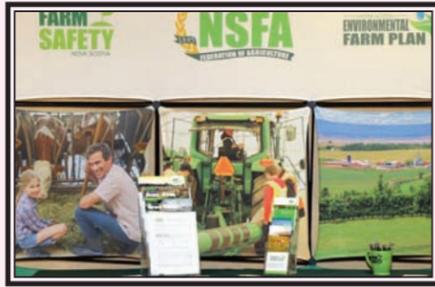


Wild Blueberry Association of Nova Scotia 2018 Commercial Trade Show & AGM

Photos by Linda Harrington



Doug Bragg Enterprises



Federation of Agriculture



Perennia



Central Equipment



TG Mac



JR Tardif



Dalhousie

Ralph Taylor, 2018 Inductee to WBPANS Recognition Book

Submitted by Linda Harrington

Neil Erb read the following citation for the Recognition Award to Ralph Taylor and the induction into the Wild Blueberry Producers of NS Book of Recognition.

Ralph Taylor grew up on the family's mixed farming operation in Barrs Corner, Lunenburg County, where he developed a life-long love for agriculture. Upon graduation from high school, he enrolled in the degree program at Nova Scotia Agricultural College, before moving on to Guelph University to complete his Bachelor of Science Degree with a major in Animal Science and Poultry in 1965.

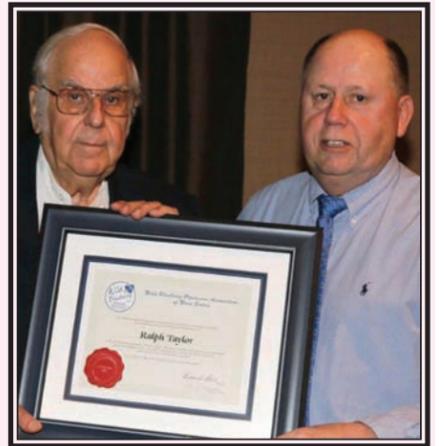
Upon graduation from Guelph, Ralph commenced employment with Canada packers, first as a livestock and poultry field man and later as plant manager of their Shur Gain Mill in Truro. In 1969, Ralph moved on to the Nova Scotia Farm Loan Board where he found his true calling. He served in various capacities at the Farm Loan Board such as office work, field work and supervisor. During this time, Ralph continued his studies and received his professional appraisal designation via the Accredited Appraiser Canadian Institute. In his early years at the Farm Loan Board, Ralph advised that it was the only lender for wild blueberry farmers, as other lenders would not touch the industry. Hence, Ralph played a vital role from a financing capacity in the development of the wild blueberry industry in Nova Scotia. Moreover, Ralph often developed close friendships with the farmers. In addition to assisting them with their financing needs, he often provided hands on consulting advice in order to steer them on a path to success. Ralph administered numerous initiatives and programs that were very beneficial for wild blueberry growers such as the Interest forgiveness and the land lease (ARDA) programs. After a number of years when the Provincial authorities were contemplating discontinuing come of these programs, Ralph persuaded them to continue as he realized the tremendous benefit, they were providing the farmers. Ralph emphasized that he really cared for farmers and kept his ear to the ground. If he heard a farmer was having a tough time for whatever reason, he would drop in for a farm visit and if there was nothing else he could do, he would at least try to build up the farmer's spirits.

Ralph retired in 1994 after a successful and enjoyable 25-year career with the Farm Loan Board. Subsequent thereto and to the present day, Ralph has independently operated a real estate appraisal and agricultural consulting business.

Ralph's late father was a former President of the Nova Scotia Federation of Agriculture. Following in his late father's footsteps so to speak from a community involvement perspective, Ralph generously provided his valued expertise and contributed countless hours as board member/director to such community organizations as Bible Hill Village Commission, Colchester County Municipal Council, Colchester Regional Hospital Board, Colchester Eats Hants School Board, Maritime and Canadian Simmental Board and Truro First Baptist Church Board of Deacons and Management. Moreover, Ralph has been an active member in numerous professional organizations such as Nova Scotia and Canadian Institutes of Agrologists, Appraisal Institute of Canada and Nova Scotia Real Estate Appraisers Association.

ON a more personal level, Ralph is very proud of his family. Amazingly his mother Myrtle is 103 years old and has only ever spend one day in hospital. She continues to live on the family farm, burning wood in the stove, baking bread and independently managing her blueberry operation. Ralph and his wife Eleanor have been married for 51 years and they have two daughters; Susan (Brian) and Lynne (Bill) and six grandchildren.

The Wild Blueberry Association of Nova Scotia is very pleased to induct Ralph H. Taylor into its Book of Recognition.



Neil Erb makes a presentation to Ralph Taylor following his induction into the NS Wild Blueberry Recognition Book for 2018.

Shoreline Journal

Health Research Positive for Adding Daily Dose of Blue

By Linda Harrington

Dr. Wilhelmina Kalt, a WBANA Canada Health Research Consultant says the future is bright for the wild blueberry and health related concerns. Extensive research has been ongoing using in vitro, in vivo and human clinical studies with increasing focus on epidemiological studies.

Blueberries contain polyphenolic compounds, most prominently anthocyanins, which have antioxidant and anti-inflammatory effects. There is a growing body of epidemiological evidence for the specific benefits of anthocyanins including cardio-protection, gluco-regulation, weight maintenance, cognitive function and more.

A study of 93,600 participants, carried out over 18 years and published in 2013, found that a high anthocyanin intake is associated with a reduced risk of heart attack in young and middle-aged women. Researchers found that the most advantages (a 32% reduction in risk) were gained by those women who ate three or more servings a week.

Other research has found that these antioxidants protect the heart by reducing oxidative stress and inflammation, while improving capillary strength.

Another way anthocyanins can contribute to a healthy

heart is through the reduction of blood pressure - a significant contributor to cardiovascular disease.

Studies have found that diets high in antioxidants like anthocyanin lead to reversal in certain age-related deficits that affect neural and behavioral parameters, including memory and motor functions.

In a study conducted in the UK, Professor Claire Williams and her research team found children performed cognitive tasks better after consuming a Wild Blueberry drink than when they did not. Similar

findings have been presented to show the positive effects of anthocyanin consumption on the working memory of older adults.

Simply translated, research is suggesting eating foods with anthocyanins everyday can benefit our health on a variety of levels. The word anthocyanin comes from the words anthos (flower) and kuanos (blue) and it gives fruits like Wild Blueberries, blackberries, eggplants, and cabbage the beautiful blue-purple hues they hold...and they taste good!



Jeff Orr make a presentation to Retiring Director Jim Wood.

Now you're getting *Warmer*

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Valid on new, residential main heating accounts with automatic delivery. Must enroll prior to December 31, 2018. Account credit applied* for every litre of oil or propane you purchase by May 31, 2019.

*See website for conditions.