



Participants of the Senior Games get ready for the Euchre competition at the Bible Hill Fire Hall held on May 9th. (Debbie Brown Photo)

GARDENS & OUTDOOR LIVING



A large number of participants came out to the Senior Games Lawn Bowling competition on May 7th behind the Douglas Street Recreation Centre. Organizers of the Senior Games were very excited to see a large increase of Lawn Bowling participants. (Debbie Brown Photo)

Great Village Legion Congratulated

Royal Canadian Legion Branch 72, Great Village has been congratulated for having the largest per capita turnout at Legion meetings; and volunteers will build another "shadow box" to hold World War artifacts and Afghanistan memorabilia.

Comrade James (Jim) Johnson CD sworn in as Branch Clerk to replace the late Betty McNiel. Fundraisers conducted by the branch have been successful as efforts continue to raise funds for a major expansion to the building.



Onslow-Belmont 4-H Report

By Jessica Porter

Onslow-Belmont had two members competing at 4-H Weekend on May 3rd & 4th at the Dalhousie Agricultural Campus. There was public speaking, demonstration competitions, poster competitions and woodsmen competitions. At the 4-H Night in Nova Scotia, there were also provincial scholarships and awards presented. The members from Onslow-Belmont did well. Sarah Kittilsen became one of the two Provincial 4-H Ambassadors for 2019 and Jessica Porter received a participation award.

One of the projects available to Onslow-Belmont members is Dairy. Dairy is a livestock project, where members learn to show and judge dairy cows. The leader is Alan Porter who has been a 4-H leader for 25 years. Most members can use a calf that is selected from his dairy farm, or get their own. Dairy has been active recently, with 3 meetings and judging held at the farm.

Marion Porter, who is 13,



and is in the dairy project says, "This is my fourth year in dairy. My favourite part of dairy is clipping and washing my calf. The biggest thing I have learned in dairy is how to judge dairy cows. My favourite calf I have had is Belcher Capital Gain Uriana."

Ryan Porter, who is 21 and the junior leader of dairy, says, "This is my twelfth year in dairy. My favourite part of dairy is showing my calf. The biggest thing I have learned in dairy is patience. Being a junior leader is a rewarding experience. My favourite calf I have had is Belcher Benefit Letang. Dairy is my favourite project."

Our next general meeting will be on June 11th, 2019 at the Lower Onslow Commu-



"My favourite is clipping and washing my calf", Marion Porter

Can You Recognize Poison Ivy?

By Christine Urquhart

Spring time and Summer time are good times to go for walks in the woods but you need to be careful. Can you spot poison ivy? "Leaves of three, let them be." That old advice still holds true. Poison ivy and poison oak feature three leaflets on one stem.

Both plants are common

causes of a red, itchy rash consisting of small bumps, blisters or swelling. The best way to prevent the rash is to avoid contact with poison ivy and other poisonous plants. If you're hiking or walking outdoors, stay on cleared paths. Wear long pants, socks and shoes to help protect your skin.

You also want to wear long pants and socks to avoid ticks! It's wonderful to be able to just go for a walk in nature -

we here in Nova Scotia are very lucky in being near to hiking trails - but one does need to be mindful of what is around you during your hike.



Photo courtesy sciencealert.com

There is Nothing Worse Than Food Poisoning

By Christine Urquhart

There is nothing worse than food poisoning! It may be true that you really didn't want to invite that "so and so" to this "get together" but you don't want to poison them either!

Remember to **Include food safety in your party plans.** If you're planning a party, put food safety at the top of your to-do list. To protect your guests from food poisoning, don't let perishable foods sit out more than two hours at typical room temperature or more than one hour at temper-

atures above 90 F (32 C).

Your goal is to minimize the time a food is in the danger zone between 40 and 140 F (4 and 60 C) when bacteria can quickly multiply. Also, never leave a metal spoon in something that contains mayonnaise.

Make sure that there are lots of drinks available that will keep folks hydrated. That doesn't include alcohol. Unfortunately it also doesn't include tea or coffee! Water is best - always!

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