



## Water Damage Disrupts Health Care

When trouble starts there doesn't seem to be an ending for a while. Add to the mix, CoVid-19, staff shortages, not enough doctors, and a shortage of beds and a variety of other things, now you can add water damage. On May 4th, the emergency department at Cumberland Regional Health Care Centre (CRHHC) in Amherst was temporarily closed due to flooding.

At the time of the closure the cause and extent of damage was not known and had to be assessed. A thing as simple as broken water pipes creates a domino effect in many areas. Included in the ef-

fect list were: diverting ambulances to other facilities and those patients awaiting or receiving emergency care at the CRHHC have been temporarily relocated to the ambulatory care department; Pregnant patients who were in labour were assessed at the Women and Children's unit and are asked to come to the main entrance instead of the emergency department.

Administration staff were also kept busy advising other patients with medical needs to call 911 and for general health advice and information call 811.

## Plant & Bake Sale June 5<sup>TH</sup>

After years of not being held, due to the pandemic, the Parrsboro Band Association will hold its "annual" plant and bake sale on Saturday, June 5th at The Hall. Volunteer organizers are accepting donations of Perennials, Books and Baking. Donations should be delivered to the Hall, on Friday evening between 6 & 8 pm.

During the sale on June 5th membership for renewal or new members will be available. Tickets will be sold on 25 lbs of lobster, which will be drawn on Band Day, on July 24. We are asking that all donations come to the hall on Friday evening between 6 and 8. We are asking that masks be worn during the Plant Sale.

*South Cumberland NEWS*  
Community Group  
News Wanted



6 McFarlane St., PO Box 250  
Springhill, NS B0M 1X0

1-902-597-4039  
Toll Free 1-833-597-8679  
Fax: 1-902-597-3310

toryrushtonmla@bellaliant.com



**TORY RUSHTON, MLA**  
Cumberland South

# Our Battered Beech Tree is in Bad Shape

*A Walk In The Woods*  
By Donald Cameron,  
RPF

Now that spring has arrived for real, maybe it's a good time for us to plan what we can do in the coming months to green up our lives. Here are five ways to get inspired and go green in 2022, for your health and the health of our planet.

### 1. Plant a tree

It may seem obvious, but what a great way to get connected to trees and your community at the same time. Whether you want to plant trees on your own or with other groups, it's a great way to fight climate change, the more the merrier. There are international and national organizations such as Tree Canada that assist people in planting trees or accept donations in order to facilitate planting millions of trees. As the English proverb states, "If you want to be happy for a year, plant a garden; if you want to be happy for a lifetime, plant a tree."

### 2. Grow a Garden

Now that the spring days have a little warmth, it is time to plan how we will plant our gardens. Growing a garden, whether full of vegetables or flowers, or a combination of both, can offer many health and environmental benefits:

- Studies have shown that gardening can help alleviate feelings of stress and mental health issues;
- Gardening is an activity that can be shared with family or neighbours, and can contribute to feeling socially connected;
- Planting shrubs or trees in your garden can help sequester carbon;
- Depending on what you grow, your garden can attract and support those invaluable pollinators, like bees.

### 3. Get Involved

There are many other ways to green up your life if gardening is not for you. How about researching the environmental organizations and initiatives operating in your area - more than likely, there is a need for your help. Whether you donate your time, skills, money or services, or simply share their

message with your network, there are many ways to help these organizations make an impact.

### 4. Grow Your Knowledge Bank

Consider turning your phone off at the end of the day and make time to read! There are several great reads about trees, forests, and their benefits to both human health and the health of our planet. This is a great way to renew your appreciation for trees, while also reducing screen time.

Here are a few great reads to get you started:

- Finding the Mother Tree - Discovering the Wisdom of the Forest by Suzanne Simard
- What Trees Talk About - The Nature of Things and CBC



Donald Cameron, RPF

-My Life with Trees by our very own Gary L. Saunders

-To Speak for the Trees by Diana Beresford-Kroeger

-Tree: A Life Story by David Suzuki and Wayne Grady

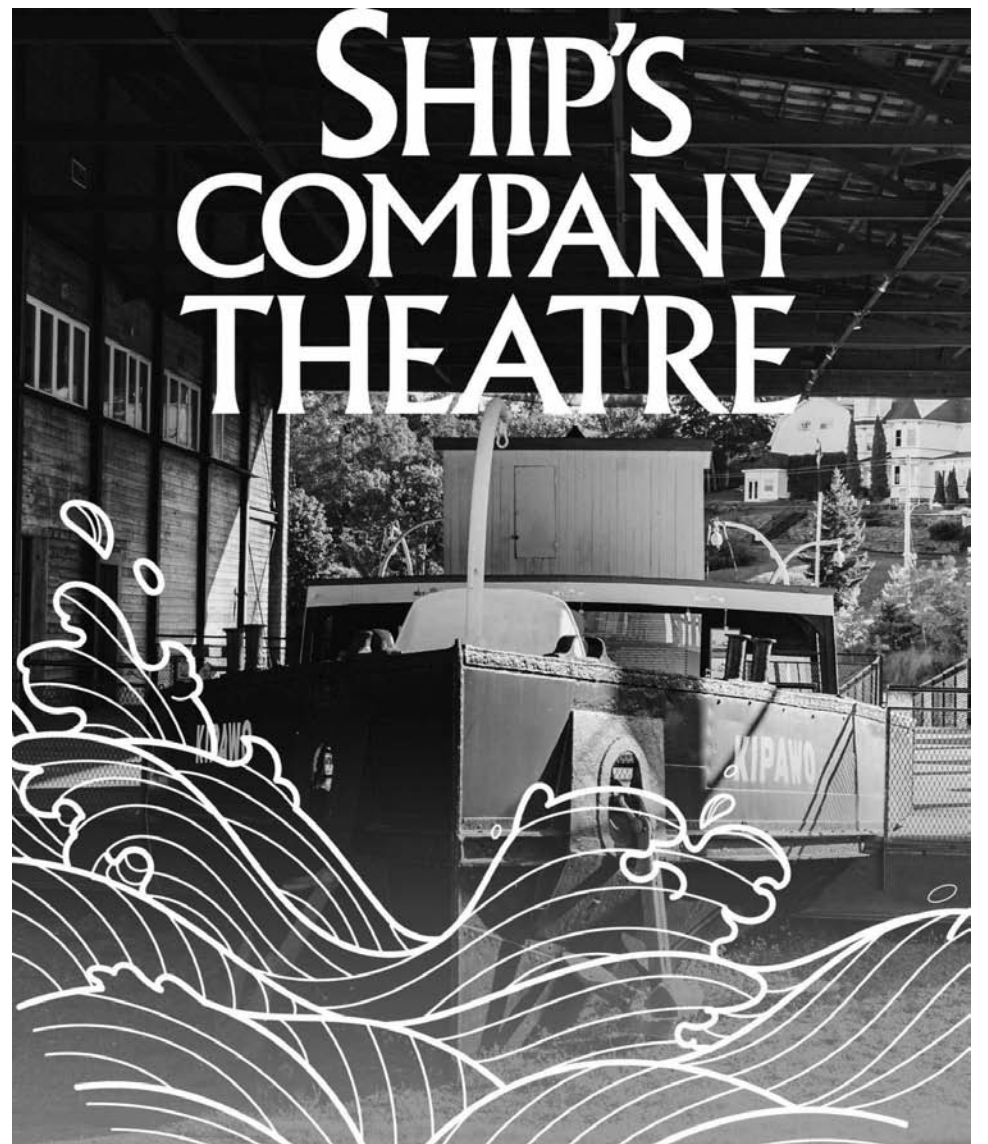
### 5. Get Outside

As you have no doubt heard before, there are countless benefits to spending time outdoors, among the trees. Regardless of the season we are enjoying, make an effort to breathe in that fresh air and enjoy some time in the great outdoors. Whether that means a 20-minute walk around your neighbourhood, exploring winter trails on skis or snowshoes, the time you spend outdoors can help alleviate stress, increase your energy, and leave you feeling more connected to your community and your world.

*Don Cameron, RPF works out of the Truro office of Department of Natural Resources and Renewables*



Beech Leaves



38th season sets sail July 2022

Book your tickets in advance!  
shipscompanytheatre.com or 1-800-565-SHOW