



Thursday's group at Lower Onslow Playschool had a sunny day



Friday's group using Tumblebug equipment at Lower Onslow Playschool.

Playschool Patter

By Joann Michelin

It is the final month of Playschool and a sad time for us teachers. Many are returning next year, but we will lose many more to the new adventure of "Big School".

We had our preregistration for the Fall and will welcome new friends in September. For this month we are so busy we will have to breathe fast. We are discovering some things about dinosaurs. They are always an interest to this age group.

The Bouncy House lady will be visiting us a couple of days, going on a picnic to Macelmond's Pond and having a Beach Day at Playschool. The year end ceremonies will be held on June 18 and 19.

Some of the children will be visiting their new schools the beginning of June. The teachers will be lucky to have these very special people. We have had a great year, thanks to many parents and grandparents. Until next month, remember to play a small part of each day.

Interested Walkers!

The Colchester East Hants Hospice Society is planning to offer a Grief Support Walking Group in your area. We are looking for potential Hospice Volunteers who would enjoy the opportunity

to walk with grieving people. If this is something that would appeal to you either as a volunteer or a participant please call Cathy at 893-3265 or email: grief@cehhospice.org.

United Church June Schedule

By Chris Urqubart

There will be only one Church service Sunday May 31st, 10:15am in Debert. This is Conference Sunday and Rev. MacQueen will be away. The DGM Men's Club are conducting the service.

Anyone with items to donate to McLennan Camp can bring them to this service for pick up. (a wish list for the camp was printed in the bulletin, or you can check out some of the suggestions under "Presbyterial Report").

Church services for the month of June are as follows: 9am at Glenholme on the 7th, 14th and 21st. Rotating services between Masstown and Debert at 10:15am - 7th in Masstown, 14th in Debert and the 21st in Masstown. On Sunday June 28th we start our summer schedule with just one service each Sunday at 10am and for the 28th it will be held in Debert. Sunday.

School is finished for the summer. They had a wonderful closing service in Masstown on May 10th, Mother's Day, with the children singing three songs for us, receiving special certificates with photos of both the Masstown and Debert Churches on them (special thanks to Rev. Don MacQueen for making these) and then a very tasty lunch after Church.

I counted 20 children in Church and at least 8 who were absent. I look forward to seeing all these children and many more come the start of Sunday School in the fall. Flowers in the Church on Mother's Day were provided by the Masstown Market. Thanks to them for brightening up our sanctuary!



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Physical Activity and Arthritis

By Matt Pryde

Anyone that is affected by arthritis in its different forms will realize the challenge that is ahead of him or her. Though it can be difficult to get started, due to the pain and frustration, physical activity can be a healthy and natural way to deal with arthritis.

Physical activity will help to lessen your pain as well as make your muscles stronger, and also gives added strength to your bones while preventing osteoarthritis. It will also help you maintain and even improve your joint movements and do your posture and balance a world of good. Physical activity also helps keep your weight in the healthy range which will give your bones and joints a great deal of relief.

There are tons of other benefits to using physical activity for arthritis pain relief that also includes feeling relief from muscle tension and lowered stress levels, while enhancing the body's shape and making you feel a lot better. However, before considering physical activity as a means to get arthritis pain relief, you should always ask your doctor to help put together the best activity program for you.

Though it is not difficult to work on some exercises on your own, it is never a bad idea to get advice from a certified fitness coach who can help put together a weekly program for you so that you can maximize both your progress and level of fun. Warm water activity is especially recommended for those with arthritis pain as it will improve your mobility as well provide you with more strength as also improve your fitness levels in a single session.

It helps you get arthritis pain relief through both buoyancy and the warmth of the water.

There are three different types of activities that can help you with your pain. They include mobility, strengthening as well as fitness and aerobic activities. Mobility activities will maintain and even improve your range of movement. Strengthening activities will keep to keep your muscles strong. Strong muscles

will make it easier for you to bear weight, lift things and increase the stability of your joints. When you participate in fitness as well as aerobic activities, your heart and lungs will work better and the body will remain in good shape, which improves your circulation. You may need to go swimming, or take an aquafit class as well as try out cycling or walking.

If you are up for trying something new, Tai Chi and yoga are both especially suitable for arthritis pain relief.

They are great to relieve stress as well as build your muscle, stability and flexibility. To find out about programs in your area, contact your local or Municipal Recreation Department and they will point you in the right direction.

If you have any questions or comments, or even a suggestion on future articles, please feel free to contact me at matthew.pryde@gov.ns.ca.

Matt Pryde is Fundy Active Communities Coordinator

Great Village Historical Society Notes

By Linda Shears

The regular monthly meeting was held on May 7th at the Great Village Legion Hall. Copies of the newly reprinted History of Great Village were shown to members and plans made to have them for sale at the Great Village Farmers' Market this summer. Meredith Layton, Logan Spencer, or Linda Shears can be contacted to purchase a copy, at a cost of \$20.00. Plans were made for placing the panels on the pergola display at Wilson's Garage and for purchasing flowers for the planters there.

After discussion, it was decided that our annual field trip might include the Balmoral Grist Mill, the Creamery Square in Tatamagouche, the Train Station Inn and a 44' boat with a Great Village connection. Plans will be finalized at our June meeting.

Enid Cooper presented a document, "Survey of the Industrial Archaeology of Nova Scotia" (SIANS), which aims to collect data on as many old Nova Scotian industrial sites as possible. More information on this project can be found at the Industrial Heritage Nova Scotia website.

Shoreline Journal readers and Historical Society members should contact Enid if they know of sites of interest, such as old mills, creameries, tanneries and manufacturing plants. "You do not need to be an expert to contribute to SIANS, nor does it matter how trivial you think a site might be. It's as simple as identifying the site's location, providing a short description of what it was and what remains of it, accompanied, if you like, by a photograph (or photographs)."

Special guest, Sandra Barry, displayed a newly published book, Can Poetry Save the Earth?, which contained a watercolour painting of Great Village done by artist George Hutchings in the early 1900's. No one in our group was able to identify the location, though several guesses were made. Sandra noted that poet Elizabeth Bishop had been able to identify the spot after studying the painting for several minutes.

A Bible School Superintendent's Pocket Book which showed the Sunday School attendance records for 1933 was set out for display. Superintendent at the time,

R.A. Spencer, recorded the attendance records for many children with familiar names, such as: Arthur Chisholm (only 2 days absent that year!), Ken Congdon (also 2 days absent), Helen Prouse, Harlan Akerman, Neil Morash, Phyllis Vance, Ruth Williams. Hints for the Superintendent included: "Attendance should not be bought with gifts or buttons, etc. Rather aim to create interest by better methods of lesson application."

Arthur Chisholm entertained us with several old poems from his files. Here's one which made us smile:

"The Butterfly and the Bee"

**Once upon a time
A handsome Honey Bee
Fell in love with a butterfly
He met in a maple tree.**

**He said, "I love you madly
And want to share your life
Let's fly away together
Will you be my wife?"**

**She shook her head in sorrow
"NO! NO! NO!" cried she
For I'm a Monarch's daughter
And you're a son of a bee."
(poet unknown)**

The next scheduled meeting is Wednesday, June 3rd, at 7:30 p.m.

Lowland Gardens Giving Root to Hospital Fund Raiser

By Linda Harrington

For several years, Lowland Gardens has held an annual silent auction on several beautiful flower

baskets with all money raised going to local charities. Most of these auctions have given support to local community groups including the Great Village Elementary School, Fire Brigade, Legion and United Church.

Gerrie and Tony van den Hoek have decided to expand their annual auction this year to support the Colchester

Regional Hospital.

The project will take root on June 6th with celebrity planting from 11:00AM until 3:00PM. Many local celebrities will be on hand to create their own unique colorful floral creation. The finished baskets will be on display in the greenhouses at Lowland Gardens for the next few weeks with the Silent Auction taking place at the Colchester Hospital fund raising Golf Tournament at the Truro Golf Club on June 25th.

The list of celebrities is still

being compiled but so far MLA Karen Casey, artist, Joy Laking; Dr. Rowe of Bayside Medical Centre and NPD candidate Leonore Zann are a few of the special guests who have agreed to show off their

green thumbs for the event.

A list of celebrity planters and photos of the completed baskets will be on the Lowland Garden website at <http://www.lowland-gardens.com/>.

Lowland Gardens

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simple really - our family helping yours.

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June 6th Planting day for Colchester Regional Hospital Foundation Silent Flower Auction. Come meet well know local, Radio & TV personalities planting throughout the day.

June 6 & 7 Herbfest - Aroma Therapy for Gardeners.

Visit soon! And, come back often!

HOURS:
Mon. - Fri. 9:30 a.m. - 7 p.m. **668-2309**
Sat. 9 a.m. - 6 p.m.
Sun. 12 noon - 5 p.m. **Great Village, NS**