

# Have I Got e- NEWS for You!



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



No 8

February 2018

## *Message from Your Editor*

Happy February Everyone,

It is winter in Nova Scotia. Personally, I would prefer the snow to the rain, slush and ice. Being a good east coaster, I accept what comes, albeit with a little grumbling.

Speaking to our daughter Hannah one morning, she told us that she headed out to work the day before with the threat of freezing rain and snow in the forecast for the day. She cleaned out the driveway before she went and while at work, the freezing rain, the snow and the plow visited. When she arrived home that evening, a good Samaritan had cleaned up the end of her driveway, probably realizing she would be after ten arriving home (she works at Neptune Theatre and they had a performance that evening). There are good hearted people all around us.

We welcome the new people in our neighbourhoods. We have had several homes filled over the past year in our communities and we welcome them all. It was delightful for us to spend an evening chatting with one couple at the Federation Christmas Dinner. We met another couple who are now a part of our "local" music scene, families with youth who have joined our Youth Drama Club – all are welcome to our communities and our doors are open to them.

*Hello Neighbour – what do you say?  
It's going to be a beautiful day!  
So, clap your hands and stomp your feet  
Jump up and down and have a seat!*

Our good neighbours do not only live next door or down the street, sometimes they are in another community and for us they are in the church communities of Old Barns and Hilden. What a joyful delight for us to have been able to worship together over the past few months and to get to know our "church" neighbours better, sharing fellowship, talents, and cups of tea.

*Leslie*



*Good Bye, Dear Friends*



Eunice Mildred Burrows  
February 6, 1921 – November 1, 2017  
Beaver Brook



Mary Katharine Purdy  
January 7, 1923 – December 21, 2017  
Black Rock Road



*Memories are there to remind us  
Of things that have gone before.*

John Peter Read

*What Can we Say about  
Marnie Smith .....*

Submitted by Sheila Marshall



These past ten years have been a long time to serve as “Presbytery Delegate”. Marnie is a trusted friend of mine and many others in the Hilden church. I will not lie and say I am not nervous about taking her place as Presbytery delegate, but I will try.

I know everyone in our congregation appreciates her efforts and energy for the amazing job she has done for our church and community; the many meetings she has attended, along with Conference weekends over the years.

We all truly appreciate Marnie’s contribution and we wish her all the best with her other Committee’s that she still serves on.

Many thanks from Hilden congregation for your time as Presbytery delegate.

*With the new day  
comes new strength and new thoughts.*

*Eleanor Roosevelt*

## Nordic Walking

Gary Saunders asked me to share this info with you.

Cross-country skiing has long been touted as one of the most effective forms of exercise because it works all of the major muscle groups. But now you don't have to ski to gain some of these benefits.

In recent years, walking with poles – often called Nordic Walking – has increased with popularity, particularly among older adults.

In short, walking poles help get your upper body into the fitness game, and can help with stability, improve posture, and possibly lessen the impact walking has on your joints and leg muscles.

Studies show that Pole Walking:

- Burns up to 67% more calories than exercise walking without poles
- Increases heart and cardiovascular training to 25%
- Can reduce blood pressure drastically within 8 weeks
- Eliminates back, shoulder and neck pain'
- Less impact on hip, knee and foot joints
- Increases production of positive hormones
- Supports stress management and mental disorders
- Develops upright body posture
- Diabetes Type 2 – can improve diabetes metabolism. Reduce insulin resistance drastically within 3 months

Interested in starting a group in our area?  
Contact "Nordic Pole Walking Nova Scotia"



David McCurdy won a turkey at the Curling Turkey Spiel. Sybil had won a turkey years ago, so David was extra proud to be a Turkey Spiel winner in 2017. Congratulations David!



Duncan McCurdy, Lloyd Yuill, Andrew McCurdy – Lloyd received a certificate for "Graduating from Farming" at the Clifton Federation of Agriculture Annual Christmas Party.

All the Best for the Future, Lloyd!



Youth Drama Club Christmas Presentation  
"The First Leon"

### *In-School Mentors Needed*

We have students who attend the Cobequid Consolidated school in Old Barns who are looking for in-school mentors, one of the programs we offer through Big Brothers Big Sisters of Colchester.

It is a small commitment of one hour a week for 10 months of the year, with no evening, weekend or summertime commitment. The mentor meets the child at the school, during class time hours. It's non-academic, so the mentor and student do fun activities they both enjoy, ie: coloring, crafts, going outside, playing a game of cards, etc. Considering that this program takes place during many peoples work days it would be a fit for those who may be retired, or those who have flexible work schedules.

We offer the In-school Mentoring program at many schools throughout Colchester, and we have been offering the program to schools and students since 1998. It really is a wonderful program and we would love to get more children involved in Old Barns. The school is keen to have more of their students participate.

If you would like more information on the program please don't hesitate to contact me. See poster to the right.

Anna Rutherford  
Community Relations Coordinator  
Big Brothers Big Sisters of Colchester  
C [902-956-9220](tel:902-956-9220)  
F [902-895-2169](tel:902-895-2169)  
[www.colchesterkids.ca](http://www.colchesterkids.ca)



### *Can You Help?*

The Truro Homeless Outreach Society needs your help.

Volunteers needed – daytime, evenings or through the night. Can you help with laundry, cooking, talking, fixing .....

Also needed are the following items:

- Coffee (for perking)
- Paper towels
- Soap
- Dish cloths
- Medium and large disposable gloves
- Juice/juiceboxes
- Snack foods – like granola bars
- Boots
- Jackets
- Hat/gloves/scarfs/mittens

Just call: 902-843-2538



Katherine Rutherford and Sadie wish Happy 80<sup>th</sup> Birthday to Bill McCurdy (December 31<sup>st</sup>)



Bill wishing Jim Burrows a Happy 60<sup>th</sup> Birthday (February 2<sup>nd</sup>)

*From Sunrise .....*



*To Sunset .....*



We are so lucky to have Mother Nature playing outside our windows! ~ Leslie



*Jenna Burris' New Adventure*  
*Green Oaks Nubians: Goat Milk Soap*



Using the milk from her small herd of 15 Nubian goats, Jenna has started making homemade soap!

Why goat milk? Goat milk contains naturally moisturizing, cleansing, and soothing properties. Goat milk is high in fat, which makes a rich, creamy soap. The soap is all natural, and free from harsh chemicals. What started as a hobby and a way to use up leftover milk, has become a small side business.

Jenna is very excited to be selling her soap at the Truro Farmers Market, the first Saturday of each month. Pop in and visit her!



*Recipe - As Requested!*

At the UCW Christmas Party, Sandra Matthews brought a salad which was a big hit and she has kindly shared the recipe with us. Thanks Sandra!

**Bok Choy Salad**

Chop up:

1 Bok Choy  
1 Green Onion

Saute and cool:

1 Tbsp vegetable oil  
½ cup sesame seeds  
½ cup slivered almonds  
1 pkg oriental noodles  
with seasoning

Add to greens.

Dressing:

Mix together and boil until sugar is dissolved:

¼ cup white sugar  
¼ cup white vinegar  
½ cup vegetable oil  
2 Tbsp soya sauce

Cool then pour over salad.  
Enjoy!





## Six Little Stories

submitted by Glenda Kent

### Story # 1

Once all villagers decided to pray for rain. On the day of prayer, all the people attended, but only one boy came with an umbrella.  
That's

*faith*

### Story # 2

When you throw babies in the air, they laugh because they know you will catch them.  
That's

TRUST

### Story # 3

Every night we go to bed without any assurance of being alive the next morning, but we still set the alarm to wake us up.  
That's

*Hope*

### Story # 4

We plan big things for tomorrow, in spite of the knowledge of the future.  
That's

CONFIDENCE

### Story # 5

We see the world suffering, but we still get married and have children.  
That's

Love

### Story # 6

On an old man's shirt was written a sentence, "I am not 80 years old; I am sweet 16 with 64 years of experience!"  
That's

Attitude

Have a happy day  
and live your life like these six stories.

## *Have You Ever? A Quiz*

by Beth Saunders

This quiz has nothing, nothing whatsoever to do with aging. I confess to having done all of the following, but, not wanting to be alone in these experiences, I would like some feedback.

Being booked for an appointment for Friday, and asking the secretary "What day is that?"

Forgot your hat but decided to go to church anyway. (Gary's grandmother lent me hers.)

Forgot your last name? (mainly applies to women I guess).

Thought you were in the 20<sup>th</sup> century? (Well, maybe you still are.)

Celebrated Thanksgiving dinner with company but found the turkey in the oven a day later?

Mixed up a batch of bread but forgot to put in the yeast? (An editor I know has a recipe that doesn't require any; ask for it.)

Forgot your phone number or to dial that stupid 902?

Forgot what year you were born? (After all, you were pretty young at the time.)

Forgot one of your children in the church nursery? (But you did come back for her.)

Got in the bathtub but forgot to run the water?

Got up on the wrong side of the bed and it was the side next the wall?

Forgot to get your car safety inspection because you seldom looked at your windshield sticker?

Used the wrong end of a hoe to weed your turnips?

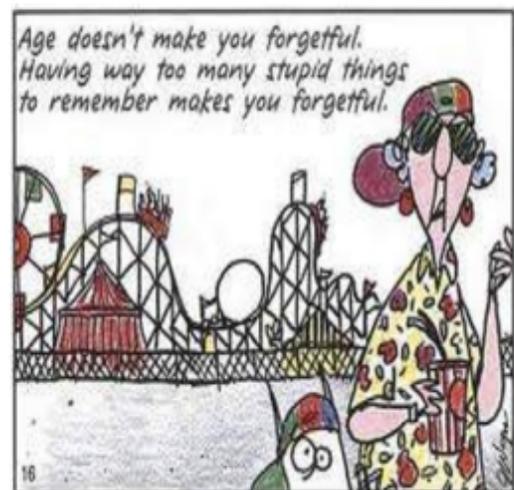
Took the key to Sobey's washroom home in your purse? (Now you don't need a key; you just rattle the door knob.)

Was reading a boring book and on page 437 realized you'd already read it?

Thought you forgot something, then remembered you hadn't?

And the latest: served apple pie as the main Boxing Day course to 10 hungry guests instead of the chicken pot pie because you took the wrong one out of the freezer?

The End?





Canada has a special relationship with Radio. This is especially true for Canadians with a farming background.

CBC started airing farming programs in 1939. Two years later it established the Farm Radio Forum, a National rural listening group project that saw neighbouring Farmers gather to listen, review relevant materials and discuss the Agriculture issues of the day.

Good ideas have a way of spreading and it was not long before India, Ghana and France adopted the Canadian model.

Many (not so young) people will remember taking part in Farm Forum programs every Monday night during the winter months. I remember Farm Forum being a requirement of my Economics course at NSAC. In Canada the Forum concept continued until 1965.

It is fitting. Then, that the only International Non-Government Organization (NGO) dedicated to serving African Farmers over the radio was established by a former CBC Farm Radio broadcaster, George Atkins. It was during his visit to Zambia that George had an idea that would go on to transform Farm Radio on the Continent.

He learned then that his African broadcasting colleagues did not have access to locally relevant agricultural information and resources and were instead sharing information better suited for large-

scale, industrial farms. So, George took a year off and travelled the world on the hunt for low-cost, environmentally friendly practices of use to small-scale farmers that he could turn into radio scripts.

In 1979, he established the Developing Countries Farm Radio Network (know today as Farm Radio International) and sent the first package of scripts to 34 participating broadcasters in 26 countries. Fast forward 38 years and the Farm Radio International counts more than 670 broadcasting partners within its network.

With more than half of the global population still not connected to the internet, radio continues to be the world's most accessible mass medium. Indeed, in the rural African communities served by our broadcasting partners, it's the main communication tool that people count on most.

During the years that George Atkins hosted CBC Farm Broadcasts out of Toronto, I was learning how to host CBC Farm Broadcasts out of Halifax for the Maritimes. He was a good personal friend and we shared many agricultural news items.

*A man who helps his neighbor also helps himself.*

Next time, I will tell you how Farm Radio helped a Ghana Farmers keep her Keets alive.



George Atkins 1917-2009

## *Round Barn Makes the News*

Beau Blois and the Round Barn was highlighted in the January 22<sup>nd</sup> Nova Scotian section of The Chronicle Herald.

The piece highlighted the deteriorating condition of the barn when he purchased the property in Old Barns and the subsequent work he did to restore it and make it a useful facility for him and his family.

The barn was built around 1886 by farmer Samuel James Kent. The barn is one of only two remaining octagonal barns built before 1914 left in Nova Scotia. It is listed on the Canadian register of historic places.

Thank you, Beau and family, for preserving this piece of history in our community.



Round barn before and after restoration.



Beau and son Arlo



## *Twenty Years Ago .... February 17<sup>th</sup>*

compiled by Leslie Burrows

Around twenty-two years ago, the churches from Old Barns, Hilden, Brunswick Street and North River got together and agreed to sponsor a refugee family from the former Yugoslavia that had been war-torn from 1991 to 1999/2000.

At the time, I was Chair of the Refugee Sponsorship Committee for Maritime Conference and so had access to the information and people that could help us in this journey.

Because we were based in an agricultural area, we asked for a family that might have come from a farming area. Soon we were matched up with the Dabic family from Zagreb, Croatia.

A house was found in Old Barns and we soon filled it with what was needed, dishes, furniture and clothing and then we waited.

Through another family that had been sponsored in Stewiacke area, I was able to correspond with the family and letters went back and forth – for two years!

But finally, around the first of February, twenty years ago, we were told they were ready to come. February 17, 1998 was the day. We had welcoming signs and flowers ready. They were to arrive in Toronto that afternoon. I had contacted someone in the Refugee office at the UCC and asked if someone could meet them. Originally, they were to stay the night and fly out in the morning. I suggested that they would not sleep wondering about where they were headed and begged them to try to get them on a flight that evening.

I remember sitting with the kids at home awaiting a call. I figured I would have a two-hour leeway if they were able to get them on a flight. Sometime past 7 p.m. I finally sent the kids up to get their pajama's on and no sooner was that done when the phone rang. It was my contact in Toronto. She started to tell me that she was able to meet them and get them through whatever and yes, they were flying in that evening. Yeah! Then she told me what time they would be arriving – eek! 45 minutes from now!!!! She went home before calling me.

The kids flew up to change back to clothes. I called Gordon Miller who was out for a walk, contacted my interpreters, and others that I cannot remember at this time. I called Reg and Marilyn Henderson who went over to the house to put on a fire (and Marilyn made biscuits!). I headed off to the airport with Hannah (10 years old), the flowers and welcome sign. Jim, Catherine (8), Alexander (6) picked up his mother in another vehicle and down we all headed to the airport – trying not to break speed limits.

I remember walking in the airport and looking at the arrivals and a sense of relief spread through me as the plane was late and we had 15 minutes before they arrived. Around twenty people made it to the airport and we were overjoyed to see the family walk down the steps to arrivals.

This started a new journey for the Dabic family and for all of us. Several people came to the house and taught them English – I bought a Scrabble game so they would have letters to use to spell words.

I became a soccer mom when Dejan made the Rep team that summer. We travelled all over for games.

So many stories to tell. So many memories. Ranko started to work for us that spring. When Jim needed to tell him something important, he always called me to try to explain. Sometimes he did understand but other times he would say yes and I knew he had no idea, but we managed somehow.

That spring was the last time a field has been plowed on Clover Crest Farm and Ranko plowed it. Jim has always said it was the straightest plow rows he had ever seen.

By the following year, in the autumn, Ranko, Zeljka, Dejan and Bojana packed all they owned in their little Pontiac Firefly and headed to Ontario where there was a community of other people from "home".

Jim and I have managed a few visits over the years. We discovered before she left Old Barns that Zeljka had macular degeneration which has caused her many problems in the ensuing years. Ranko has worked very hard and many hours and now suffers from arthritis. Dejan went to police school and graduated top of the class and was in demand but found that he just could not do it. My guess he has suffered from PTSD from his young years during the war. They also became Canadians many years ago.

Our wish has always been to give them a chance at a normal life and continue to wish for them a happy life and hope that someday they can get back here for a visit.

I did contact others that were involved with the sponsorship and have comments from Neil Fisher (Brunswick Street) who taught them English as well as from Gordon Miller (Old Barns) who acted as treasurer and my right-hand man. Thank you both!



Zeljka, Ranko, Bojana & Dejan

### **Neil Fisher Memories**

In the spring/summer of 1998, I was fortunate to be asked to be one of those who welcomed the Dabic family to Canada and to help them learn English. I started out with four students, and ended up with one. With spring, Ranko went to work and the kids were in school, so Zelka and I had a one-on-one classroom. It was delightful.

She was a lot of fun and very appreciative. While most classes were in their home in Old Barns, with me taking in pictures and a sketch pad, I could expand the classroom. We went to the grocery store, the department store, around town and we even had coffee and a few meals on Archibald Street.

I tried to keep contact after they moved to Kitchener Waterloo, but letters, while appreciated, weren't answered. We talked a few times, and my brother and I visited them in their townhouse on one occasion. The kids will be grown up now, and quite Canadian. I hope the family feel that the move to Canada was a wise decision, and that they got off to a great start in Nova Scotia.

## **Gordon Miller's Memories of the Dabic Family**

My wife and I have a home, a garage, and two sheds, full of "stuff".

The Dabic family ... Mom, Dad, and two children, arrived with all they own in one small suitcase.

What is important?

Just the thought of leaving family and friends, everything you've ever known, to go to a foreign country ... putting all your trust, and the future of your family's life, into someone else's hands ... must have been overwhelming to say the least.

Their arrival at the airport, exciting as it was for the sponsors, appeared to be somewhat frightening for the Dabic's. Arriving at their new home, tired and hungry, they seemed so lost with so much space. It was almost impossible to communicate verbally. However, a warm welcome was expressed through food and friendship as they settled in for their new life in Canada.

The kindness of so many people who helped ease their transition into their new life here was amazing .... from employment for Ranko, volunteers who gave of their time to teach English to them, to grocery shop with them, to share knowledge of our customs, to help with schoolwork, to provide transportation to appointments ... the list goes on.

The excitement and joy that Dejan was able to experience by playing soccer.

The presentation of a painting of Amber Hill by Gary Saunders, as a memento of their life in Old Barns.

## **20 Years in Canada – Dabic Family Story**

As we all start the new year, we look forward to new beginning, accomplishments, and anniversaries.

For our family, 2018 marks 20 years since we arrived in Canada, specifically February 17<sup>th</sup>, 1998.

I was 12 years old back then, but clearly remember it, that night, it was cold, and we were welcomed by a lot of kind people. As the ensuing days and months came and went, we adapted to our new life, and country, with everyone's help, it made things easier for myself, my sister and, of course my parents.

Towards the end of 1999 my parents decided to move to Ontario. We lived in Mississauga for a brief period of time, followed by us settling in Kitchener in year 2000, where we have lived ever since. Me and my sister went and finished school here, my parents worked until recently, and considering certain challenges that life brings, my parents are doing well, as are both myself and Bojana.

I still fondly remember my time in Nova Scotia, I was a happy kid, playing soccer and just enjoying childhood; years have passed and people have gotten older, moved, older ones are not with us anymore but memories and their kind actions last forever.

So, 20 years later, Zeljka is retired and the unofficial boss of the household, Ranko is semi-retired and works part time as a school bus driver, Bojana works in a restaurant, I work for the city transit, and drive the brightest red colour car in the neighbourhood; neither of us are married.

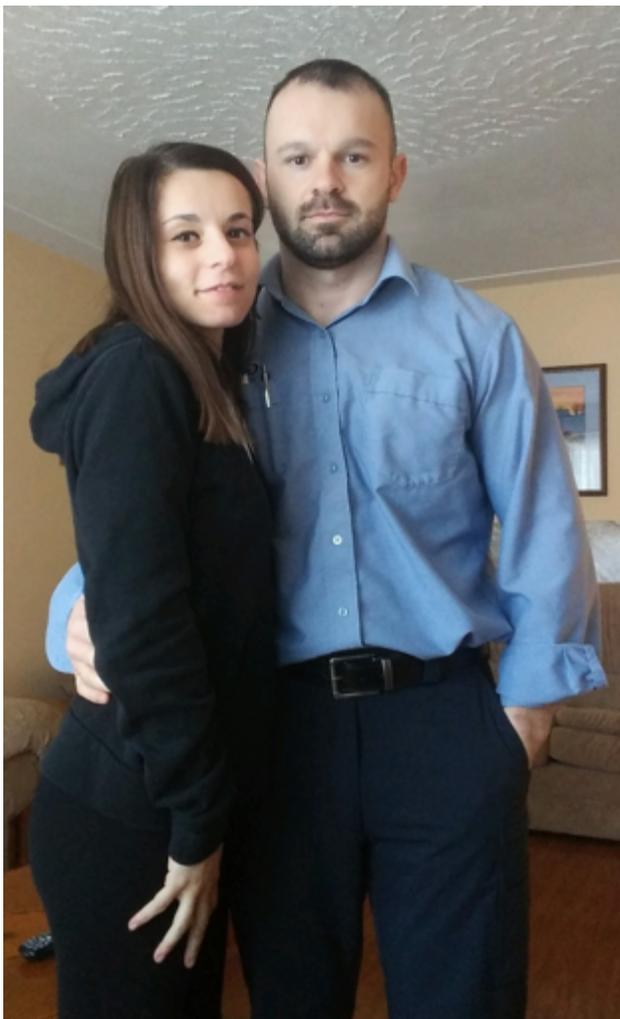
I like to go to Serbia in the summer as often as I can, and have been a number of times, as have Bojana and Zeljka, otherwise we have a regular, happy, and a good life.

I would like to take this opportunity to wish everybody a Happy New Year, and all the best wishes, hopefully you will enjoy this little story of our family's life in Canada, and I will write another one soon enough, I won't wait 20 years again :).

Dabic Family  
Ranko, Zeljka, Dejan and Bojana



Zeljka and Ranko



Bojana and Dejan

*We share our world,  
and we share responsibility for making  
it the kind of place  
in which we want to live.  
This includes responsibility for  
protecting each other's  
human rights and freedom.*

*Amnesty International*