

## Cumberland County Seniors AT SHINIMICAS

By Hope Bridgewater

It is always a pleasure for the senior clubs to meet in Shinimicas where a phased out rural school building came up for sale at \$1 and was bought by the Sunrise Senior Citizens' Northport club as a place for the Northport senior club to meet. Coming from the Wentworth Pioneer Club, three of us enjoyed the drive over as we saw some of the best scenery in Cumberland County.

Shinimicas is the Mik'maq name for "Shining River" and we did pass over a river with shining waters in the sunlight at Shinimicas Bridge on our way to Lower Shinimicas.

The nine senior Cumberland County clubs were called to a meeting by the Cumberland County Seniors' Council which has four meetings annually in order to inform the Cumberland clubs of the activities and concerns in this county and also to give pertinent information about the other 151 senior clubs in Nova Scotia, all under the direction of the Nova Scotia Department of Seniors.

The Northport Club is renovated from a school building to a comfortable and well designed hall. At 11am the meeting was opened by Council President Judy Schultz welcoming everyone present and introducing Kelly Milner who spoke and showed a video about Your Way to Wellness program, a free six week program, each session two and a half hours long, with how to live wall with chronic illness.

The Wentworth Recreation Centre sponsored the program from September 17 to October 22. Milner also mentioned the importance of phone 211 which helps callers to find the right community and social services, and dial 811 for health link & health info from a registered nurse. Also, a one-page pamphlet is available called the Tree for Seniors with 14 headings listed with all the services listed below. The phone for Seniors Safety Program for Cumberland County is 902-667-7484.

Next on stage was Dawn Lewis who is from Port Howe and has a beautiful expressive singing voice. Dawn says, "Singing is such a joy to me, and it's a good pastime. I practice one hour a day to keep my voice in tune as it is such a gift and such fun." Dawn Lewis sings at church services, including weddings and funerals, and at other community affairs.

A lunch consisting of casseroles, ham, tomatoes, lettuce, cucumbers, cheese, a



**Dawn Lewis, Port Howe, a talented singer performed five songs during a meeting of the Cumberland County Seniors Council and Clubs, with hosting done by the Sunrise Senior Citizens' Club Northport. (Hope Bridgewater Photo)**

dessert of carrot cake, and drinks was served by the Northport club members. The business meeting began with the executive at the head table. President Judy Schultz gave out the latest information on: Seniors Safety Grant, Alzheimer Family Caregiver Education Series, Dementia Strategy Consultations, Dental Plan, and Older Driver Program.

Most senior clubs in the province belong to the Federation of Senior Citizens and Pensioners of Nova Scotia. The Federation votes on the resolutions of concern from the senior clubs of Nova Scotia at its annual Convention in Truro and the resolutions for either provincial or federal governments are presented to the proper authorities. Now is the time for the Cumberland clubs to send in their resolutions to the Federation Secretary, Virginia Crane, 126 Apple Cross Drive, Sydney, Nova Scotia. There will no longer be last minute resolutions considered at the Federation's Convention.

Schultz asked for a decision concerning payments presently made between Cumberland Council and the Cumberland clubs. A motion was made and passed to keep the payments the same as now done.

The clubs present each gave a report on their present activities which, as usual, included various games, lunches, suppers, fund-raising and charity donations. Arnold Smith who attends the monthly meetings of the Cumberland Aging Well Network in Amherst reported on its activities.

The next meeting will be in Oxford on Wednesday, November 19, 2014 from 11am to 3pm with the Oxford Pioneer Heritage Club acting as host.

## Christmas Concert & Dinner GREAT VILLAGE – NOVEMBER 29<sup>TH</sup>

By Maurice Rees

A Christmas Concert featuring Maritime singers Rachel McLean and Linda Brooks, sponsored by the new preservation society organized to save the St James United Church Building, will be held upstairs in St James United Church building in Great Village on Saturday, November 29 at 7:00pm. Tickets \$15.00, 12 and under \$10 are available by calling 902-668-2409 or 902-655-2020; E-mail: inthevillage-cafe@gmail.com, as well as at the door. Doors open at 6:30 pm.

For those who don't want to cook that day, a festive dinner will be held in the café prior to the concert. The menu will include: Pumpkin Soup with Cranberry Apple Relish, Irish Soda Bread, Salmon with Mango Pineapple Chutney or Chicken Breasts with Blueberry Sauce - served with festive side dishes such as herbed rice, potatoes gratin, glazed carrots, and red cabbage apple sauté

For the sweet tooth dinner will be followed by delicious traditional festive desserts will be served including: Steamed Carrot Pudding with Hard Sauce and Sticky Toffee Pudding with Caramel Sauce,

Plus extra treats from the chef. Dinner is \$30.00 per person. For both dinner and concert ticket price is \$45.00. Seating for dinner is limited. Booking early is recommended by calling 902-668-2409 or 902-655-2020. Dinner includes preferred seating for the concert, so you can savour dessert and still enjoy a great seat.

The nearly 50 year tradition will continue with the Garden Club erecting and decorating a Christmas Tree in front of the church. Members of the preservation society and the community will focus their efforts on interior decorations.

The Great Village group who have formed the new Preservation Society to save the St. James Church building worked hard to start the "In the Village Café" in the basement of the church are continuing their efforts destined to save the church building and make it's new life a destination in the area.

By all reports the enthusiastic group had a great summer with the café, and are acting on recommendations from patrons of the Café. The society is encouraging more feedback and suggestions to aid in their planning for next spring.

## Household Christmas Tips

By Chris Urquhart

Although we have been seeing Christmas decorations and hearing Christmas carols played in all the stores for what seems like forever, Christmas is really just around the corner! Plan to have a safe and happy Christmas this year.

Keep items like chocolate out of reach of small children and pets. Unless you are sure that they won't touch the icicles or try to

eat them, don't put them on your Christmas tree at dog or cat levels. Artificial snow is also poisonous to animals and children. If you are planning on using artificial snow, make sure it is out of reach of your pets and that your children know not to put their fingers on it and then into their mouths.

Never leave lit candles burning in rooms you are not occupying unless they are inside a safe container

## 24<sup>TH</sup> Wentworth Christmas Craft Fair held November 8<sup>TH</sup>

By Hope Bridgewater

Members of the Wentworth Recreation Centre welcomed the 24th Annual Christmas Craft Fair, on Saturday, November 8th. Vendor tables from 35 crafters filled the large hall full with tables loaded with home-made crafts of excellent quality too numerous to list here, but which ran the gamut from chocolates to quilts. Many shoppers came this year (and in the past) to this craft fair because it comes early in the season and is well organized.

The canteen with tasty food was an added attraction for the over 500 attendees.

This year Norah Topping, secretary of the Recreation Centre's executive, played a large role in organizing the craft fair, with the assistance of past-Chair Betty Curry, with the assistance of an energetic and friendly kitchen staff at

the canteen, and with the assistance of Bob Smith and Jan Smith welcoming people at the entry doorway. Chris Topping provided security for the event.

Vendors renting the tables for their crafts came from Wentworth, Tatamagouche, Balfour, Wallace, Pugwash, Amherst, Great Village, Truro, and Economy. In the kitchen Mary Anne Jay organized a well-run canteen with helpers Brenda McLean, Eva France, Carol Maskell, Carol Hyslop, Lillian Campbell, and Marie Duranceau. The printed menu of the canteen featured corn chowder, seafood chowder, chili, turkey burger platter, hot dogs, strawberry shortcake, doughnuts and cookies. One table featured a successful 50/50 ticket contest for the Wentworth Pioneers, a senior club, and the winning ticket was won by Linda Patriquin from Wentworth.



**Mabel Beck, Balfour has been coming to the Wentworth Annual Christmas Craft Fair for 14 years and successfully sells her home-made crafts at her table. (Hope Bridgewater Photo)**

which can't be knocked over. Never leave candles burning and leave your house! If you have a real tree, remember to water it every day.

Remember, when wrapping gifts, they contain food and you have a pet, don't put them out until the last

minute! There is nothing worse than getting up on Christmas morning, to find a sick dog or cat and mangled gifts under the tree.

And don't forget to remind your dog that this tree is not a "lift up your leg" kind of tree! Have a safe and happy Christmas!

*Bass River United Baptist Church*  
5692, Hwy 2 - Bass River NS - B0M 1B0

Sunday Worship Service ..... 11 a.m.  
Bible Study - Mondays ..... 10 a.m.

 Gospel Coffee House  
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