



Spotlight on the East River Valley

June, July & August 2023

Issue 95



East River Valley Community Development Association

6341 East River West Side Rd. Eureka, NS B0K 1B0

Mission Statement: To promote the sustainability of the East River Valley Communities

Notes from the Chair-David Wilson

Daffodils, garlic and rhubarb are up in the garden, but only because they are tough and don't know any better. I suppose by the time this reaches you, we'll be in the midst of a drought.

Last month we were saddened by the loss of Marcis Balodis. Marcis was born in Latvia in a time of turmoil and we can only imagine the terrors that he experienced as a little boy escaping war torn Europe. In 1949 his family arrived in Marshdale with virtually nothing and from that inauspicious start, with his parents, Marcis built a strong family and brought a run-out farm back to life and prosperity. Through the 74 odd years in Marshdale, with only a bit of time away for education and work in the Arctic, he spent his life on the farm. He earned the respect and admiration of all those with whom he lived and worked; I consider it an honour to have called him my friend through all those years.

For those of you who missed it we had a very successful inaugural "Family Feud" night at the Eureka Fire Hall. Eight teams vied for the top position and from the hilarity that shook the building, had a great time. Another step in the recovery from the pandemic and a great example of cooperation between community groups.

ERVCA Annual Turkey Cold Plate Take-Out

Saturday August 19th

11am-12:30pm drive-thru pick-up at the Riverton Hall

5678 Stellarton Trafalgar Rd. Riverton

Meal \$15 each includes: cold turkey, potato salad, coleslaw, cucumber slices, rolls, cranberries and dessert.

Please pre-order prior to August 1st to avoid disappointment.

Phone or Text Kara at 902-301-0339 or

email spotlight.1@hotmail.com

*See post on page 2 for helping out!



Riverton Hall Rentals



A great place to host any celebrations or meetings.

We also offer weekly rates for groups with daytime and evenings available.

To book the hall please phone
Kara Allen 902-301-0339



Like our Facebook page for updates between
Spotlight Newsletters!

Don't miss out on Community News and
Happenings

www.facebook.com/eastrivervalley

Springville-Island Women's Institute hold their monthly meetings on the second Thursday at 1:30pm. New members are welcome. For more information phone Debbie White at 902-923-2416.

Lorne Community Centre

Rentals by phoning Neil at 902-923-2183

Plymouth Community Centre

Rentals by phoning
Dorothy 902-752-3809

Bridgeville Community Hall

Hall Rentals Available \$40
Contact Debbie at 902-923-2416 or email
2twins1979@gmail.com

St Columba Church Spring Yard Sale
4144 Stellarton Trafalgar Rd.
Hopewell

June 3rd 8am-1pm

All proceeds to go to the Fuel Fund or
another local charity.



ERV DCA Monthly Meetings

If you are interested in attending an upcoming meeting of the ERV DCA, please call Kara at 902-301-0339 for details.

Happy Spring everyone! East River Valley Recreation would like to thank everyone for their continued support over the past year. Bottles are always welcome at our Bottle Barn located at 2612 East River, East Side Road, Springville. (Located at Mike Hecimovich's). Thanks to all who have been donating their bottles to ERVRA. Your donations will go towards new sports equipment and field maintenance. We have new play equipment at the park this year thanks to grants from multi levels of government and donations from the community. It has been great seeing people of various ages using the park since it opened in April. If anyone would like to use the facility for ball, birthday parties, family BBQ, etc., please contact Mike Hecimovich at (902)923-2194 or send us a private message on our Facebook page. We will be posting a calendar of booked events for the upcoming months.

Thank you for your support!



Hopewell Post Office

Hours of Operation

Monday-Thursday 8:00am-2pm

Friday 8:00am-1:30pm

Closed from 11-11:30am for lunch all week.

902-923-2710

ERV DCA NEEDS YOUR HELP!

We need volunteers to assist in our turkey cold plate meal on August 19th

What we need....

Boiled and chopped eggs

Peeled, Boiled and chopped potatoes

Shredded Carrots

Cucumbers

If you can help with any of this or would like to help with preparation, contact Kara for more details

902-301-0339.



Congratulations to Camilla Thompson on her book

"Skating Late"

Camilla Thompson is an author, educator, and the creator of Sunnyside Self Wellness. Through children's literature, creative wellness workshops, and public speaking presentations, Camilla introduces people of all ages to writing and wellness practices that are proven to increase the peace, positivity, health, and happiness in their lives.

Camilla's first book, *Skating Late*, is a fast-paced adventure jam packed with danger, dread, and determination. Featuring animals native to Nova Scotia and activities like hockey, figure skating and power skating, *Skating Late* is a story that any Canadian kid can relate to, and all Canadian parents will enjoy.

"After sleeping in and waking up to a Canadian conundrum, *Skating Late* to school is the only solution. Faced with some slippery situations along the way, is it possible to make it on time?"

Visit www.sunnysideself.ca to buy a copy of *Skating Late* and learn more about Sunnyside Self Wellness, or email sunnysideself@gmail.com.



ERVCDA hosted our first Family Feud Fundraising Event on April 22 at the Eureka Fire Hall. 8 teams battled hard in this hilarious event, which was hosted by Gene Mills (Foxy Entertainment). The top 3 teams went home with some wonderful prizes donated by Balodis Construction, Arlene MacGregor and Country Barter Rental.

1st Place: "Orange is the New Black"

2nd Place: "The Keaner's"

3rd Place: "The Matheson's"

50/50 prize was won by Bob Matheson

Tickets for a prize basket with donated items from Premier Tim Houston, Sobeys, John Cameron, Judy Hayman, Arlene MacGregor, Peggy Lynch and Balodis Construction.

Winner of the basket was Katelynn Conklin.

We would like to extend a big thank you to the Eureka Fire Department for this partnership. What a great space to host events! We can't wait to host more events like this one at the fire hall.



New Legislation to Help Fix Healthcare

Nova Scotians want and deserve to get the care they need, faster. We need to use every tool at our disposal to create solutions to make that happen.

That's why we were pleased to recently pass the Patient Access to Care Act, a significant law that will improve access to healthcare in our province.

We know we need to recruit doctors, nurses and other healthcare providers. Nova Scotia is the best place in the world to live, but there is a national shortage and we're competing with other provinces and beyond.

This law makes it quicker and easier for healthcare providers to come here from other parts of Canada. It requires their applications be processed within five business days and removes application fees. It also makes it easier for healthcare professionals licensed outside of Canada to come here.

We also need our healthcare professionals working to their full scope of practice. This law will allow them to use all of their skills to benefit their patients. For example, we've had great success working with pharmacists to expand their scope. They can now assess and prescribe for some illnesses, like strep throat.

We all want healthcare providers to spend their time caring for Nova Scotians, not filling out unnecessary paperwork.

With the new Act, employers can no longer ask for doctor's notes, except in specific situations. This has been a waste of valuable time for our doctors, time they can't afford to waste. This one change could free up to 50,000 hours of physician time. That's like getting another 25 doctors for Nova Scotians!

The Patient Access to Care Act means more healthcare providers coming to Nova Scotia, working to their full scope and spending more time with patients. It allows us to quickly adapt to changing needs of Nova Scotians.

Safety is our priority in any changes we make. We will ensure the act protects Nova Scotians while moving the system forward, faster. We would never lower the high standard of care in this province.

But we cannot continue to do things the way we used to and expect different results. This law makes changes that should have happened a long time ago.

We said we would fix healthcare. That is exactly what we are doing, one solution at a time.

Tim Houston
Premier of Nova Scotia



Churches in the East River Valley

**The United Churches of the
Hopewell Eureka East River Pastoral Charge**
St Columba & Bridgeville United Churches

Rev. Mavis Peddie 902-616-1366

The Presbyterian Churches of the

East River Pastoral Charge

Springville

More information phone

Sharon MacDonald (902) 923-2336

First Presbyterian Church, Hopewell

Minister Rev. Bonnie Langille 902-396-6266

bonniejcrockett@gmail.com

Sunday School 9am (in hall)

Sunday worship 9:45am

Coffee hour following worship every 1st Sunday

Vacation Bible School July 24-28 Ages 4+ everyone
welcome 9am-12 noon



Volunteer Fire Department Contacts

East River Valley Fire Department:

Kevin Stuart, Chief (H) 902-923-2893

kevinandleisa@hotmail.com

Jason MacIntyre, Deputy Chief
902-759-3588

Eureka and District Fire Department:

Hall 902-923-2751

Roger Caddall, Chief

Lee Fraser, Deputy Chief (H) 902-923-2170
(C) 902-754-8686

Plymouth Fire Department:

Mike Conway, Chief 902-755-3229 or
902-759-0153

John Davison, Deputy Chief
(H) 902-752-4254 (C) 902-759-0631.

VOLUNTEER FIREFIGHTERS

WANTED

East River Valley Fire Department

Is looking for new Firefighters

If you are interested, call Kevin

902-923-2893

Or attend our Tuesday Training Meetings

7:00pm at the firehall located at

2020 East River East Side Rd, Bridgeville.

Volunteers Firefighters Wanted

Plymouth Fire Department

Is looking for new Firefighters

If interested in becoming a volunteer
firefighter

Call Mike 902-759-0153 or

John 902-759-0631

Or attend our Monday Training Meetings

7:00pm

At the firehall located at
4667 East River East Side Road
Plymouth

ERVCD Executive 2021

Chair: Dave Wilson 902-923-2990

lochmud06@gmail.com

Vice Chair: Arlene MacGregor 902-923-2410

Secretary: Kara Allen 902-301-0339

Treasurer: Penny Wilson 902-923-2990

Coordinator: Kara Allen ervcda@live.ca

Newsletter Submissions: spotlight.1@hotmail.com

Find us on Facebook:

facebook.com/eastrivervalley/

Visit the ERVCD Website at

www.eastrivervalley.ca

To rent the Riverton Hall, please contact
Kara Allen at 902-301-0339

Junior Reporter: Madeline Smallman

We all have a role to play in summer road safety!

It's finally nice out again and I see a lot of trucks, tractors, bikes, kids and people with dogs on the road. This makes me think that people should be safe when sharing the road. I'm 11 years old and don't have a driver's licence yet, but I still use the road. I bike, walk, skateboard and sometimes dribble a basketball while walking on the road. I'm learning about what I can do to keep myself safe. Here is what I learned so far.

Bike

I always wear a helmet and protective gear like knee pads and wrist guards.

I'm learning hand signals for when I turn.

Put reflectors on your bike.

Walking

Make sure I don't drop my basketball or other toys I'm carrying to the neighbours.

I'm aware of my surroundings like if a car is coming or wildlife is nearby.

Wear light colours so drivers can see you.

Tractors

I don't drive on the road yet, but my dad is a farmer on PEI. I'll be driving the tractor in a couple years. I asked him what he wants people in cars to know when they come across a tractor on the road: "Slow down depending on what's behind the tractor. If a car is following a tractor, please wait until it is safe to pass." Tractors aren't going far, so please don't rush or try to pass when it's unsafe to do so.

If you want to read more, mom told me about sharetheroad.ca for bike safety and farmsafety.ca/oneroad for tractors.

Joke of the month:

My friends asked me if I'd seen the film "Tractor".

I said no, but I've seen the trailer!

Bridgeville Community Club News

Meet your Neighbours Coffee Party will be hosted the first Wednesday of every month from 1:30-3:30pm at the hall.

Cold Chicken Burger Take-Out Dinner

June 17th from 1-3pm.

150 meals of cold chicken burger, potato salad, coleslaw and carrot cake for \$10.
Call Debbie at 902-923-2416 or Margaret at 902-923-1904 to place your order.

Volunteers are also needed to assist in this fundraiser for the hall. If interested phone Debbie at 902-923-2416.

Bridgeville United Church Community Picnic

Bridgeville United Church will, once again, be hosting a community picnic at the Bridgeville Community Centre on **June 24th** at 3pm. 21 Elgin Rd. Bridgeville.

Come join us for a fun time with games, hot dogs and socializing with neighbours.

EVERYONE WELCOME!



Advertising or sharing information in the Spotlight on the East River Valley

September, October, November 2023 Newsletter Deadline for submissions is Monday, August 7 2023

Contact Kara for advertising opportunities for new and existing businesses!
Our newsletter reaches over 1300 people via Canada Post every 3 months, online on our website and social media pages, and sent out to our community via email.

Kara can even produce an ad for you at no extra cost!

Pricing for ads are as follows:

Business card size (2x3) \$30, 1/4 page \$50, 1/2 page \$100. full page \$200

Classifieds (80 letters or less) \$5.

Email her at spotlight.1@hotmail.com for details.



HODGSON
Kitchen & Woodworking
923-2607

www.hodgsonkitchen.ca
hodgsonkitchen@eastlink.ca

1051 RIVER RD. CHURCHVILLE

Quality Kitchens
*Built & Designed with
Your Budget in Mind*

- Kitchen & Bath Cabinets
- Entertainment Centers
- Fireplace Mantels
- Bedroom Furniture
- Desks • Custom Tables
- Some Mouldings & More



266 Foord St., P.O. Box 1360
Stellarton, NS
F: 902-753-7979
mppharmacyfirst@gmail.com

902-753-DRUG(3784)

Where customer service is the best medicine!



MEALS ON WHEELS

**Meals on
Wheels**



EAST RIVER VALLEY
ERVCA

Meals on Wheels is finishing up for the summer at the end of June and will return mid-September. You can sign up anytime to start receiving these home cooked meals. Meals are prepared at Valley View Villa and delivered every Tuesday & Thursday throughout the East River Valley. For just \$7 you receive soup, roll, main entrée and dessert, with most clients saying it is enough for two meals. If you would like to sign up or sign up as a gift to someone, contact Etta Hirtle at 902-923-2244.

Thank you to all of our drivers who have volunteered their time.

POULAIN'S
Rx PharmaChoice

277 Foord Street, Stellarton, NS, B0K 1S0
phone: (902) 752-3261 fax: (902) 752-1626

- Homeopathic remedies and natural medicines
- Full time Nutritionist on staff
- Unit dose prescription packaging
- Flu vaccine injection clinics
- Home-health care and daily living aids for rental and purchase
- Ostomy and wound care products
- Therapeutic compression stockings and support socks for men

Advice for Life

Serving the community for over 50 years.

PHARMASAVE®

Medical Hall

Prescriptions • Home Health Care
Minor Ailments Assessments • Immunizations
In-Store Blood Pressure Checking



Mon-Wed 8-6
Thurs-Fri 8-8
Saturday 8-5



233 Foord Street, Stellarton
medicalhallpharmasave.ca
(902) 752-5192

Iona Park

Us old folk need all the help we can get.



Maintaining the park is as simple as mowing and trimming. We are doing the best we can but need help . Any volunteers would be deeply appreciated but you would need your own equipment.

Contact: Eoin 902-759-0524

The logo for SSI Consulting Solutions features the letters 'SSI' in a large, bold, serif font, with a stylized blue and white graphic to the right. Below the logo, the company name 'CONSULTING SOLUTIONS' is written in a smaller, sans-serif font. To the right of the logo, the contact information for John Cameron, Executive Partner, is listed: 902.396.9055, jcameron@ssiconsulting.ca, and the website www.ssiconsulting.ca. Below this, a list of services is provided: Lean, OH&S, Quality, Finance, Six Sigma, Marketing, Leadership, Human Resources, Business Strategy, Change Management, Management Coaching, and Supply Chain Management.

ERVCD A Rural Fall Market **Churchville Community Hall**

Saturday September 16

Vendors set up outside in the field next to hall

\$10 each

If interested in selling phone/text

Kara at 902-301-0339

The logo for Forest to Fireplace features a silhouette of a row of evergreen trees. Below the trees, the company name 'Forest to Fireplace' is written in a large, stylized, serif font. Below the name, the contact information is listed: PROPERTY SERVICES 782-440-2892 and FOREST2FIREPLACE@GMAIL.COM.

Important Dates

June 3~ 50-Mile Yard Sale East River Valley

June 3~ St. Columba Church Spring Yard Sale 8am-1pm

June 17~ Bridgeville Community Hall Cold Chicken Burger
Take-Out 1-3pm

June 24~ Bridgeville United Church Community Picnic at
Bridgeville Hall 3pm

July 24-28~ Vacation Bible Camp First Presbyterian Hopewell

August 7~ Sept-Nov Newsletter deadline

August 19~ ERVCDA Turkey Take-Out Riverton 11-12:30am

Be sure to follow us on Facebook as to not miss out on event
details www.facebook.com/eastrivervalley