

Have I Got e- for You!



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



No 11

February 2019

Message from Your Editor

Hello Friends!

I sit here typing as a winter storm starts its journey through this area. The province has essentially shut down, people are being encouraged to work from home if they can. I am reminded of winter from the distant past, stories that had ropes strung between farm buildings so you would not lose your way.

As a town child, I remember the huge piles of snow at the end of the driveway where we would very diligently dig out forts and crawl in to hide from one another – never would you let your children do this today! I remember going to school on Saturday mornings when classes had been cancelled during the week. Snowmen and snow ball fights galore!

The year I attended the Maritime Forest Ranger School, when nothing short of death was to keep you from classes, I came home one weekend, probably around the end of January. We had a Saturday morning class and the weekend looked good so I booted it for home from Fredericton Saturday afternoon. Through the night, a snow storm moved in and dumped one load of snow in the area. Our driveway collected snow – blew in from the neighbours who had a bare driveway (we lived on a hill) and the cars in our yard had two feet of snow on top of them. It continued to snow into the afternoon. Then the shovelling started but the street did not get plowed until the evening. A friend with a truck came and pulled my car out from under the snow, I cleared it off and soon headed back to Fredericton where I arrived shortly after 1 a.m. and was in my seat for the 8:00 a.m. class.

I am sure you all have snow storm stories. Personally, I would rather the snow than the rain and ice but have learned to live with and enjoy whatever comes. It is one of the things in life that we have no control over.

Leslie



Good Bye, Dear Friends



Elizabeth Jean Collins
October 16, 1924 – October 16, 2018
Beaver Brook



Frederick "Graham" Loughead
March 28, 1935 – January 30, 2019
Lower Truro



Miranda Dawn (Pickrem) Tipping
October 25, 2018 – aged 32
Maitland (formerly of Lower Truro)



Frances Louise Deveau
April 2, 1942 – February 5, 2019
Hilden



Frances Elizabeth Weatherbee
December 22, 1955 – December 06, 2018
Onslow (formerly of Lower Truro)



John "Jack" Seymour Creelman
February 8, 1956 – February 5, 2019
Bible Hill (formerly of Beaver Brook)



Hello Baby



Violet Anne Burrows-O'Toole
November 28, 2018
Parents: Alexander & Lacey
Beaver Brook
Grandparents: Jim and Leslie Burrows

Baptism



Aaron Petrie, Brooke McCormick, Baby
Isabelle, The Reverend David Le Blanc
November 18, 2018

Remembrance Day



Anthony Waugh laid a wreath during
the Old Barns service.

The Last Gathering of the Oldest Presbytery in Canada

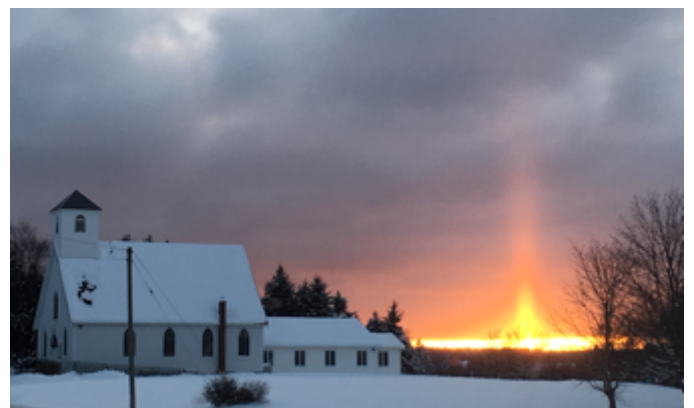


Fran Fiddes, The Reverend David LeBlanc,
The Reverend Dan Gunn, Sheila Marshall,
Glenda Kent, Leslie Burrows
December 13, 2018

Old Barns Youth Drama Club



2018 Christmas Cast



Picture by Cathy Vallis taken in 2017

Community Announcements

Yoga

Stretch, Strengthen, De-Stress
Thursdays at 7:30 p.m. until March 21st
\$10 for drop-in, \$65 to register for full series
Old Barns Fellowship Hall
All are Welcome.

Pot Luck and Movie Night

Sunday, February 24th
Old Barns church – Fellowship Hall
Pot Luck Supper at 5:30 p.m. followed by the
1994 movie "IQ"
starring Tim Robbins, Meg Ryan, Walter Matthau
Lots of laughs!
An evening of fellowship for members of
our Clifton community and Hilden church
Free-will offering bucket available.

Can You Help?

The Hilden UCW are gathering items to help the **Cobequid Wildlife Rehabilitation Centre** (website: www.cwrc.net) which was established in 2001 and run by volunteers. Items they are always in need of and would gladly accept: birdseed, pet food, paper towels, eggs, old blankets/towels/sheets, building supplies, medical supplies, office supplies. If you get items to Hilden church, the UCW will deliver.



**Cobequid
Wildlife
Rehabilitation
Centre**

Cobequid Firemenettes Invite You

Guest Speakers from 7:00 – 7:30 p.m.
followed by a 15-minute question/answer time
A light lunch will follow.
Lower Truro Fire Hall

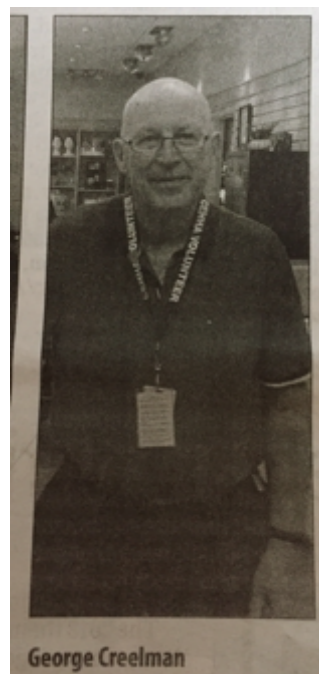
February 27th – RCMP Corporal Marc Rose
Telephone and Internet Scamming

March 27th – Susan Teubner
What is Nova Scotia 211 and what this service provides
to you through local community groups, non-profits, and
government departments

Community Supper

You are invited to the
Cobequid Fire Hall, Lower Truro
Wednesday, April 17
4:30 – 6:00 p.m.
Macaroni & Cheese, Pulled Pork Sliders,
Tossed Salad, Whitecake with Blueberry
Sauce
Cost: Free (while supplies last)
For those living in the Green Oak to Truro
Heights area served by the Fire Brigade.

Congratulations!



George Creelman, Hilden, has volunteered for
the past 16 years with the Colchester Hospital
Auxiliary.

Thanks to the following for submitting pictures for the
newsletter:

Karen Archibald-Waugh
Leslie Burrows
Gerry Loughhead
Laverne McGann

Laverne McGann
Edith Selwyn-Smith
Cathy Vallis

*Pictures from
October/November/December*



October 24 – Food Servers: Janet Kent, Lynn Weatherbee, Mary Heukshorst, Joan Poole



November 4 – Coffee and Conversation in Old Barns



October 21 – Community Baby Show for Alexander Burrows and Lacey O'Toole



December 5 – Old Barns UCW Christmas Gathering



October 24 – Fire Hall Community Supper with the Band "Two Shades of Grey"



December 10 – Old Barns Progressive Club Christmas Party



December 10 – Progressive Club Christmas Party



December 17 – Clifton Federation of Agriculture Christmas Party. Fred and Julia Blois were presented with a Community Service Award.



December 12 – 4-H members carolling at Clifton Acres

Pictures from January/February



February 6 – Old Barns UCW visits the new Colchester Food Bank facility



December 17 – Ed MacDonald (CEHHC past chair), Sharon Crowe (CEHHC Executive Director), Laverne McGann (representing the family of Elizabeth Collins), Jeff Yuill (representing the Old Barns Men's Club)

The families of Elizabeth Jean Collins, Beaver Brook, thankfully acknowledge the donation of \$500 to the CEHHC Foundation in memory of our mother for her past years of work to donate pies to the Old Barns United Church Men's Club for their Lobster Suppers each year increasing the number to one hundred pies this past May.



February 10 – Old Barns Brain Storming Session
Facilitators: Laurie Sandeson & Jim Burrows

Congratulations!



Daniel Loughead, son of Paul and grandson of Reg and Gerry, has been accepted at Carleton University, Ottawa, where he will study Political Science.

A Musical Hilden



In the late fall of 2018, Hilden United was blessed with the gift of a two console Allen Organ from the decommissioned Debert United Church. The choir loft was rearranged to accommodate the larger instrument and, with it placed on the left of the loft, the choir is now front and center.



back row: George, Paul, Ron, Mervyn
front row: Edith, Donna, Marnie, Gladys, Gail

~~~~~  
Cryptoquotes that I solved:

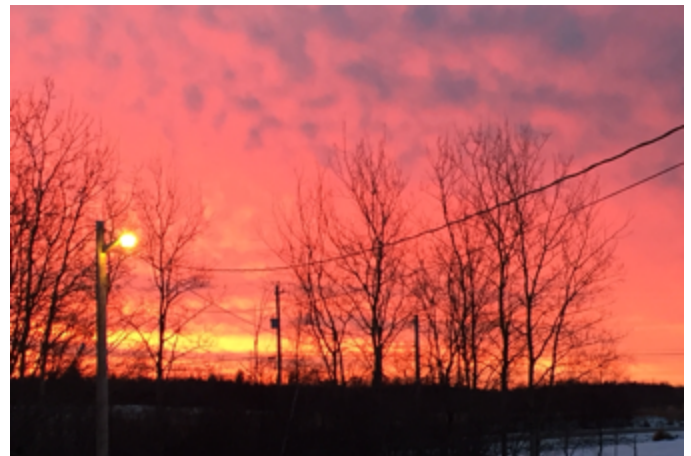
When I started counting my blessings, my whole life turned around. ~ Willie Nelson

Appreciation is the highest form of prayer for it acknowledges the presence of good wherever you shine the light of your thankful thoughts ~ Alan Cohen

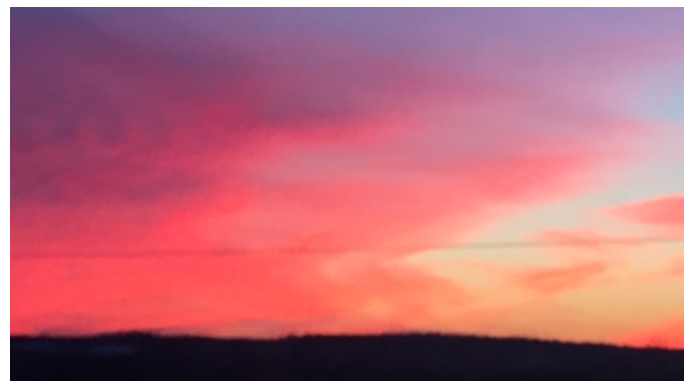
## *The Old Crow*

by John Ciardi

The old crow is getting slow.  
The young crow is not.  
Of what the young crow does not know  
The old crow knows a lot.  
At knowing things the old crow  
Is still the young crow's master.  
What does the slow old crow not know?  
— How to go faster.  
The young crow flies above, below,  
And rings around the slow old crow.  
What does the fast young crow not know?  
— Where to go.



January 8 – Good Morning, Green Oak!



January 14 – Good Evening, Green Oak!



## *A Farming Revolution*

Submitted by Jim Burrows

The screen saver on my office computer scrolls through pictures we put together for Mom's 90<sup>th</sup> birthday. While working on the farm's year end, this picture scrolled past:



The reason I took note was that I was organizing the file with the 2018 capital purchases which included this triple mower.



This began a journey in my mind reflecting on the changes I have seen on the farm since the early 1960's when I became mobile enough to follow my father and brothers as they performed a variety of farm tasks.

The question often asked is, "Are we better off now?" I know which tractor I would prefer to be operating on a hot summer afternoon. Go back to the picture of my father taken in the early 1950's, less than a decade after he retired the horses for petroleum fueled horsepower, I am sure he was very pleased with the modern equipment at his disposal.

My memories, in the early 1960's, are of a little bigger tractor, all of 35 horsepower with a 7-foot mower.

I also remember dad milking the cows and putting the milk in milk cans. He had a cooler able to hold 6 milk cans, a cooler that had plenty of capacity until the mid 1960's. Our production today is probably 20 times that of the early 60's.

The labour on Dad's farm was Dad full-time and my two older brothers working before and after school, weekends and summers. If we were operating the same, we would need a staff of 20 full-time and 40 part-time seasonal workers. Our staffing today represents about 3 full-time people divided over full and part time workers. Just think of how many people today are sitting in front of a computer screen rather than forking manure or hoeing turnips as a result of current agricultural practices. The down side is that if we had that many people working on the farms in the community today, the church might be fuller on Sundays.

This revolution has happened not only because of mechanical advances. Much of it is due to the genetic changes in plants and animals and a better understanding of their nutrient needs making both much more productive. For us today to ship our current milk volumes, using the 1960's practices, we would need between 800 and 900 more acres of land and need to milk more than 200 more cows. In 1960 there were 3 billion people on the planet, today we approach 8 billion. I doubt there is enough arable land to feed all 8 billion using 1960 technology and practices. Whether farmers take the credit or the blame depends on your perspective, but the reality is that if we were farming the same as in 1960, there would be fewer people in the world and more of them would be living in rural settings.





## *Traditions of Checking Winter Weather*

Submitted by Dianne Hayman

New Year's Day is always ripe with possibilities. Though we have our forecast, we also enjoy the tradition of looking to winter weather folklore. In particular weather folklore often looks to the wind.

Some believe you need to step outside as the sun sets on New Year's Eve. Feel the wind and recite:

If New Year's Eve the wind blows South,  
It betokens warmth and growth.  
If it blows West,  
Much milk and fish in the sea.  
If it blows North,  
Cold and storms there will be.  
If in the East,  
The trees will bear much fruit.  
If it is Northeast,  
Then flee it, man and brute.  
Then go out and party!

Others believe the time to check out the wind is at the sunrise on New Year's Day but, if you had any fun the night before, it will be hard to wake at dawn.



If you forgot to check the wind, don't worry. Other lore says that the first twelve days of the year are just as useful. The weather on the first, good or bad, will reflect how January will feel. The second day forecasts February, and so on.

Cindy Day's Gramma says that the weather on December 25<sup>th</sup> will be the weather for January, the weather on December 26<sup>th</sup> will be the weather for February and so on.

My grandparents, John and Ella (Cameron) Adams, were of Scottish descent, so my mother, Pearl (Adams) Phillips, followed her parents tradition by checking the wind at midnight on New Year's Eve. The tradition is whichever way the wind was blowing at 12:00 midnight on the dot on December 31<sup>st</sup> would rule the winter:

If the wind blew from the South  
it would be a mild winter.  
If it blew from the North,  
it would be a cold winter.  
If from the East,  
this brings snow.  
If from the West,  
it would be changeable.

The wind, at 12:00 midnight on December 31, 2018, was southwest, therefore, according to the tradition, the prediction is: it will be a mild but changeable winter. That's my prediction and so far in 2019, it has proven out to be correct.

## *Carrying the Tradition On*

Submitted by Millie McKim



I found this newspaper article which was dated 2004. It shows 'Bus' McCallum putting flags by the headstones of the soldiers who served. It so happens the picture was taken when he was standing by my late husband's grave. I had great respect for this man who remembered all his fellow man by doing this every year. The newspaper states and I quote, "Veteran still watching his fellow soldiers back 60 years later".

On Veterans Day I try to visit our Old Barns Cemetery just to show my respect. Bus is now gone but not forgotten and never will be. He was a brave soldier. We soon forget what our older generation has done, especially what the soldiers endured and the good deeds they still carry out for their fellow man. The flags were still flying in 2018 and his son, Stuart, retired from the Navy is carrying on this tradition.

## Baptism

Submitted by Beth Saunders

Do I remember my baptism? Of course I do. (Not really; I was quite young at the time and very small, but word gets around.) Back in “those days”, babies at Zion Presbyterian Church in West Branch, NB were usually baptized at home, the church not being heated and having zero plumbing. So, Freddy Wilson and I were sprinkled by the Reverend Mr. Craize in my grandparents' parlour. Mr. Craize later accepted a call to Sackville, NB – of which more later.

A cut-glass bowl was used to hold the water. The bowl was a wedding gift to my parents from a Mrs. Chisholm, who with her husband and four children had recently moved to the community from Scotland. How could she bear to part with it?

As a little girl, I remember old Mrs. Chisholm, now a widow, being brought to church by horse and buggy driven by her son Ken. Always she wore a long black dress, and a black bonnet tied under her chin. She never failed to ask my mother, “And how is your good man?” This was during WWII and Dad was away defending a foreign country – Newfoundland.

Now back to the cut-glass bowl. My mother had it for many years. It survived many a move. One day, it spontaneously broke in two. My Uncle Earle, visiting from Kentucky, who fancied himself a handyman – more man than handy, as it turned out – glued it back together with some sort of white cement – not pretty, but still treasured.

I eventually inherited the bowl. There it sat in our new-old house in Old Barns, where it survived in spite of our seven children. One day after they had grown, I decided to clean house. I perched the bowl on an old Morris chair. It fell and shattered into many pieces. I saved two of the larger embossed shards and put them on the windowsill to glow in the sunshine.

*Footnote: There's more to every story...*

Fast-forward now from 1938 to 1964 and Sackville, NB, where we lived for two years while Gary earned a Fine Arts degree. By now, we had a third child, a 2<sup>nd</sup> son ready for baptism. The Presbyterian church, located on “the wrong side” of the tracks, was being “run” by Mr. Craize's two daughters, one widowed and one “never married”. The two had soldiered on for 34 years after their father was gone. Seems the dwindling congregation never felt the need to call another minister (Sackville was more of a Methodist town). And since neither of these ladies had sought ordination, a Moncton minister was called in to administer Communion and, by the way, to baptize our Matthew.

In the fall of 2018, Gary and I knocked at the farmhouse door of Freddy and Winnie Wilson. By now, they and their offspring owned almost all of West Branch, still producing food: lamb, maple syrup, grain. (We met the grandson and likely heir when he brought the day's milk into the house.) Invited in, we sat and talked. Then, taking the two cut-glass baptism bowl shards from my purse, I offered Freddy one – his choice. He let me choose first. It was tender moment.



### *A Shropshire Lad 2: Loveliest of trees, the Cherry Now*

by: A.E. Housman

Loveliest of trees, the cherry now  
Is hung with bloom along the bough,  
And stands about the woodland ride  
Wearing white for Eastertide.

Now, of my threescore years and ten,  
Twenty will not come again,  
And take from seventy springs a score,  
It only leaves me fifty more.

And since to look at things in bloom  
Fifty springs are little room,  
About the woodlands I will go  
To see the cherry hung with snow.



## *The Clifton Community*

By: Leslie Burrows

Before Allan and Lydia Sorflaten left for Ethiopia, Lydia asked me about how many farms and businesses there were in our community. She was looking for information to share with the people she would be meeting. So, I sat down, and with some help from Jim, tried to come up with a list. I am sure I am missing some but here is a snapshot of our community.

The Clifton Community consists of several smaller communities: Green Oak, Princeport, Beaver Brook, Clifton, Old Barns, and Lower Truro.

### **Green Oak:**

Dairy Farms: Clover Crest Farm (Burrows)  
Green Oak Dairy Farm (Burriss)  
Businesses: Greenhouse Strawberry Grower  
2 – River Rafting Businesses  
(seasonal)

### **Princeport:**

Dairy Farms: Beech Hill Farm (Blaauwendraat)  
Pitch Brook Farm (Vermeulin)  
Business: 1 – River Rafting Business  
(seasonal)

### **Beaver Brook:**

Businesses: Stokdijk Greenhouse  
Small Engine Repair Shop  
(McCormick)  
Saw Mill (Dearmond)  
Clifton Acres Srs. Apartments

### **Clifton:**

Dairy Farms: Twin Maple Farms (Forbes)  
Bidalosy Farms (McCurdy)  
Bay Bend Farm (McCurdy)  
Businesses: Woodland and Meadows  
Perennial Nursery and  
Gardens (Blackburn)  
Nova Scotia High Speed Internet  
Company  
Woodmaster Tools (Blois)

### **Old Barns:**

Dairy Farms: Amber Hill Farm  
Beef Farm: Round Barn Farm (Blois)  
Business: The Tree Guy (Baird)

### **Lower Truro:**

Dairy Farms: Lower Truro Farm (Kent)  
Crop Farm: Soley Brook Farm (Kent)  
Business: Monks – small engine and  
hydraulic repair  
Sizzlers BBQ Depot  
Dairy Farmers of NS/Animal  
Breeders offices

... and as a note of interest, there is an “active” cemetery in Green Oak and in Beaver Brook!!

We have a main Fire Hall in Lower Truro and a sub-station in Beaver Brook manned by volunteers.

There is an elementary (grades P-5) school in Old Barns.

### *What is Community*

Taken from a Stanford Social Innovation Review

It's about people.

First and foremost, community is not a place, a building, or an organization; nor is it an exchange of information over the Internet. Community is both a feeling and a set of relationships among people. People form and maintain communities to meet common needs.

Members of a community have a sense of trust, belonging, safety, and caring for each other. They have an individual and collective sense that they can, as part of that community, influence their environments and each other.

That treasured feeling of community comes from shared experiences and a sense of—not necessarily the actual experience of—shared history. As a result, people know who is and isn't part of their community. This feeling is fundamental to human existence.

Neighborhoods, companies, schools, and places of faith are context and environments for these communities, but they are not communities themselves.

## Empathy

A story that is circulating through the internet

These twelve short stories are all very good stories and make us think twice about the daily happenings in our lives as we deal with others!!

1. Today, I interviewed my grandmother for part of a research paper I'm working on for my Psychology class. When I asked her to define success in her own words, she said, "Success is when you look back at your life and the memories make you smile."

2. Today, I asked my mentor, a very successful business man in his 70's, what his top 3 tips are for success. He smiled and said; "Read something no one else is reading, think something no one else is thinking, and do something no one else is doing."

3. Today, after my 72-hour shift at the fire station, a woman ran up to me at the grocery store and gave me a hug. When I tensed up, she realized I didn't recognize her. She let go with tears of joy in her eyes and the most sincere smile and said; "On 9-11-2001, you carried me out of the World Trade Center."

4. Today, after I watched my dog get run over by a car, I sat on the side of the road holding him and crying. And just before he died; he licked the tears off my face.

5. Today at 7 a.m., I woke up feeling ill, but decided I needed the money, so I went into work. At 3 p.m. I got laid off. On my drive home I got a flat tire. When I went into the trunk for the spare, it was flat too. A man in a BMW pulled over, gave me a ride, we chatted, and then he offered me a job. I start tomorrow.

6. Today, as my father, three brothers, and two sisters stood around my mother's hospital bed, my mother uttered her last coherent words before she died. She simply said, "I feel so loved right now. We should have gotten together like this more often."

7. Today, I kissed my dad on the forehead as he passed away in a small hospital bed. About 5 seconds after he passed, I realized it was the first time I had given him a kiss since I was a little boy.

8. Today, in the cutest voice, my 8-year-old daughter asked me to start recycling. I chuckled and asked, "Why?" She replied, "So you can help me save the planet." I chuckled again and asked, "And why do you want to save the planet?" Because, that's where I keep all my stuff," she said.

9. Today, when I witnessed a 27-year-old breast cancer patient laughing hysterically at her 2-year-old daughter's antics, I suddenly realized that, I need to stop complaining about my life and start celebrating it again.

10. Today, a boy in a wheelchair saw me desperately struggling on crutches with my broken leg and offered to carry my backpack and books for me. He helped me all the way across campus to my class and as he was leaving he said, "I hope you feel better soon."

11. Today, I was feeling down because the results of a biopsy came back malignant. When I got home, I opened an e-mail that said, "Thinking of you today. If you need me, I'm a phone call away." It was from a high school friend I hadn't seen in 10 years.

12. Today, I was traveling in Kenya and I met a refugee from Zimbabwe. He said he hadn't eaten anything in over 3 days and looked extremely skinny and unhealthy. Then my friend offered him the rest of the sandwich he was eating. The first thing the man said was, "We can share it."





## Canada Foodgrains Bank in Nova Scotia

Submitted by Lydia Sorflaten

For over 30 years, farmers across Canada have been helping end global hunger through Canadian Foodgrains Bank (CFGB). Ian MacHattie describes how it works here in Nova Scotia.

Basically, a local church (since all 15 major churches are members of CFGB) starts a project and opens a bank account. Someone donates land, then area farmers agree to grow a crop. All the proceeds go to the church, who submit the earnings to CFGB into the account of a churches international aid group. CFGB programmers work with partners around the world to use these funds to deliver food aid to approved projects.

Government matching dollars from Global Affairs Canada go to the projects as well. So, 1,000 dollars goes in, and 1000 plus 3000 goes out to the projects we sponsor around the world. That's how we work with our government and the UN World Food Program.

In Nova Scotia we have 6-12 farmers and ag businesses that donate inputs and work, (planting, fertilizing, combining) in each project that donate their services, and then also offer individuals, urbanites, rotary clubs and church groups to sponsor an acre at each project for \$300/acre.

### Project Name/Land Donor/ChurchAcres/Crop

Masstown/Masstown Market/Trinity UC/12/Soybeans  
Riverrun/Riverrun Golf (Jones')/Northeast Nova Baptist  
Assoc/12/Corn

Brookfield/LaFarge Cement/John Calvin Christian  
Reformed/35/Corn

Milford/Reg Mun/St. Bridget's Catholic Parish/32/Corn  
Annapolis Valley/Produce Donated & Sold/6 Churches in  
Kentville/Pumpkins, Blueberries

Here is one example:

Now Nova Scotians who are or aren't farmers have a chance to join us by sponsoring an acre through Grow Hope Riverrun. Greg Jones is an accountant in Truro, NS. He also had a 6-acre driving range at his Riverrun Golf Club in North River that he generously made available to the

Foodgrains Bank to grow a crop. When the crop is harvested, proceeds from the sale are donated to the Foodgrains Bank to be used in the work of ending world hunger. Supporters are sent updates on how the crop is doing throughout the growing season, and are invited to visit the crop and meet the farmer, often around harvest time.

Watch this video to see how it works! In the video you will see the 'River Run' project growing 12 acres of corn and visit a CFGB project with the Jones' in Malawi.

<https://www.youtube.com/watch?v=I5ZNjAjtXU>  
(This works best if you first open YouTube, then paste in the above link).

February 2<sup>nd</sup> to February 13<sup>th</sup>, Allan and Lydia Sorflaten join four couples from across Canada in Ethiopia to visit Canada Foodgrains Bank projects in Ethiopia. 'After a number of years of volunteering in a number of countries, we look forward to seeing 'on the ground projects' actively addressing the problem of global hunger'. It would be great to see a Canada Foodgrains Bank project in Old Barns!



## House Plants

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

Jane Blackburn has offered a three-part series on House Plants. Watch the June and October issues of this newsletter for the other installments.

House plants are not new, we have always had house plants on the window sill, tucked into the corner, crawling up and over the cupboards or dressers. All of them are native to warmer areas in the world mostly tropical areas, hence the need for them to be inside. Some people have a green thumb, whereas others can't get a cactus to survive. They are very rewarding to grow and care for when you understand their needs. They have been increasing in popularity in the last 5 years especially with younger people taking up growing them. This has been fueled by Instagram, Facebook, and home and garden shows on TV.

The benefits of having house plants around is huge. They are excellent for mental health; they have calming effects, help boost energy and creativity, reduces the winter blues, and gives you something to take care of. They look nice and add to the décor: add colour to your surroundings, bring nature inside and many are low maintenance. They clean the air; as we expel carbon dioxide, they crave it and give back oxygen so talking to your plants is beneficial to both to you and your plants.

A houseplant needs water, fertilizers, potting soil, container of some type, light, optimum temperature in order to thrive in a home.

### Watering

Watering is one of the most important things to manage. Without water, all plants will die, but more plants die of overwatering than underwatering. If overwatered, the excess water that is not taken up by the plant will displace the air pockets in the soil, so the roots will not get any oxygen and the roots will rot. Plants drink and breath through their roots as we drink, eat and breath through our mouth and nose. Over watering is like not allowing us to breath. Knowing the type of plant, you have, and its watering requirements will make all the difference.

### **How often you need to water also depends on a lot of other factors**

- Size of the pot – does it need repotting?
- Type of soil – is it well drained soil?
- Type of plant – what are their moisture requirements?
- Location – how much light is it getting?
- Time of year – are the plants in their dormant stage or actively growing?

### **What are the signs that they need water?**

The pot and plant feel light relative to it having just being watered (you will learn to judge this). The surface of soil is dry and if you extend your finger into the soil, it feels dry. The leaves are drooping (this does depend on the type of plant, not all plants do this). Ideally, water in the

morning or afternoon. It is not good to leave water on the plant leaves overnight, it can cause discolouration of the leaves on some plants (African Violets and other fuzzy leaved plants are prone to this) and, in some cases, lead to rot.

### **How to water**

**Saucers** under the pots or pots set inside a decorative (no drainage holes) pot keeps everyone happy. The saucers catch the water as the pot/soil is being watered, after 10 minutes, empty the saucers of water to prevent the soil from becoming too wet. Those plants that do not like watered from above (African Violet), add water to the saucer instead. You may have to do this a few times, especially if the plant is dry. When the plant stops taking up water (about 10 min), empty the saucer. The saucers keep your table from getting damaged.

**Self-watering pots** have a large reservoir at the bottom of the pot that will hold several days' worth of water. The water is moved up to the soil by way of capillary action of a wick. Remember, you still must add water to the pot (see picture below).



How a self-watering pot works

Image Source:

<https://advisor4uall.wordpress.com/2015/06/11/self-watering-planters-how-do-they-work/>

**Capillary mats** are great if you are going away for a while on vacation and have no one to water your plants. Set your plants on a capillary mat on top of a piece of plastic or large tray (on the counter next to the sink or in a bath tub), moisten the mat and add a reservoir of water (tray). The mat will wick the water from the reservoir and the plants will wick the water from the capillary mat (see picture below).



Capillary mat

Image Source:

<http://www.leevalley.com/US/garden/page.aspx?cat=2,44713&p=53708>

Both Self-watering and Capillary mats are not good for plants that need to dry out very well between watering such as succulents and cacti.



It is better to soak the soil well, than to just give a little bit of water at a time. If they are not watered well, they will need to be watered more often and the roots will not move fully throughout the soil but stay in the upper half of the soil. Some plants like cactus and succulents are used to living in very dry conditions. They only need to be watered every couple of weeks or once a month because they can store the water they need inside their leaves and stems. These plants will rot if the roots are kept moist. Again, like most plants, water them well then allow them to dry out. In general, most houseplants should be watered at least once or twice a week depending on the type of plant, size of the container and room conditions.

Plants that are in small containers or are root-bound will need to be watered more often than plants in larger containers because there is not enough volume of soil to hold enough water. It is often best to replant these plants into a larger container. Those type of plants that require more sun (light) may dry out faster than those that sit in the corner of the house out of direct light.

House plants don't like cold water. It is best to draw water from the tap and allow it to sit out for an hour before using it to water the plants or temper the cold with warm water. If the water has been chlorinated (town or city water), allow the water to sit out overnight. This allows the chlorine to dissipate. Some plants are very sensitive to this (African Violets, Succulents, Orchids).

### **Watering plants in pots with no drainage holes**

There is a trend now days with the popularity of succulents, that the pots have no drainage holes. This is problematic as succulents and cacti do need to be watered, but do not want to be standing in water. The first recommendation is to always use a pot with a drainage hole. If your pot does not have a drainage hole, the goal would be to get enough water in the pot that the soil gets wet but not enough that it pools at the bottom of the pot. If the soil is dry (finger test), use ½ the amount of water to the soil in the pot. If your pot had about 1 cup of soil in it, then water with ½ cup of water. Allow the soil to completely dry before watering again.

### **Fertilizers**

Fertilizing house plants is important to support plant growth and flowering during their growing season. It is important to understand what the nutrients are, especially the major ones, so that deficiencies can be corrected. Another important part is to understand how to read a fertilizer label and apply the appropriate amount of fertilizer. There needs to be a balance between not fertilizing enough and fertilizing too much.

There are 17 nutrients needed by the plants. These are held by the soil. They are broken into two categories:

- **Macronutrients:** Nutrients are required in larger amounts. These consist of Nitrogen (N), Phosphorus (P), Potassium (K), Calcium (Ca), and Sulfur (S).
- **Micronutrients:** Nutrients required in smaller amounts. These consist of Boron (B), Chlorine (Cl), Cobalt (Co), Copper (Cu), Iron (Fe),

Manganese (Mn), Molybdenum (Mo) and Zinc (Zn).

There are three other nutrients that are supplied by the atmosphere. Hydrogen (H), Carbon (C) and Oxygen (O). All are essential in good growth of the plant.

If plants do not receive a proper amount of these nutrients, they will show signs of deficiency in those nutrients. Deficiencies may show up as discoloration or deformities of stems and leaves depending on the nutrient that is lacking. Care must also be given that it is not a cultural problem. Always check first for insects or diseases, what does the roots look like, is it too wet? Does the plant needs repotting, is it getting too warm or cold?

Common deficiency symptoms of plants can be stunted growth where the plant will be smaller than it should be, it may have weak stems, undeveloped leaves, and poor development (flower buds not developing). It can also show discoloration, usually yellowing of the leaves.

Over all, if fertilizer has never been applied, then deficiencies are quite likely going to happen in time. If the plant needs repotting, then the new potting soil should have enough nutrients for at least 1-2 months. After that time, then a regular fertilizing needs to be started.

### ***Fertilizer Types***

There are various types of fertilizers to use on your plants. Liquid fertilizers come ready to use. They are convenient, but more expensive since you are also paying for the water that is in them. Water soluble powders, concentrated liquids and crystals need to be mixed and dissolved in water. They can be applied about once a month or diluted further for continuous feed.

Slow release fertilizers are marketed as fertilize and forget type of fertilizing, good for people whom can't remember to fertilize. Fertilizer spikes can be stuck into the root zone by the side of the pot (don't place next to the stem as it may burn the plant), as the water slowly dissolves them, the sticks release nutrients. Sulfur-coated pellets are pellets of nutrients that are covered with a coating. When the temperature is warm and there is moisture present, the coating will slowly break down over a period of weeks to months, depending on the type purchased.

### **How to read a Fertilizer Label**

There are 3 numbers on a fertilizer label, these numbers represent percentages of the 3 major nutrients found in the fertilizer, Nitrogen (N), Phosphorous (P<sub>2</sub>O<sub>5</sub>) and Potassium (K<sub>2</sub>O). These are represented by the letters N-P-K.



Image Source: <https://www.valleyindoor.com/Plant-Prod-Water-Soluble-Fertilizer-20-20-20.html>

If the label reads 20-20-20, then there is 20% of each nutrient in the fertilizer. If the numbers do not add up to 100, then the rest of the components may be other nutrients (other macro and micronutrients in various percentages) and filler. There are different types available. For non-flowering house plants, the most commonly use type is 10-10-10 or 20-20-20 with micronutrients. For Flowering house plants, 15-30-15 would be used. Remembering that increased phosphorous encourages flowers to bloom. This will be used for house plants such as African Violets, Hibiscus, Flowering Maple up to and during their bloom period.

When purchasing fertilizers, try to purchase ones that contain larger amounts of NPK (e.g. a 20-20-20), instead of ones that have small amounts of NPK (e.g. 10-10-10). It makes more economical sense to purchase the higher concentration product than the lower concentration. Usually the cost is not double, and you are purchasing more fill whether it be extra water or filler.

When fertilizing houseplants, always follow the directions on the back of the container. For example, common directions for soluble fertilizers may be: mix 1 scoop with 1 litre of water. Apply once a week or once a month depending on the plant and the instructions on the container. You want to avoid both over- and under-application, since neither is good for the plant.

Most plants want to be fertilized only during their growing season which is between March and September. Fertilizer should not be applied during dormancy (when the plant is not actively growing and/or flowering), usually the fall/winter months.

It is advisable to use a bit less fertilizer than the recommended rate on the fertilizer package. Conditions in a house vary, plants in a sunnier location would grow faster therefore, may require more fertilizer than those in a darker corner. More fertilizer can be added if needed but it is harder to get rid of excess.

If you have over fertilized, you may see brown edges and spots on leaves, wilted leaves, stunted growth, white deposits on the top of the potting soil and pots and if severe enough, the complete collapse of the plant. If you think the plant is over fertilized, immediately stop fertilizing and drench the plants soil with water (place in the sink). Do this several times allowing it to completely drain in between drenching. Reduce the amount of fertilizer used, especially if cultural conditions (light, temperature, humidity are not ideal).



At the request from some Old Barns church members, Barb Miller has submitted her Message from Sunday's service for your reading pleasure.

## Feb. 10, 2019 "Fish from the other side"

*When I was invited to prepare the service for today, I first consulted the Gathering magazine for the scripture readings and music suggested. As I read through the scriptures, I was reminded of an article I had written a number of years ago based on the story of the breakfast by the lake. So, I found the article I'd written and decided it would fit quite well into today's message. The following is the article that was published in 2004 in the United Church magazine called Women's Concerns. The article is tweaked a bit from the original printing to fit with today's times and challenges. (italics)*

### COMMON GROUND, HOLY GROUND

The opportunity to spend a weekend at Tatamagouche Centre is, in itself, a real blessing. I can literally feel the tension and stress leave my body on the drive there. When seventy, or so, women gather to share ideas, concerns, and feelings about our spirituality and our call as women of the United Church, the experience was multiplied as each of us experienced the richness of this amazing opportunity to discover our common ground. But perhaps even more importantly, for this group, we discovered that we are Holy ground. Such was the blessing of the retreat I attended in September, 2002, called Common Ground, Holy Ground - Calling Women's Spirits.

Sharon Moon, a United Church minister from Montreal, and author of the book Healing Oasis, Guided Meditations for Mind, Body & Spirit, was the guest speaker. The scripture basis for the weekend was the breakfast on the lakeshore from John's gospel (John 21:1-17).

As soon as Sharon began to speak, it was as if we already knew her – common sympathies laying the foundations for a common ground experience. Sharon is a woman of gentle spirit, yet also of deep, spiritual wisdom. As she read the story of Jesus calling to the fishermen, she challenged us as women of the United Church to "fish from the other side of the boat". Each time we met as a whole group she read this story to us and then invited us to see ourselves in the story, to become a part of this experience with the disciples. We would then discuss our experience in smaller 'sister' groups. *I'd like to invite you, as we were invited at the retreat, to place yourself in this story with me today.*

The general consensus in the small group discussions, was that most of us found ourselves in more than one place at a time in the story, and that we had been in each of the places in the story at one time or another:

- Wanting to believe that Jesus will meet us at the lakeshore, as He'd promised, but perhaps just a little skeptical.



- Tired of waiting on the shore, someone suggests we go fishing. After all, that's what we know how to do, and we should be **doing something** while we wait.

- Fishing all night long on the dark, lonely lake. Grumbling to ourselves about not catching any fish; perhaps even grumbling to each other.

- Then at dawn a stranger calls out to us from the shoreline asking if we have any fish. What kind of question is that? If we had fish, we'd be coming into shore to unload them wouldn't we? Then he has the nerve to suggest we try the other side of the boat! Who does he think he is anyway? We're the fishermen, we'd certainly know how to dip a net and catch fish, wouldn't we?

- Perhaps after a bit of discussion in the boat, someone has the courage to say, "Hey, we're not getting any fish this way, what have we got to lose by trying this stranger's idea?" Imagine our surprise when the net comes up full!

- Then the recognition that it is Jesus calling to us from the shoreline! Simon Peter can't wait to get to shore in the boat so he jumps into the water, clothes and all, in his rush to see his friend again. It takes the effort of all the others in the boat to row to shore, hauling their net so full of fish.



- On the shore, Jesus is delighted to see his friends again - to help us end our struggle through the long, dark night. He has made us breakfast. He cares about us, cares that we are nourished. He loves us and so He has appeared to let us know that.



- But then Jesus challenges Simon Peter by asking: "Do you love me? Do you love me more than these? Do you truly love me?" As Peter answers each

time "Yes, you know I love you," he becomes hurt that Jesus asks the question to him over and over again and finally he says, "Lord you know me, you know I love you." Then Jesus says to him, "Feed my lambs. Tend my sheep. Feed my sheep."



In the four times we gathered to become part of this story, I saw myself in different places, and in the process gathered some interesting insight about myself. At first, I saw myself in the boat, ready and willing to try the other side. I've been in that place a few times in my life-ready to try something new, eager to throw those nets over and see what happens.

Then, as I began to apply that place in the story to a particular time in my life, I began to identify with the hesitant ones - what if it is just a hoax? What if this voice from the stranger on the shoreline is just that - the voice of a stranger? I've been there too. But when I've had the support of a group of friends with me in that boat and we've decided after some discussion that it may be worth a try - well, I've certainly been there!

Some wonderful experiences have resulted from listening to the stranger on the shoreline. Experiences and events where I've instantly recognized the voice of Jesus and followed my heart's instinct. Later, that instinct would prove true because of the abundance of life received from them. I, too, have had to jump out of the boat in my rush to get to the shoreline to be with Jesus. I've sensed His delight in helping me through some long, dark nights and I've been nourished by the breakfast He has prepared.

I've also been challenged to respond to Jesus' question: "Do you love me? Do you love me more than these? Do you truly love me?" Like Peter, I've become hurt and offended by the question the third time around. I, too, have replied, "You know my thoughts, Lord, and you know that I love you." The truth is that God does know my innermost thoughts, so God knows better than anyone how much I truly love God. That can be a comforting thought and it can also be quite unsettling. There are occasions when my actions betray my words. And God knows that. That's why the image of the delight on Jesus' face and the breakfast at the shore is so important to me. I've been in the boat and on the shore many times. In the times when my actions speak differently than my words, I find God will often present something new to me: a new experience, or a new idea, or a new

person, just to let me know that God sees, cares, and takes great delight in watching me change and grow. I receive the nourishment of the breakfast once again and gently, tenderly Jesus speaks, "Do you love me? Then feed my sheep."

*At the time this article was published, the United Church was going through a lot of changes. We were being challenged to make amends to the Aboriginal people for past mistakes and to bridge the communication gap; we were called to be a welcoming congregation, open to all who enter through the doors; we were being challenged to re-examine our definition of marriage; we were encouraged to explore our own individual spirituality and to bring our experiences and wisdom to those in our congregations and communities; and we, as women (and men, and youth) of the United Church, were, and are, perhaps being called to 'fish from the other side of the boat'.*

*Here we are, 17 years later, still being challenged by changes in the United Church:*

- *A new governance structure is in place*
- *We wonder how our Pastoral Charge will look as we are re-named a "Faith Community"*
- *We continue to affirm and welcome diversity among us*
- *We are facing the reality of shrinking congregations and church closures...certainly in 2002, or 2004, when I wrote this article, I would not have expected to see this church in jeopardy of closing*

*But what that retreat experience confirmed for me in 2002 still stands strong today...we can still place ourselves in that boat with our fellow fisherpeople, and at that breakfast on the lakeshore with our friends, including Jesus. We can be nourished, both literally and spiritually, with kindness and compassion, as we gather around a table, or a boat, or a fire on the lakeshore, and listen with open minds and eager hearts to where the Spirit will lead us.*

*So how will we respond to this story in 2019?*

Are we eager, or even willing, to try the other side of the boat?

Are we eager to get to the breakfast on the lakeshore? Do we even feel worthy of being nourished?

Are we ready to answer, "Yes, Lord, you know I love you."?

Or, "Here I am, Lord. Send me."?

If so, then we can be certain of what is expected of us: "Feed my lambs. Tend my sheep. Feed my sheep."



## *The Last Word*

What a joy for me to sit down and try to pull all the bits and bobs that have come in since the last newsletter into something I hope you will enjoy reading.

Thank you to all who submitted pictures, fillers, articles, and ideas.

You will see that I always start with those that has passed on. We say good-bye but we do not forget them. We hold the memories of their smiles, their kindnesses, their grace in our hearts.

As we say good bye, we also say hello and welcome into our fold the babies that bring such joy, delight, and warmth in the cockles of our hearts.

So, until we meet again in the next newsletter, enjoy each day, pull out a memory or two that makes you smile, and delight in all that is around you.

