

PHOTO FEATURE Shotokan Tigers

Shotokan Tigers Receive New Belts-Great Village Shotokan Tigers Grading Results Night was held on June 22nd, with the awarding of new belts. Classes are free and are held weekly at the Great Village Gymnasium. For more information call Mark McNutt at 897-4817.

(Harrington Photos)



Yellow Belts were awarded to (l to r): Mason Murphy, Trent Fisher, Jordan Fisher, Trevor Fisher and Abigale Adams.



Instructor and Black Belt Mark McNutt (left) and Assistant Instructor and Black Belt Chris Vincent (right) with Vicki McLean (Brown Belt), Madison Forbes (Brown Belt), Jeff Maluske (Black Belt) and Ian Forbes (Brown Belt) (left to right)



Orange Belt were awarded to (l to r): Sierra Patriquin, Sebastian Patriquin, Ali Hakim, Michael Patriquin, Ciara Congdon, Kanre Boyd, Austin Wenham and Kevin Johnson.



Green Belts were awarded to Olivia Murphy, Luke Dillman and Pete Evans. Purple Belts were awarded to Fred Beazley, Cheryl Myers, Cassidy Verhuel, Emma Rutherford, Jessie Little and Jasmin Atkinson. (left to right)

Terry's Berries Closes After Thirty-Nine Years

By Linda Harrington

Terry Wenham is turning 69 and feels it is time to retire. He is looking forward to fishing and four wheeling with his wife Dianne in his retirement years, something he hasn't had a lot of time for with the last thirty-nine years in the strawberry business.

In the peak years, Terry's Berries had 12 acres in strawberries but this had been reduced to 6.5 acres the last few years. "We just cannot get enough labor to pick the crop," says Terry Wenham. "We always hired local workers and used to run two buses, one to Five Islands and one to Truro, and they would be filled with 60-70 pickers. Now we are lucky if we can half fill one bus."

Terry's Berries used to supply the Co-Op stores but now the berries go to Millen's Farms and are distributed to various stores.

Terry says times have changed and students don't want to pick berries for extra income like they used to. "We used to have whole families picking together, and this would encourage the younger ones to keep at it. Now it is hard to keep pickers, they just pick a day or two and leave," says Wenham. "If you are going



Terry and Dianne Wenham, owners of Terry's Berries in Little Bass River, are retiring from the strawberry business after 39 years. (Harrington Photo)

to be in the strawberry business you have to hire off-shore labor to harvest your crop. You just can't do it without them."

One of Terry's first pickers was Nora Faulkner, who started picking berries with her son back in 1980. She kept up the tradition with her oldest granddaughter and was back in the field this year with her younger granddaughter, Chloe.

There have been some positive changes over the 39 years in the business, including better varieties of berries. Some of Terry's field managers started as pickers themselves, including Opey Staples, who started as a picker and has been at Terry's Berries for 18 years. Terry will be the first to admit it is not an easy job but says, "It sure looks good on a resume. If an employer sees you can pick berries, they know you are not afraid of hard work."

The end of strawberries does not mean the end of farming for Terry and Dianne. "I will keep my wild blueberry fields and do some haying, crops I don't have to work all the time," says Terry as he looks forward to some free time.

Best wishes Terry and Dianne Wenham, on your retirement!



Many of Terry's Berries long time employees started out as pickers. Left to right- Terry Wenham, Kelly McIntosh, Opey Staples and Martha Brown. (Harrington Photo)

Caregiver Education Day Scheduled for September 17TH

By Barbara Aris

One in three Nova Scotians is a Caregiver and as our population gets older more caregivers will be needed to enable more people to stay in their own homes. Recognizing the need for more education, the Shore Drive Development Association is putting a lot of effort to make the one day session a success.

A free Caregiver Education Day led by Caregivers Nova Scotia will be held Wednesday September 17th at the FPW Fire Hall from 10 - 3. Lunch will be provided by the Shore Drive Development Association and there will be door prizes. The care you give is important. You can't look after someone until you help yourself first. Everyone welcome. Register in advance by calling Sharon Benjamin at 902-348-2105.

Here's what will be covered during the 1 day session:

Caregivers Nova Scotia Programs and Services - Caregivers Nova Scotia is a non-profit organization dedicated to helping fami-

ly members and friends who give unpaid care to loved ones. A Support Coordinator for Eastern and Northern Nova Scotia will explain various programs and services offered by this organization.

Alzheimer's Disease - Let's Face It! - An Education Outreach Coordinator for Alzheimer's Society of

Nova Scotia will discuss: Difference between normal aging and dementia; What is Alzheimer's disease?; Recognize the symptoms; Importance of early diagnosis; Preparing for Doctor's Visit and Reducing the risk!

Safe Medicines for Seniors and Caregivers - Prescription and over the counter medicine has the potential to improve

health and well-being when taken properly. A Pharmacist from Wrights Pharmasave, Parrsboro will discuss this important topic and answer your questions.

Did you know ... 16% of Nova Scotians are seniors; 28% - 40% of all medication prescribed is for seniors and 30% of all emergency room visits are drug related.



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