

Future Markets

Please contact Betty MacNeil if you are interested in selling your wares/vegetables/ crafts, etc at future markets.....

At the same time please state your preference as to when you would be available to participate in a market.

The following dates are being suggested:

End of August

End of September

Christmas (possibly November)

bettynmacneil@hotmail.com

See you at the Ceilidh....

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Canada Post hosted a Customer Appreciation Day at the Hopewell Post Office on Friday, June 25th. Cake & refreshments were served by postmistress Rona Murray, who has been transferred to the Bass River Post Office.


Thanks Rona!

Pictured below is Rona assisted by Lois Ward, former long time post mistress, cutting the cake.





Hopewell Post office hours



Monday: 8 am - 12 noon 2:00pm - 4pm

Tuesday to Friday: 8 am - 12 noon 2:15pm- 4pm

Saturday 9 am - 12 noon




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Spotlight on the East River Valley



AUGUST 2010 EDITION

Issue 24

East River Valley Community Development Association Mission statement:

To promote the sustainability of the East River Valley communities through economic and cultural development.

Note from the Chair - Dave

There is a lot of activity on the ERVCDA email network lately as our folks prepares to support the Hopewell Ceilidh; we are proud to be able to participate in this event which, along with the recent re-opening of Iona Park, is an indication of the accomplishments possible when people work together. Congratulations to the hard working vounteers that have made these and all the other community events possible.

Editor's Note: This article was submitted by Libby Fraser, lifelong member of St. Columba and Church Council Secretary, who discovered the July 17th break-in at St. Columba Church.

Walk with me, I will walk with you  
and build the land that God has planned  
where love shines through.



This article was originally to be one of celebration – of achievements and to some extent pride, instead it is a recording of our journey of life and as the chorus of one of my favourite hymns a prayer for our communities as we walk this road. Last fall after several years of planning and fundraising we were able to have repairs completed to the ceiling and upper walls of our sanctuary at St. Columba. We were so pleased and proud of this. After Easter we painted the lower portion of the church and in May held a service of celebration of this work. In June we held a quilt show in the sanctuary and the abundant colours and the meticulous handiwork blazed the sanctuary. We were graced with over 100 pieces of handiwork from friends near and far. As in any family or community illness and death has touched our community on several occasions over the last few months. We have celebrated the life of these people and have mourned their loss. Also, as in family we have celebrated the birth of children (or grandchildren), graduations, engagements and marriages. On the evening of Saturday, July 17<sup>th</sup> I went to the church to print the bulletins. As I opened the door I was sickened and horrified to find that the church had been BROKEN INTO AND TRASHED FROM TOP TO BOTTOM. Our 1863 pulpit Bible SHREDDED, our display cabinets SMASHED AND ARTIFACTS DESTROYED. OUR COMPUTER AND OTHER ITEMS STOLEN. As we are all aware the items in our churches, for the most part, are not monetarily valuable but historically irreplaceable. As one of our church members commented- why would someone pick on a church, if they were they looking for money they obviously don't know that most churches are struggling financially so there's no money to be had. Our minister, Rev. Heather Landry reminded us that:

"While it is natural to be angry, hurt and disgusted, the beloved church that we are (beyond the building) is called, especially at times like these, to remember that there is obviously someone out there who needs our PRAYERFUL CONCERN - for it is unimaginable the frame of mind it must take to do such a thing."

Although all of us at St Columba are experiencing a varied range of emotions from anger and frustration, to sadness and a sense of violation we have been touched by the care and concern of the local communities. We have been receiving calls of support from friends near & far. Among the first of these to call was Rev. Landry's son Jon (the Stanfields), who, along with the support of their management team have offered to put a benefit together. Since the congregation is due to return to St. Columba on Sunday August 1, Rev. Landry thought that would be the perfect day to hold this wonderful celebration of community coming together in support of the church. It will be very helpful to the congregation to have a joyous return to the church and it also coincides with the Riverfront Jubilee which makes it very convenient for some of the musicians to join us. We are very appreciative of their support.

This incident also serves as a reminder to us that we need to be ever conscious of being good neighbours to each other. If we notice something that seems out of place we need to follow up on it. We need to take a glance when we pass by our churches or parks to see if anything appears amiss. When we work together as a community, hopefully it will be safer for us all.

Submitted by Libby Fraser



# Your Events

- **ERVCDA meets the 1st Monday of each month at the IOOF Hall Hopewell at 7pm except for July & August. Next meeting is September 6th, 2010**
- The Plymouth Community Centre is available for rent. For more information please contact Glenda Dean at 755-2899
- **TOPS meets every Tuesday afternoon at the Birch Hill Seniors Complex on Acadia Ave, Stellarton. Weigh-in 12:30 -1:30. Meeting 1:30 - 2:30. New members welcome. More info call Elaine Campbell 752-3529**
- Plymouth Seniors Meet each Tuesday at the Fire Hall at 2pm
- **The Ladies Auxiliary to the East River Valley Fire Department will be having a Prize Bingo on October 3 at 1:30 at the fire hall in Bridgeville.**
- Summer church service at Churchville Hall, Aug 15th at 2pm with Andrew MacDonald leading worship and the guest singers will be the MacAulay Sisters.
- **The Plymouth Community Centre will be hosting Our First Annual Garden Party on Monday September 6 1-4pm. Come Join your neighbors for light refreshments and entertainment.**
- The Riverton Community Club welcomes new members. Why not come for a short monthly meeting, followed by a fun game of cards and small lunch? Interested? Just contact any Club member for the date of the next meeting. The hall is available for rentals also. Contact either Jim MacCulloch at 752-8879 or Doug Ross at 752-8079.  
Donna Mitchell, Secretary at 396-3466

Want to be included on the **ERVCDA** email list? Email our newsletter committee: [spotlight.1@hotmail.com](mailto:spotlight.1@hotmail.com)

**Don't like meetings but wouldn't mind helping out with a project?**

- We are looking for volunteers for the following tasks:**
- Webmaster
  - Banners
  - Newsletter helpers
  - **2011 Rural Conference in ERV**

**If you would like to work on any of these projects contact any member of the executive.**

## Weekly Card Parties

- Bridgeville Community Club Saturdays at 7:30pm
- Hopewell IOOF Hall Tuesdays at 7:30pm
- Riverton Community Club Mondays at 7:30pm

## Sunday Church Services



- **The East River Pastoral Charge & Caledonia Presbyterian Church's** are on a two week cycle with 10am services alternating between Springville and St Paul's
- **United Church Services: Combined services will be held for the month of August (St. Columba 11am), then regular schedule resumes as follows:**  
9:30am Bridgeville Church, 11:00am St.Columba United, Hopewell. A combined Contemporary Worship Service is held alternately between the churches on the last Sunday of the month
- **First Presbyterian Church, Hopewell**  
9:45am



## Our Fire Departments

The Eureka Fire Department & The East River Valley Fire Department are both raising funds to purchase a much needed new truck for each of their stations. During the upcoming months, they will be having a number of fundraising activities to help them do this.....please support their efforts by participating either by purchasing the item offered for sale, volunteering 'to peel potatoes', etc. Contact any member for their next fundraiser.

## Glengarry School Reunion

**August 21, 2010**

**2pm—6pm**

## Glengarry Community Center

All those who attended or had a family member attend is welcome. There will be light refreshments.

Anyone who has pictures of the school or of old friends is encouraged to bring them along.

For more information call Bob Matheson 923-2660, Gary Campbell 923-2515, Joyce Findley 923-2848

*Many thanks to  
The Stanfield's for  
Their performance in aid of  
St. Columba Church  
Sunday, August 1st*

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**Dear Friends,**

**I extend my appreciation to the residents of the East River Valley for their tremendous efforts to build a strong, healthy, and vibrant community. A sense of welcome and pride is evident as you enter the community. Spirit, determination, and vision brought about the recent restoration of the Iona Park. For more than 50 years the Iona park has been well-used and well-loved by many. Friends and families will gather in Iona Park for generations to come. Congratulations on this wonderful accomplishment.**

**Sincerely,  
The Honourable Peter MacKay  
MP for Central Nova**



## Fruit Vinegar Recipes

**Warm Salad:** stir fry thin strips of meat, chicken, fish with julienned vegetables. Add fruit vinegar, heat to a boil, pour mixture immediately over a bed of mixed greens.  
**Cherry or Raspberry Iced Tea;** combine 4 cups of freshly brewed double strength tea, 1/3 cup fruit vinegar. Sweeten to taste and serve over ice.  
**Fresh Fruit Dressing:** combine 1/2 cup light sour cream, 2 Tbsp. fruit vinegar and 2 Tbsp honey, stir until blended. Serve over fruit salad.  
**Easy Mulled Cider:** heat apple juice with 1 Tbsp fruit vinegar and 1 cinnamon stick per serving. Sweeten to taste.  
**Sauce Base:** substitute fruit vinegar for wine to deglaze skillet after browning meats. It creates wonderful pan drippings for sauce or gravy bases.

Enjoy! Submitted by T. Wilmot

(Bernardin Guide to Home Preserving)







## Village Variety and Services

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### SPOTLIGHT ON THE ERV NEWSLETTER



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An affiliate of the ERV Community Development Assoc.;  
a volunteer organization dedicated to community economic  
development and sustainability of the ERV.

### ERVCD Executive

**Chairman:** Dave Wilson, 923-2990  
[david.wilson@ns.sympatico.ca](mailto:david.wilson@ns.sympatico.ca)

**Vice Chairman:** Tracey Wilmot,  
923 2053, [t\\_leigh11@hotmail.com](mailto:t_leigh11@hotmail.com)

**Secretary:** Libby Fraser, 923-2240,  
[lib.fraser@ns.sympatico.ca](mailto:lib.fraser@ns.sympatico.ca)

**Treasurer:** Penny Wilson, 923-2990  
[david.wilson@ns.sympatico.ca](mailto:david.wilson@ns.sympatico.ca)

**Clarrie MacKinnon, MLA, Pictou  
East**

**Office: 1905 Main Street Westville**  
**8:30am-4:30pm Monday thru**  
**Thursday**

**Fridays: Community Outreach**  
**396-1853**

**[ClarrieMLA@ns.aliantzinc.ca](mailto:ClarrieMLA@ns.aliantzinc.ca)**

### Fruit Vinegar



With raspberries in season, make a refreshing iced tea or a dressing for fruits, vegetables and sautees with these easy to prepare flavoured vinegars.

**Raspberry Vinegar:** makes four 240mL jars. You'll need 4 cups of raspberries and 5 cups of white vinegar. Combine and bring to a boil in a large stainless steel or enamel pan, bring to a boil and boil gently for 15 mins. Pour mixture through a dampened cheesecloth lined sieve or strainer. Return the vinegar to the pan and bring back to a boil. Ladle vinegar into sterilized jars filling to within a 1/4 inch of the top rim, wipe rim clean and place snap lid on and screw band until finger tight. Process in a boiling water bath for 5 mins., remove jars and cool for 24 hours. Check that jars are sealed and place in a cool dark place for storage. Note: for **Cherry Vinegar** you'll need 8 cups of sweet cherries and 5 cups of vinegar.



Not receiving this newsletter in your mailbox?

Pick Up your FREE copy at the Plymouth  
Community Centre in the mailbox at the front  
door.

## Landfill Vouchers Are Ready!

Drop in to the Municipal Office in Pictou or call  
485-4311

You must be the assessed owner of a residential  
property to qualify for one. Please have your municipal  
account number when calling.

## Glencoe Concert Series

The third concert in the 2010 Glencoe concert series is now complete with the fourth just around the corner on July 25th, 2010. This year thus far has brought many familiar faces back to the Glencoe Hall, to take part in an afternoon of great music, stories and camaraderie. As well as the familiar faces there have been dozens of new faces, whom continue to return each month on the last Sunday to enjoy the acoustic melodies that fill the hall from the guitars, fiddles and voices of local Pictou County musicians. The Glencoe Concert series has been a huge success and continues to grow as we can hardly accommodate the number that have attended each month so come early and get a seat. The concert begins at 2pm. The last three Sunday afternoons have been delightful and very much enjoyed by all. The Music has been exquisite, entertaining, and all local!

The concert series is an enjoyable afternoon full of great music and intellectually stimulating experiences of music and laughter for all ages in attendance as well as a supportive and enthusiastic crowd for all musicians on stage. So far this year we have been privileged to have the honour of listening to such musicians as Fleur Mainville, Jim Dorie, Jim Sears, Monica Punkie, Lloyd McHardy, Robbie McInnis and Ray Stewart. With six concerts remaining our ears can look forward to taking in the sounds of some more incredible musicians such as, more fiddle and signing by Fleur Mainville, Dave and Katie Gunn, Cindy Malcolm, Albert Dunawald and a few surprises. As well as the exquisite music the Glencoe concerts offer things such as delicious ice cream and drinks, a 50/50 draw, CD's and sometimes even local artists take time to set up a booth. The cost is \$5.00 at the door and children under 12 get in for free.

The Glencoe Hall Concert Series will continue on the last Sunday of each month up to and including November with the Christmas finale on December 12th, 2010 with a special guest. We hope to continue to see all those familiar faces as well as some new faces each month.

Come and have a listen.

We hope to see you there!

Submitted by Andrew Heighton



Deadline for the next newsletter is September 16th....we appreciate hearing from you!!!!



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Join us at The  
Hopewell Ceilidh  
Sunday, Aug 8th  
2pm—6pm



On August 8, 2010 we will be celebrating our 19th year of providing a **FREE (Donations Appreciated), FAMILY FRIENDLY** afternoon of music. The celebration kicks off with a street parade starting at the First Presbyterian Church at 12:45pm and continuing through the Village of Hopewell and on to the Park.

The Ceilidh starts soon after at 2pm at the Hopewell Park with a variety of local musicians performing. The East River Valley Community Development Association will be providing a cold turkey & salad plate for \$7, Homemade Pies will be available for dessert and BBQ goodies will be available from the Eureka Fire Department.

Bring your lawn chairs and sunscreen as we enjoy the festivities together with our friends, families, and neighbours.

Don't forget to enjoy a stroll on the Historic Footbridge to our Historical Community Kiosk next to the Post Office.

**ADMISSION IS FREE!!!**



East River Valley  
Community  
Development Assoc  
Float in the 2007  
Parade

## Martial Arts for Health

Adult Self Defense classes are held twice weekly at the Eureka Fire hall, Thurs. @ 6:30 – 8:00, Sun. @ 6:30 – 8:00 pm under Head Instructor **Lloyd Kenny 396-4431**. Weekly, Children's martial arts classes on Sunday @ 5:00 – 6:15 (Boys/Girls Ages 8 -12). You're certainly invited to drop in to watch or participate in a class, whether you're interested in learning to protect yourself or just want get fit.

The Friends of Iona Park Association would like to thank each and all of you for your part in helping to make the grand opening of the park such a huge success. The weather was perfect, guest speakers impressive and gracious, a spectacular crowd, all the free food, drinks, cake and ice-cream one could handle, and the entertainment from our local artists couldn't have been better. So now, you are all invited to come to the park, enjoy a lovely cool, green spot for a picnic, or even better the Association has arranged for a series of musical afternoons to be held for your enjoyment, with the first **Fiddlin in the Park**, being held on Sunday 25th featuring Sheila McPherson- Cameron and Neil Cameron at 1pm.. Just watch for the next date and bring along your lawn chairs, we are sure you will enjoy the music and all that the park has to offer.

See you at the Park.....

Betty Dwyer, Secretary



## Fly Strike



No doubt the farmers out there are more than familiar with fly strike. With the hot humid weather we've been having lately, fly strike is almost inevitable and not only affects livestock but pets as well.

Flies are attracted to a moist, smelly environment and lay their eggs which in turn hatch out as larvae - maggots. Not only are maggots disgusting and quite revolting ( to most of us anyway ) but they pose a real danger to your pet if not eradicated. They usually feed on decaying matter or flesh but when this is no longer available, they will migrate to live tissue, invading wounds or orifices such as the rectum or vulva, or invade deep into the ear canal, etc... When permitted to run unchecked, maggots will cause bacterial infection and have been known to kill animals.

Some pets are more susceptible to fly strike; those spending a lot of time outside, those with vomiting, diarrhoea, matted or dense fur, those with scratches or sores, skin conditions, or those with weakened immune systems.

If you notice your pet biting or scratching, shaking or rubbing an area, this could be an indication of fly strike. If untreated, loss of appetite, open sores with a foul odour and maggots will be seen.

The best defence against fly strike is prevention. Keep your pets dry and clean. If it's an outside animal, inspect it periodically for any mats which can trap moisture and debris and provide an ideal environment for maggots. If your pet has very thick fur, maggots can be difficult to see although they do give off a very distinct odour that once smelt is very hard to forget! If your pet has any open sores, diarrhoea or vomiting, treat them promptly.

If your animal does develop fly strike, prompt action is necessary. Once the fly lays its eggs, it takes 8 to 12 hours for the larvae to hatch and they immediately begin tunnelling under the skin causing irritation, fluid and protein loss, and eventually, bacterial infection. Treatment includes removing all maggots from the area; shaving fur/hair, cleaning the wounds and removing any dead tissue. If open sores or wounds are present, antibiotics may be necessary and depending on the severity of the pets condition, IV fluids and further wound treatment may be in order.

In closing, it is much easier and less expensive to prevent the disease than to treat it, and no pet is immune from fly strike. Wishing you and your pets a happy, healthy, fly strike free summer!

T. Wilmot, RVT <http://www.helium.com/items/1164966-fly-strike-disease>

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