Sings ecumenical choral group until Christmas, when it became the turn of Salem United.

The congregation welcomes newcomers and visitors.

St. Michael's Catholic Church

Mass time is 9am each Sunday morning, followed by fellowship hour downstairs in the hall. Coffee , tea, juice and treats. All are welcome.

Also a selection of gently used clothing and other items for sale. Money to go to the Tatamagouche Food Bank.

West Branch and Salem United Churches

July 24: Festival Days Ecumenical Worship Service, held at Salem United Church. Guest speaker: the Rev. Dr. Glen Matheson, Presbyterian Church of Canada

Not to be missed! During festival week be sure to check the Festival Days Events Schedule and join us for the Soup Lunch at Salem United Church and West Branch UCW's Pie Sale at the Lion's Club Veranda

July 30: Lobster Dinner at Salem United Church - 11:30am. Lobster dinner \$20 Adult/\$10 Child, Ham alternative \$10 Adult/\$5 Child.

Sept. 4: Back to School Sunday - Blessing of the Backpack Service at Salem United Church. Join us as we get ready for a new school year with a special service honoring students, teachers, and support staff in our community with a fun all-ages worship service. Students are invited to bring their backpacks to church!

St. David's and St. George's Presbyterian Churches

Church services for St. David's, Toney River are at 9:30am and St. George's, River John at 11:00 through the summer. Vacation Bible School, entitled 'Cave Quest' will be held at St. David's, Toney River from 9:00am to noon from August 1-5. Ages 3-12 are welcome.

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The Me-Centered Approach

The Christian church these days faces a changing world. When we try to reach out to strangers, often we are not welcomed the same way we were in days gone by. Instead, we encounter people whose world is more 'me-centered' than ever before. More and more, people are busy looking after themselves, and we leave disappointed.

When someone puts themselves first, how do we share the love of Christ with them? As Christians, how can we understand this 'me-centered' way of life?

When Paul was in Athens, he was confronted with a culture different than the Jewish culture that he was used to. "While Paul was waiting for them in Athens, he was greatly distressed to see that the city was full of idols." (Acts 17:16 NIV)

Some of today's idols are materialism, individualism, secularism, consumerism, money. What other idols can you add?

Into this reality, Paul said, "For God has set a day when he will judge the world with justice by the man he has appointed." (Acts 17:31a NIV)

All Christians believe that Jesus will return and judge the world. With the Holy Spirit in us, we can spread the love of a God who loved the world and everybody in it that he came to live among us; to bear our sins and to send the Spirit after the Resurrection. While he has yet to appear, God gives us time. Our job is to build up His church, under the direction and encouragement of the Holy Spirit guiding us through every cultural hindrance. Our job is to stay close to the Lord in prayer and commitment so that we can reach out in this changing world.

Prayer: Dear Lord, the future is in Your hands. We know your church struggling and that changing culture is difficult, but we trust in the power of the Spirit to guide us as we reach out to our neighbours in love. Fill Your church, dear Lord, with Your Holy Spirit and help us to live faithfully so that we can share your love with others who need you every day. In Jesus' name, we pray. Amen.

A steadfast resolution to serve: The No 2 Construction Battalion

The year was 1914 and World War I had begun. Canadians were volunteering to serve their king and country in the military, but rarely were Black men accepted into the ranks. These men continued trying to do their patriotic duty by trying to enlist, but without success. They complained to Government and military officials that they were not accepted.

Mayor of Salins, France requested the presence of the Band to participate in the Official Review of the American and French Troops in the area. Lt Col DH Sutherland acted as the Reviewing Officer of the Allied troops at Salins in commemorating the National Day of the French Republic.

The men in this Battalion were progressive in



The No 2 Construction Battalion Band

In 1916 officials finally realized a compromise was needed, especially with the number of white volunteers in decline and reinforcements needed in Europe. It was then decided to form a Black Battalion, but who would lead such a group?

Daniel H Sutherland of River John, NS was asked if he would take on this challenge, and he agreed. On July 5th, 1916 the announcement of the formation of the Battalion was made, and recruiting began immediately. The No 2 Construction Battalion had their first headquarters on the Pictou waterfront, and three months later the headquarters were transferred to Truro, where there was more space available for the rapidly increasing number of soldiers.

The Battalion was made up of men from across Canada, the United States and the Caribbean. The majority of the men were from Nova Scotia - which at the time had the largest Black population in Canada. Recruiting was carried on wherever there was a Black population, but men in Cape Breton who worked in the coalmines were not allowed to be recruited as the manpower was needed in the mines. Not all the recruits were taken to Truro: many from Ontario and the Western provinces stayed in Ontario until closer to the date they would depart for Europe, as it was felt that the town would be overwhelmed with so many extra soldiers.

The No 2 Construction Battalion embarked at Halifax on Mar. 25, 1917 for Europe with a strength of 19 officers and 605 men. All the officers were white except for Capt. William White, the Chaplain, who was one of the few Black commissioned officers in the British Armed Forces in WW I. The Battalion stayed in England for a period of time training before heading to France. The Battalion served in France in a valuable supporting role digging trenches, building bridges, roads and railways, cutting timber and defusing land mines. Without their effort, the Allied advance would have slowed.

The No 2 Construction Battalion men were praised for their contribution to the war effort. It should be noted they had their own Military Band which entertained their troops and was also asked to participate in other events. On Dominion Day - July 1, 1918 - the Band of this Battalion entertained the Troops in their posting in southeast France. Two weeks later the

breaking racial barriers in the Canadian military. Their importance in Canada's history was symbolized with the Feb. 1, 2016 release of a commemorative Canada Post stamp to recognize the 100th Anniversary of the No 2 Construction Battalion.

Lt. Col Daniel Sutherland (1878-1977) was a well-known railway contractor, having built railways, bridges and dams in Nova Scotia, New Brunswick, Quebec, Ontario and Saskatchewan. He was born and raised in River John NS and was very involved in many organizations in the village and North Shore. He was commonly referred to as "Col Dan" and was the father of the late Rev Donald Sutherland. Col Dan was very proud of the men he commanded and their place in Canadian history.



Lieutenant Colonel Daniel H. Sutherland, Commanding Officer of the No 2 Construction Battalion.

Special 100th Anniversary celebrations will be held on July 5th at the Army Museum in the Halifax Citadel, and at the annual memorial event in Pictou on July 9th. The Battalion will receive special recognition at this year's Royal Nova Scotia Tattoo. The original headquarters of this Battalion is recognized with a National Plaque on the Pictou waterfront.



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A musical evening

The West Branch and Area Singers presented a great evening of musical talent and skits at the River John Royal Canadian Legion Branch 108 on June 12.

The singing group, under the leadership of Heather Smith, is very popular as is evident in the crowds that come to hear them at each of their concerts. The singers enjoy the music they perform and they have a great time performing together as musicians, they even performed original numbers written by members of the group. The skits are lighthearted and it is nice to see all the talent the members have. The listener leaves feeling better after an evening spent in their company. The West Branch and Area Singers have also recorded several CDs of their music.



The group use their talents to help local organizations such as the evening's host, the River John and Area Historical Society, to raise money. The Historical Society will use the funds raised on this evening to support the upkeep of their local museum, the former The Disciples of Christ Church building. The evening started with a welcome from the Society Member Doug White and ended with thanks expressed from member Beulah Wright. During the evening tickets were sold on a gift basket and an outside planter of flowers. The basket winner was Helen George and Janet Waugh won the flowers.

The River John and Area Historical Society is dedicated to the preservation of the history of the people and our region through pictures, stories and artifacts. The Museum will be opening the first week of July for the summer months.

It’s the Ship of Fire!

Historical Fiction by Chris Giles

I remember it was a Monday evening in November, because the Gammon Brothers stagecoach had just arrived back in River John from the twice-weekly round-trip run to Pictou. I was only ten, but I got to help curry and feed the horses at Burke’s barn for a penny. I was heading for my home on the Cape and heard my friend Ezra shouting at me from the bridge. He was jumping up and down yelling at the top of his lungs, “It’s the Ship of Fire! It’s the Ship of Fire!” I cannot tell you how fast I ran! There were four or five other people standing on the middle of the bridge with their mouths open and pointing out to sea.

What I saw was a beautiful schooner with three masts of pure white sails, all of which were completely engulfed in flames. Ezra told me that what he saw at first was a ball of fire, which became clearer as a burning ship. I saw it to the left of the Cape, well out into the mouth of the Bay. I can remember my father and Grandpapa arguing about the Ghost Ship. Grandpapa, of course, was the believer, as he was in all things ghostly. He said that a sighting usually happened before a strong nor’easter and was the forewarning of a big storm. Sightings were rare and usually only one person would tell the tale, so it was easy to disbelieve. This time everyone on the bridge with me saw it, as well as people in town who could hear our shouts. All the sails seemed to catch at the same time. We watched it until the flames died and everything crumbled to the deck. There was nothing left but the hull on the water, and gradually the ship seemed to sink lower and finally disappear after about ten minutes.

Some people around here say that the ship was the Isabella, which set sail with a cargo of lumber sixteen years ago in 1868. She was bound for South America and was last sighted by the light keeper on Amet Island. No trace of ship or crew was ever found. Others say that she was an immigrant ship of our ancestor Highland Scots, searching for their land or an American privateer who plundered our harbours. The story I believe was that the burning ship carried six hundred Acadians, drowned at sea during the Expulsion. Whatever the story, Ezra and I know that the Northumberland Ghost Ship is real.

Notable quotables

“Keep your face to the sunshine and you cannot see a shadow.”

Helen Keller

“If you want to see the sunshine, you have to weather the storm.”

Frank Lane

“It’s the artist’s business to create sunshine when the sun fails.”

Romaine Rolland

“You’ve got to get out and pray to the sky to appreciate the sunshine; otherwise you’re just a lizard standing there with the sun shining on you.”

Ken Kesey

“Live in sunshine, swim the sea, drink the wild air.”

Ralph Waldo Emerson

“He that will enjoy the brightness of sunshine, must quit the coolness of the shade.”

Samuel Johnson

“What are kings, when regiment is gone, but perfect shadows in a sunshine day?”

Christopher Marlowe

“A day without sunshine is ... you know ... night.”

Steve Martin

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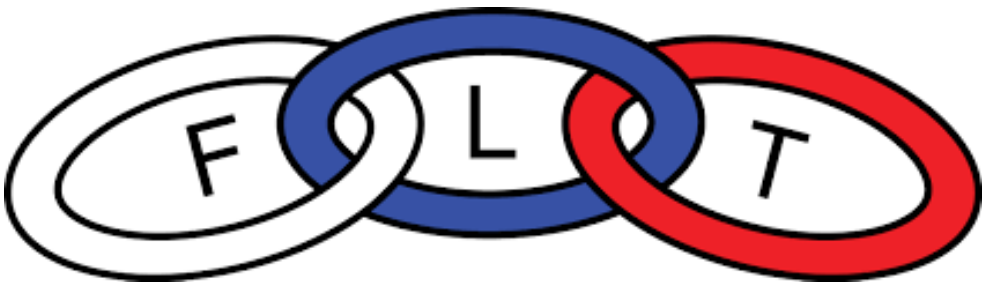
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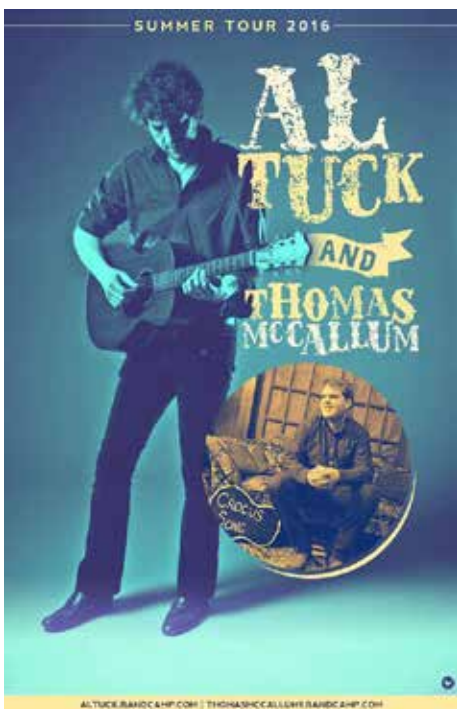
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2015-16 Noble Grand Chris A. Silver



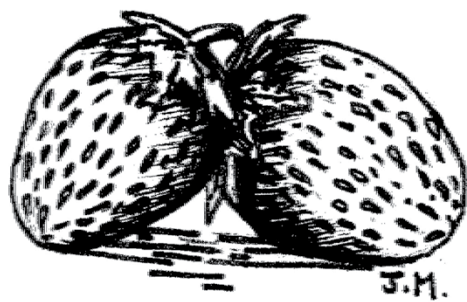
Throughout the summer of 2016, musicians Al Tuck and Thomas McCallum will be touring the Atlantic provinces, bringing their mix of intelligent songwriting and acoustic arrangements to more than 25 communities. On July 24th at 4pm, they'll be performing at St. John's Anglican Church in River John.

Tuck was born in Summerside, Prince Edward Island, the son of editorial cartoonist and Anglican cleric Canon Robert Tuck. In the early 1990s, he was part of the growing music scene in Halifax and was nominated for an East Coast Music Award. In 2013, his studio album *Stranger at the Wake* was longlisted for the Polaris Music Prize and reviewing his work, *Now* magazine wrote, "Tuck's voice – thin, rough-hewn, distinct – reaches out intimately, and his songwriting never drops beneath top-shelf."

McCallum grew up in Six Mile Brook (and remembers that the River Johners at his high school were great singers!) Recently, he has been living in Halifax, studying at Kings College and working with musicians from choral, pop, and folk traditions to develop his unique musical style.

On their summer tour, these troubadours aim to play in some aesthetically beautiful places, but also to encourage rural communities through music. They are pleased to be included in River John Festival Days and will make the most of the great acoustics at St. John's church!

Admission is \$10, with proceeds to be shared between the musicians and the church.



**John & Margaret
Minney invite you
to pick
your own**

Strawberries

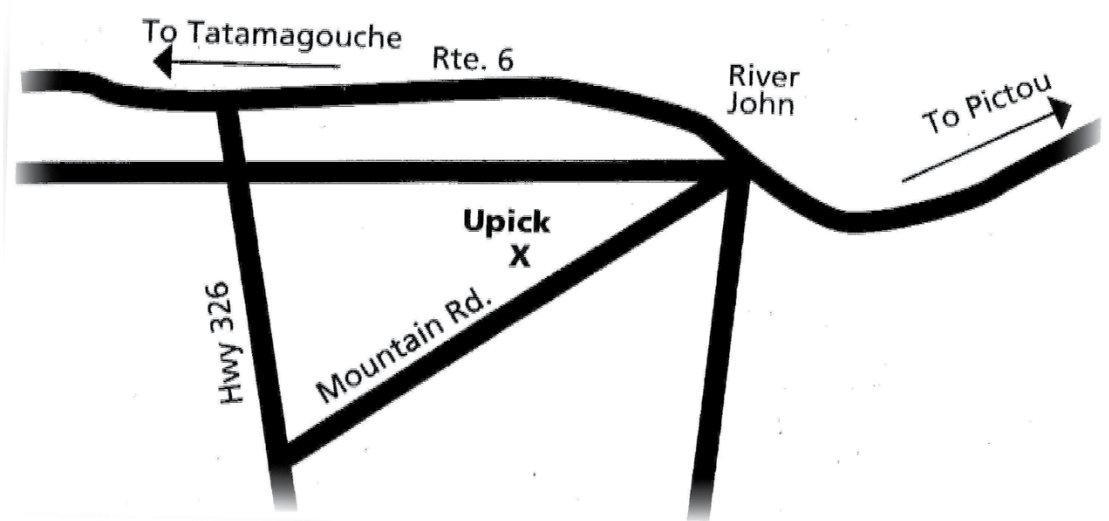
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**EXPECT TO START PICKING EARLY JULY
Monday - Saturday 8 am - 8 pm**

Crop and Weather permitting

351-2821

Ready Picked Berries to Order



River John Sunday market will be back in the summer.

Beginning July 3, every Sunday 10 am – 2 pm

Vendors with produce, baking, preserves, woodworking, artwork, knitting, felting, jewellery, birdfeeders, photography and more.

Music, barbeque and wagon rides.

Lots of fun for everyone!

We always welcome new vendors. If you have something you grow or make and would like to be an occasional or regular vendor please call Gillian at 351-2889 to book your space.

The market is held at Lismore Sheep Farm.

1389 Louisville Road,

River John, NS

902 351 2594

www.lismoresheepfarmwoolshop.com



Line dancing

Line dancing is happening at the H.U.B. every Tuesday morning 10-11 a.m.

It's not just country any more, the dancers learn dances to a variety of music styles - cha cha, charleston, samba, waltz, as well as traditional country music. As one dancer commented, "It's fun and it's also a workout for the brain as well as the body." New dancers are welcome to join any time.

Here the dancers donned their boots and bandanas ready for the visit from the Dartmouth NSCC Photography students last month.



From left: Elizabeth Alexander, Cindy Graham, Sharon Sampson, Jocelyn Heighton, Cheryl Frizzell, Marie Farrell, Joan MacLeod, Marg Jones (Instructor), Kim Walsh, Ed Brunt, Marlene Brunt.

Women and farming

“When women are empowered and can claim their rights and access to land, leadership, opportunities and choices, economies grow, food security is enhanced and prospects are improved for current and future generations.”

Michelle Bachelet - Under-Secretary-General and Executive Director of UN Women

If you go back far enough, let's say to when agriculture was beginning to be practiced more than 10,000 years ago, it was women who were the primary caretakers of livestock and planting which was a natural transition from the primary role as gatherers. If we consider modern times, women have always been integral to farming, however when you hear the word farmer – what comes to mind in terms of gender? Most likely you think of a man. Women would have been deemed to be in a supportive role in farming beyond the primary role of taking care of the household and bearing and raising children who would have been the next generation of farmers.

Not so any longer on a number of fronts globally and locally. “Women are the backbone of the development of rural and national economies. They comprise 43% of the world's agricultural labor force, which rises to 70% in some countries. In Africa, 80% of the agricultural production comes from small farmers, who are mostly rural women.” (Saquina Mucavele, MuGeDe, The Role of Rural Women in Agriculture).

As we have seen the steady decline of the family farm being replaced by large agri-businesses often owned by distant venture capitalists and corporations who, in turn, hire the farmer as wage labour to do the actual farming work, there are new trends albeit small in comparison to the agri-business share of the market. These trends include young folks entering the

world of farming, as well as women becoming farmers with or without a significant other, with or without children. This article is a tribute to such women who are ensuring a way forward for the small scale family farm.

So why are more women entering the world of farming? Often a starting point is the issue of food (see my previous articles). There is enough evidence to show that we are eating far more processed foods filled with high levels of salt, sugar and unhealthy types of fat. Just walk through any grocery store and the aisles dedicated to processed foods is far higher than the aisles with raw fruits and vegetables. This isn't even considering the meat sections which are comprised largely of factory farmed animals who experience deplorable living and killing conditions, filled with red dyes to make the beef look more 'fresh', or antibiotics and hormones so they unnaturally grow faster. When women who are still the primary caregivers of their children are able to engage with the food that they are feeding to their family, they soon discover that what may be convenient is not always healthy. Women have always been the backbone of the environmental movement, being more actively engaged in addressing everything from climate change to pollution to stopping the building of nuclear power plants. As bearers of life, there is perhaps a deeper connection to life and death.

Studies conclude that women are more empathic and compassionate than men, both psychologically and neurologically (E.O. Wilson). A study in the journal Brain and Cognition in 2011, demonstrates that men and women differ in their capacity for compassion, defined as “a moral emotion related to the perception of suffering in others, and resulting in a motivation to alleviate the afflicted party.” Women's “brain processing” for compassion is more elaborate than men's, resulting in “a greater emotional sensitivity in women when viewing aversive and suffering situations.” Women, the study finds, are especially responsive to ‘scenes of illness’ - scenes that depict the daily life found on most factory farms.

Key goals of the woman farmer are to be self-sufficient, to be better stewards of the land, and to feed the public - not just their families - healthier food. Most of these younger women come from an urban background and are highly educated. According to the United States Department of Agriculture (USDA), women are the most rapidly growing segment of the farming population. According to the latest Canadian census statistics (2011), women make up almost one third of farm operators, BC having the highest % over one third, followed by Ontario and Saskatchewan. I would venture to guess that the 2016 census will see this number increase. Perhaps not surprisingly, women farmers primarily conduct small scale farming and are trying to change the landscape of farming through the use of non-agribusiness methods.

Despite women being the backbone of the rural economy, especially in the developing world, they receive only a fraction of the land, credit, inputs (such as seeds and fertilizers), agricultural training and information, compared to men. And they do not hold positions of power in organizations that pertain to agriculture, e.g. government agencies and industry associations. The patriarchy in farming (simply put, men holding the power over women) in societies and countries across the globe is staggering. Women do the bulk of farm labour while men actually own the land that is being farmed, and traditionally the land is passed down to the male heirs.

On a more positive note, recent research also clearly shows that women entrepreneurs/small business owners succeed more than those owned by men with each generation having more women becoming entrepreneurs. One such enterprise connected to farming are the new companies started by women to make tools & other gardening implements that are specifically designed for the physiology of women.

- Wilma van der Veen

facebook

Pioneer to get Facebook page

Hopefully, by the time you read this, the Pioneer will have a Facebook page. We will be posting the paper there and will be soliciting story ideas, photos and announcements about events that are coming up for our next issue in September. It would be helpful if appreciative readers could “Like Us” and keep tabs on our posts, particularly as we get closer to deadlines.



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Tick Talk

With Chris Giles

Tick season is here. This is not something you have to live in fear of. You don't have to stay away from woods or fields. When you find a tick on yourself, you don't have to run screaming into the street tearing off your clothes. Nobody wants to see that. Nor do you have call 911. Let them help people seriously in need. First a little info. Ticks have been here a long time. They were here with the dinosaurs, 65 million years ago. Like spiders, that they are related to, they have eight legs. They have a three stage life cycle. Eggs are laid on the ground by an adult female tick in the spring. When larvae emerge, they feed primarily on small mammals and birds. After feeding, they detach from their host and molt to nymphs on the ground, which then feed on larger hosts like us. They typically hold on to trees and grass with their back legs, leaving their front legs ready to attach to a passing animal. They cannot fly or jump. Ticks find us by detecting breath and body odours, or by sensing body heat or vibrations.

Removal of the attached tick should be done carefully as you do not want to leave any of the head still under the skin. With a pair of tweezers, grasp the tick as close to the skin as possible and detach it by applying a steady upward force without crushing, jerking or twisting. You can purchase a tick removal tool that some people keep on a key chain. It is important to disinfect the bite area thoroughly after removal of the tick. The tick can be stored and, in case of signs or symptoms of a subsequent infection, shown to a doctor for identification purposes together with details of where and when the bite occurred. There are basi-

cally two kinds of ticks that we need to be concerned with. The Dog Tick, with reddish legs, and the Black Legged or Deer Tick. This is where identification becomes straightforward, it's in the legs. Be aware that in many cases, you will not even be aware that you have been bitten!

Although the Dog Tick can transmit some diseases, it's the Deer Tick that we have to watch out for as it can carry Lyme Disease. If bitten by a Black Legged Tick or if you are experiencing flu-like symptoms during the tick season (April to October) be aware that you may have been bitten and go to a doctor. In the early stages Lyme Disease can be treated effectively with antibiotics. I had nine ticks on me last year. They were all Dog Ticks. I removed them all carefully. I had no infections or subsequent conditions. When in the outdoors remember to take a few precautions.

Information below is taken from

CDC Preventing Tick Bites

- Avoid wooded and brushy areas with high grass and leaf litter.
- Walk in the centre of trails.

Repel Ticks with DEET or Permethrin

- Use repellents that contain 20 to 30% DEET (N, N-diethyl-m-toluamide) on exposed skin and clothing for protection that lasts up to several hours. Always follow product instructions. Parents should apply this product to their children, avoiding hands, eyes, and mouth.

- Use products that contain permethrin on clothing. Treat clothing and gear, such as boots, pants, socks and tents with products containing 0.5% permethrin. It remains protective through several washings. Pre-treated clothing is available and may be protective longer.
- Other repellents registered by the Environmental Protection Agency (EPA).

Find and Remove Ticks from Your Body

- Bathe or shower as soon as possible after coming indoors (preferably within two hours) to wash off and more easily find ticks that are crawling on you.
- Conduct a full-body tick check using a hand-held or full-length mirror to view all parts of your body upon return from tick-infested areas. Parents should check their children for ticks under the arms, in and around the ears, inside the belly button, behind the knees, between the legs, around the waist, and especially in their hair.
- Examine gear and pets. Ticks can ride into the home on clothing and pets, then attach to a person later, so carefully examine pets, coats, and day packs.
- Tumble clothes in a dryer on high heat for an hour to kill remaining ticks. (Some research suggests that shorter drying times may also be effective, particularly if the clothing is not wet.)

Locked on music



They're back! The open mic in Roach Hall at the Hills of Annan in Tatamagouche has started up again for the summer and fall season. You will find Richard, Bill and all the regulars excited and in great form again this year. They are there Tuesday May 24th and every other Tuesday evening thereafter. The show goes from 7 o'clock until 9:30 pm and will continue throughout the summer and fall.

There is a musical jam session each Wednesday (except the third Wednesday of each month) at the West Branch Community Hall. These evenings are hosted by Mr. John Creighton, the writer of many great folk songs and other locally relevant tunes, featuring the most noble of all instruments, the modest ukulele. John will guide you through an evening that often offers the sounds of the stand-up bass, the mandolin, the accordion, lead guitars and wonderful voices, both familiar and those voices from our neighbouring communities.

I want to offer my best wishes to these folks this year and promise to support them wherever I can. More to come I am sure.

I remain Locked on Music.



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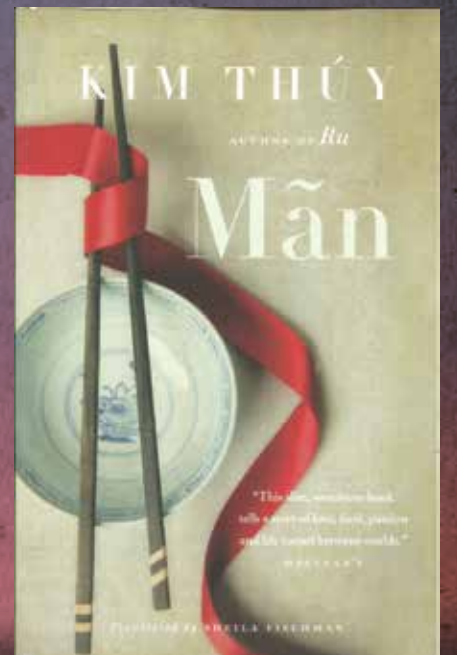
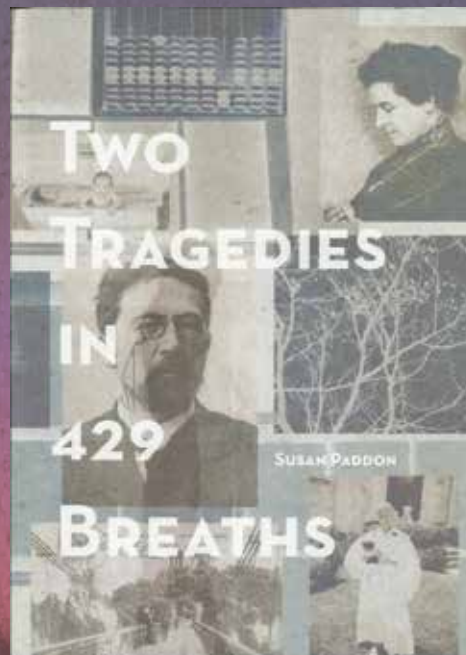
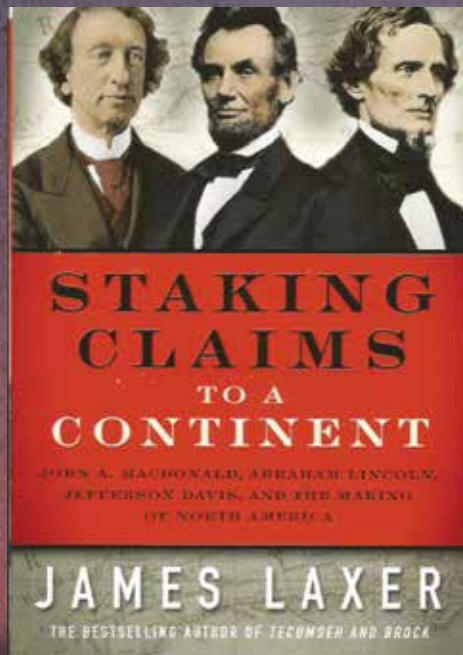
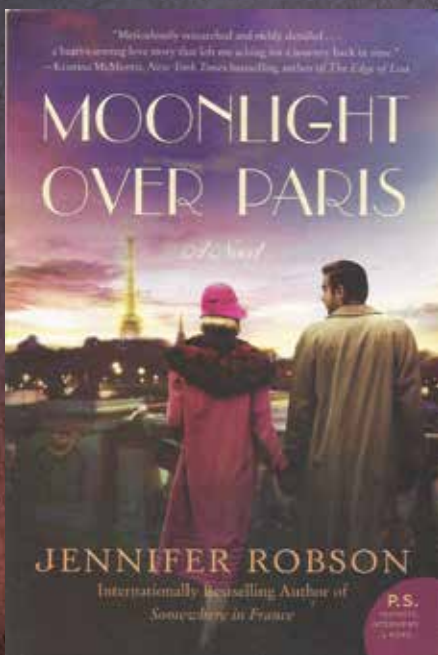
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