

NEWS

Have I Got e-  *for You!*



News from the Communities in and around the
Old Barns and Hilden United Churches



No 13

October 2019

Message from Your Editor

Hello Friends!

Autumn and especially October bring mixed blessings. As the warmer weather drifts off behind us, cool, crisp days become the norm, leading toward the inevitable – winter. By now, gardens have been harvested and tables will be filled with their bounty for Thanksgiving. Yard work is being finished up and farmers are about to head to the fields to harvest their crops which will feed their animals for the coming year – soy beans, corn silage, and high moisture corn.

Families will gather around the table for Thanksgiving, remembering those who died in the past year and welcoming the new into the family, counting the blessings that fill their lives.

Here are some words that will, hopefully, invoke happy memories: changing leaves, sweaters, pumpkins, football, candles, haunted houses, apple picking, hot chocolate, candy corn, Jack-o'-lanterns, apple cider, fall flowers, hay rides, scary movies, good books, Halloween.

Enjoy the coming months, a smile and good memories will get you through, even if the weather is not to your liking!

Leslie



Good Bye, Dear Friends



Eileen Jean Yuill
June 3, 2019 – aged 90 years
Beaver Brook



Harriett Grace (Boyce) Moore
February 18, 1935 – September 8, 2019
Lower Truro



Nancy Diane Chase
November 28, 1956 – August 4, 2019
Formerly of Beaver Brook



Darrel Edward Burgess
May 30, 1939 – September 25, 2019
Lower Truro



Richard Evan Yuill
May 18, 1958 – August 5, 2019
Old Barns

Sympathy is also extended to those community members who have lost family and friends from outside our communities.

Always missed, forever remembered.



Hello Baby



Jessie Stirling McCormick
August 16, 2019 – aged 89 years
Beaver Brook

Patrick Ernest Hobson
Born July
Parents: Danny and Christina
Green Oak
Grandmother: Donna Hobson



Happy Days!

Birthdays:

June 27	91	Gerald MacLeod
Sept 17	92	Doris McCallum
Sept 28	91	Eveline Whitehead
Sept 28	88	David Yuill
Sept 28	82	Grant Fancey
Oct 20	90	Anne Cox
Oct 21	85	Kathie Chisholm
Nov 3	81	Sybil McCurdy
Nov 7	80	Glenda Kent
Dec 24	86	Jim Kent
Dec 31	82	Bill McCurdy



Anniversaries:

June 28	50	Bill & Debbie Masters
Sept 6	50	Carol & Elmer Patton
Sept 3	64	Colie & Hazel Brenton
Nov 14	60	Bill & Sybil McCurdy
Dec 23	70	Joyce & Ruthven Stewart



*Hope you all enjoyed, or will enjoy,
your special day!*

You cannot successfully navigate the future
unless you keep, framed beside it,
a small clear image of the past.

Kenneth F. MacKenzie

Clifton Pastoral Charge

October/November/December Services

October 13 – Thanksgiving Service
9:30 a.m. in Hilden
11:00 a.m. in Old Barns

October 20 and 27 – Regular Services
9:30 a.m. in Hilden
11:00 a.m. in Old Barns

November 3 – Regular Service
note time changes
9:30 a.m. in Old Barns
11:00 a.m. in Hilden

November 10 – Remembrance Day Service
9:30 a.m. in Hilden
11:00 a.m. in Old Barns

November 17 and 24 – Regular Services
9:30 a.m. in Hilden
11:00 a.m. in Old Barns

December 1 – First Sunday of Advent
note time changes
9:30 a.m. in Old Barns
11:00 a.m. in Hilden

December 8, 15 and 22 – Second, Third and
Fourth Sundays of Advent
9:30 a.m. in Hilden
11:00 a.m. in Old Barns

December 24 – Christmas Eve
7:00 p.m. in Hilden
9:00 p.m. in Old Barns

December 29 – Joint Worship Service
Hilden and Old Barns worship together
note time change
10:00 a.m. in Old Barns

*All are Welcome.
Please join us and bring your
family, friends and visitors.*

Picture Credits: Karen Archibald-Waugh, Beau Blois, Jim Burrows,
Leslie Burrows, Brian Hagell/Bill McCurdy, Jack Johnson, Gordie
Miller, Joanne Mumford, Laurie Sandeson.

Sunflower Challenge

What a season! Everywhere you looked in the community you could see happy sunflowers reaching upward until Hurricane Dorian! The winds played havoc with many of the flowers but some persevered and survived.

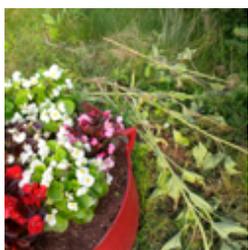
On September 22nd, Garry Matthews, our fearless sunflower champion, presented sunflower ribbons to the following:



Jack Johnson



Barb Miller (for Gordie)



Laurie Sandeson –
whose son whipper-snipped “the weeds”.



Events from the Past Few Months



Ian Mumford and Stephanie Ybarra were married on July 11th in the Round Barn on a beautiful, sunny day. They live in Rines Creek, Hants County.



Jelisa Waugh and Darby Sheehy were married on July 13th at the Old Barns church. A beautiful wedding. They live in Gays River.



Jack Johnson celebrated his 90th birthday on July 14th with family and friends and music by Highway 236.



Graham Breeze and Toby Wilson from Staffordshire, England in concert at the Old Barns church on September 6th.



August 5th Federation Pork Chop BBQ with Bill McCurdy, Jim Burrows and Kevin Alexander readying the meat for cooking.

Moving Day Up-Dates

Beau Blois and family hope they are in their new home to celebrate the New Year. It was good to see the siding being added in the past couple of weeks.



Alexander Burrows and family, Lacey and Violet, two dogs and a cat, hope to be in their new home within six weeks.



A joint Worship Service was held on August 11th at the home of Jim and Leslie Burrows. The service of song and praise was led by the Old Barns Session and Highway 236.



October 20 – Memorial Hymn Sing

All are welcome to join in the singing at 7:00 p.m. at the Old Barns church while we celebrate, through song, the memory of those who have gone before us.



December 19 & 20 – Youth Drama Club

“Crazy, Busy, Peaceful, Holy Night”

7:00 p.m. on the two evenings in December at the Old Barns church.

Bring the kids and grandpa too!
An enjoyable evening for all as Christmas nears.

October 23 – Community Supper

Wednesday, October 23rd

4:30 – 6:00 p.m.

Cobequid Fire Hall, Lower Truro

Menu: turkey dinner with vegetables, gravy, dressing, cranberry sauce, roll, tea/coffee/water and gingerbread with whipped cream.

Live Entertainment

Cost: FREE while supplies last

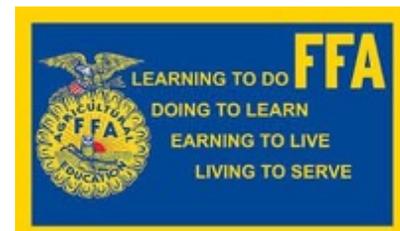
The Cobequid Firemenettes are hosting this supper for all those living in our fire brigade area from Truro Heights to Green Oak.

We hope you will join us.

Free Community Dinner



On October 31, Jonathan Waugh will be travelling to Indianapolis, Indiana to attend the Future Farmers of America National Meeting. Jonathan has been selected as the Canadian representative at the Young Farmers Organization. Along with young farmers from other countries, he will be participating in a dialogue while attending the Future Farmers of America Convention and Expo.



Friendship Cake

Contributed by Glenda Kent

1 cup smiles
1 cup happiness
1 cup thoughtfulness
1 cup patience
1 cup forgiveness
1 cup understanding

Mix all ingredients together.
Bake in a very warm heart.
Frost with love for others.



Sunflowers at John Yuill's home

Living Love

by Bonnie L Mohr

Life is not a race – but indeed a journey.

Be honest.

Work hard.

Be choosy.

*Say “thank you”, “I love you”, and “great job”
to someone each day.*

Go to church, take time for prayer.

The Lord giveth and the Lord taketh.

Let your handshake mean more than pen and paper.

*Love your life and what you've been given,
it is not accidental – search for your purpose
and do it as best you can.*

Dreaming does matter.

It allows you to become that which you aspire to be.

Laugh often.

Appreciate the little things in life and enjoy them.

Some of the best things really are free.

Do not worry, less wrinkles are more becoming.

Forgive, it frees the soul.

Take time for yourself – plan for longevity.

*Recognize the special people
you've been blessed to know.*

Live for today, enjoy the moment.

The Human Brain

Contributed by Glenda Kent

Brains of older people are slow because they know so much. People do not decline mentally with age, it just takes them longer to recall facts because they have more information in their brains, scientists believe.

Much like a computer struggles as the hard drive gets full, so too, do humans take longer to access information when their brains are full. Researchers say this slowing down process is not the same as cognitive decline. The human brain works slower in old age, said Dr. Michael Ramscar, but only because we have stored more information over time.

The brains of older people do not get weak. On the contrary, they simply know more. Also, older people often go to another room to get something and when they get there, they stand there wondering what they came for. It is NOT a memory problem, it is nature's way of making older people do more exercise.

Now, when I reach for a word or a name, I won't excuse myself by saying, "I'm having a senior moment". Now, I'll say, "My disk is full"!

The Old Barns United Circle Cookbook

Circa 1956

How to Preserve a Husband

Be careful in your selection;

do not choose too young, and take only such as have been reared in a good moral atmosphere.

Even poor varieties may be made sweet, tender and good by garnishing them with patience, well sweetened with smiles and flavoured with kisses to taste; then wrap them in a mantle of charity, keep warm with a steady fire of domestic devotion and serve with peaches and cream.

When thus prepared, they will keep for years.

On Getting Old

Contributed by Glenda Kent

I changed my car horn to gunshot sounds. People get out of the way much faster now.

Gone are the days when girls used to cook like their mothers. Now they drink like their fathers.

I didn't make it to the gym today. That makes five years in a row.

I decided to stop calling the bathroom the "John" and renamed it the "Jim". I feel so much better saying I went to the Jim this morning.

Old age is coming at a really bad time.

When I was a child I thought "Nap Time" was a punishment. Now, as a grownup, it feels like a small vacation.

The biggest lie I tell myself is "I don't need to write that down, I'll remember it."

I don't have gray hair; I have "wisdom highlights"! I'm just very wise.

If God wanted me to touch my toes, He would've put them on my knees.

Last year I joined a support group for procrastinators. We haven't met yet.

Why do I have to press one for English when you're just going to transfer me to someone I can't understand anyway?

Of course, I talk to myself. Sometimes I need expert advice.

At my age "Getting lucky" means walking into a room and remembering what I came in there for.

Actually I'm not complaining because I am a Senager (Senior teenager). I have everything that I wanted as a teenager, only 60 years later. I don't have to go to school or work. I get an allowance every month. I have my own pad. I don't have a curfew. I have a driver's license and my own car. The people I hang around with are not scared of getting pregnant. And I don't have acne.

Life is great.

From Old Barns Cookbook

Quick Coconut Fudge

Mrs. Gordon Nelson

¼	cup	hot, mashed potatoes
1	teaspoon	butter, melted
1 ¾	cups	icing sugar, sifted
	Dash	salt
1 ½	cups	shredded cocoanut
2	squares	chocolate, melted
½	teaspoon	vanilla

Mix potatoes and butter together in bowl. Add sugar gradually and beat until thoroughly blended. Add vanilla, salt and cocoanut. Pack into greased 8x4 inch pan and spread melted chocolate over top. Let stand until chocolate is firm. Cut in squares.



Orange Pudding

Mrs. Harry Chisholm

3		egg yolks, beaten
1	Tablespoon	corn starch
1	cup	milk
½	cup	sugar
3		oranges, cut in small pieces
3		egg whites, beaten

Make custard with egg yolks, cornstarch, milk and sugar. Pour custard over oranges. Cool. Beat egg whites until stiff. Pile on top and brown slightly.

House Plants

Submitted by Jane Blackburn

How to grow and care for: part three of a three-part series

Light Requirements

One of the biggest challenges in growing houseplants is to provide enough sun (or light) for them to remain healthy. As previously stated, most of these plants are native to warm countries, but not all require full sun. Many of these plants are tropical, but grow under large trees and palms, therefore, they do not like strong light (sunlight).

Full Sun/light: Plants that require full sun don't thrive in anything less than 5 hours of direct sunlight per day. These plants are constantly seeking the sun and will grow towards the sun, in a sunny, south facing window. Turning the pots once a week is beneficial to keeping the plant balanced in the pot. Also to keep in mind, in general, these plants may need watering more often (depends on the plant). Examples of full sun/light: Aloe Vera, Croton, Hibiscus, Succulents, Cactus

Supplementary light: If you are wanting to grow specific plants that require a higher light requirement, but do not have south facing windows or enough area, supplemental light such as using fluorescent or LED lights will help. Some succulents such as Echeveria do require supplemental light as they tend to stretch even in most sunny windows.

Indirect or Filtered Light: Most houseplants are happy with filtered or indirect light. This means that your plant wants a bright place in the room, but it does not want the sunlight directly on its leaves, especially the bright, hot afternoon sun. East window, between south and west windows and bright rooms offer this type of light. It can also be achieved by means of outside plants (trees) or buildings and/or shears on the window that cut down the amount of and intensity of the light. Examples of indirect or filtered light: Ivy/Spider Plants, Ferns, African Violets, Holiday Cactus, Philodendron.

Low light: Plants cannot grow in the absence of light no matter what you may wish for. Some light is required. There are plants that tolerate low light conditions such as a room with a single north window or a darker corner of a large room with some other windows (east, south, west). Most plants in this category are plants that prefer indirect or filtered light and grow best with that light level, but will tolerate lower light conditions. And the word is tolerating. They usually do not grow as well, require less water than if they were in indirect light. Examples of low light: Peace Lily, Dragon Tree, Pothos, Chinese Evergreen, Cast Iron Plant.

House plants will let you know if they do not like an area because of light.

If some of the leaves take on a scorched (white, dry) appearance, it may be getting too much direct light. Some plants may do fine in a south facing window in the fall/winter/spring, but do not like the hot summer sun. If the plant is stretching towards the light, it is not getting enough light.

Temperature

Most houseplants can tolerate normal household temperature fluctuations.

Some house plants will tolerate high humidity and high temperatures around 30 °C. Think tropical rainforest, but in general, foliage houseplants grow best between 18° and 24°C during the day and from 15° to 20°C at night. Flowering houseplants prefer the same daytime range but can grow a bit cooler at nighttime temperatures from 13° to 20°C. The lower night temperature induces physiological recovery from moisture loss, intensifies flower colour, and prolongs flower life.

Plants also do not like cold drafts or heat sources, for one reason, these conditions provide too much of a swing in temperatures, not allowing the plant to recover. They should not be placed near opening doors (outside doors) or heat vents and heat pump fans.

A cooler temperature at night is more desirable for plant growth than higher night time temperatures. A good rule of thumb is to keep the night temperature 5 to 10°C degrees lower than the daytime temperature. Excessively low or excessively high temperatures may cause plant failures, stop growth, or cause spindly appearance and foliage damage and/or drop.

Another factor of temperature may be humidity. Many houseplants prefer a humidity level of 40-50% (ferns liking higher and succulents, lower). In the winter, humidity can drop to 5-10%. Misting with a sprayer can help, a tray with water and stones (clean often to prevent algae growth) so can a humidifier. Bathrooms and kitchens have higher humidity levels. Signs of low humidity that is affecting a particular plant may include brown leaf tips.

A couple other things:

Most house plants are foliage plants. Many will bloom, but their blooms are usually small and few. Most seasonal house plants are sold as blooming plants for a particular season. The blooms are usually very prominent and showy. When grown in abundance in a greenhouse they are watered, highly fertilized, spaced and pruned to make them bushy. The light may be manipulated to get them to bloom for a particular time or specific varieties are chosen. For example, some Poinsettias will naturally bloom in February if the day length is not shortened by covering the plants in the greenhouse. Examples are: Poinsettia, Chrysanthemums, Easter Lilly, Azalea, Mini Roses, Hydrangea, Cyclamen, Primula.

You know how the saying goes that the plants do better if you talk to them? It's true. Plants thrive on CO₂; we expel CO₂ when we talk. It's a win-win. There have also been some studies done with sound, they have found that plants will grow faster if there is sound present and particularly a female voice. Who knew? So, let your plants be your audience, your sounding board if you need to get things off your chest. They really want to listen.

I hope this series was useful. Houseplants have really been making a comeback in recent years. If selected for your house conditions, properly situated and cared for, they make great accents for the home.

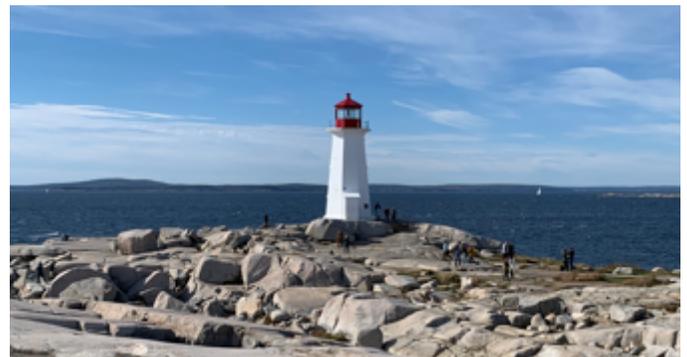
Thanks to Jane for this series on Growing House Plants.



A beautiful October day at Peggy's Cove



A good life left behind, only memories remain.



Stay off the black rocks!